

# TEAM | CLS SUMMER CAMP

'26 Week 1

Week 1 of SUMMER CAMP continues with a steadier session!  
We have a mix of Steady riding, Sprints and Climbing

**B**

Lead in + Warmup: 5.6km, until the first **Manhattan Sprint section**

Zone 2: 2.8wkg

Brooklyn Bridge Climb: Climb 1: 3.2wkg | Climb 2: 3.6wkg etc.

Rest: 2.2

**Sprint segments: BIG PUSH**

Beacon to vary activity depending on group

**C**

Lead in + Warmup: 5.6km, until the first **Manhattan Sprint section**

Zone 2: 2.4wkg

Brooklyn Bridge Climb: Climb 1: 2.8wkg | Climb 2: 3.2wkg etc.

Rest: 2.2

**Sprint segments: BIG PUSH**

Beacon to vary activity depending on group

**Cool - down for ~5 mins at the end of the workout.**

