

TEAM | CLS

SUMMER

CAMP

'26 Week 3

Time for some **Minute ON** and **Minute OFF** efforts!

To keep things 'interesting' we will do one block of x12 minute efforts with the second block switching to 30/30's - the same 1:1 work/rest ratio - but these will be a slightly higher power.

We will then finish with a few all out short sprints!

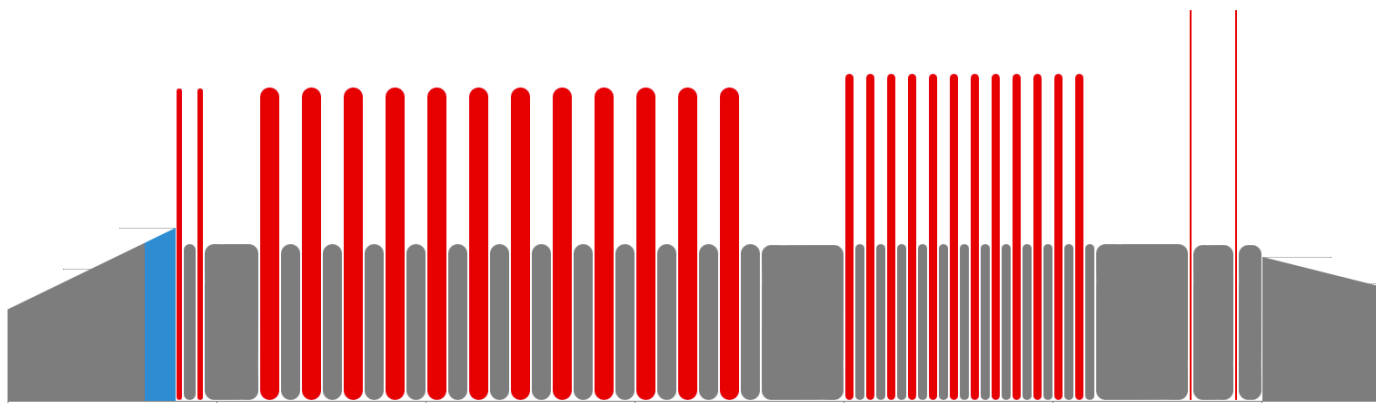
	Start	Duration	W/kg
Warmup	00:00	02:00	2.1
Warmup	02:00	02:00	2.3
Warmup	04:00	02:00	2.6
Warmup	06:00	02:00	2.8
Warmup	08:00	00:20	4.2
Warmup	08:20	00:40	2.2
Warmup	09:00	00:20	4.2
Warmup	09:20	02:40	2.2
TIMESTAMP	12:00		

ON	12:00	1:00	4.3
OFF	13:00	1:00	2.2
ON	14:00	1:00	4.3
OFF	15:00	1:00	2.2
ON	16:00	1:00	4.3
OFF	17:00	1:00	2.2
ON	18:00	1:00	4.3
OFF	19:00	1:00	2.2
ON	20:00	1:00	4.3
OFF	21:00	1:00	2.2
ON	22:00	1:00	4.3
OFF	23:00	1:00	2.2
ON	24:00	1:00	4.3
OFF	25:00	1:00	2.2
ON	26:00	1:00	4.3
OFF	27:00	1:00	2.2
ON	28:00	1:00	4.3
OFF	29:00	1:00	2.2
ON	30:00	1:00	4.3
OFF	31:00	1:00	2.2
ON	32:00	1:00	4.3
OFF	33:00	1:00	2.2
ON	34:00	1:00	4.3
EXTENDED REST	35:00	5:00	2.2

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'26 Week 3

ON	40:00	0:30	4.5
OFF	40:30	0:30	2.2
ON	41:00	0:30	4.5
OFF	41:30	0:30	2.2
ON	42:00	0:30	4.5
OFF	42:30	0:30	2.2
ON	43:00	0:30	4.5
OFF	43:30	0:30	2.2
ON	44:00	0:30	4.5
OFF	44:30	0:30	2.2
ON	45:00	0:30	4.5
OFF	45:30	0:30	2.2
ON	46:00	0:30	4.5
OFF	46:30	0:30	2.2
ON	47:00	0:30	4.5
OFF	47:30	0:30	2.2
ON	48:00	0:30	4.5
OFF	48:30	0:30	2.2
ON	49:00	0:30	4.5
OFF	49:30	0:30	2.2
ON	50:00	0:30	4.5
OFF	50:30	0:30	2.2
ON	51:00	0:30	4.5
EXTENDED REST	51:30	5:00	2.2
SPRINT	56:30	0:10	ALL OUT
REST	56:40	2:00	2.2
SPRINT	58:40	0:10	ALL OUT
REST	58:50	1:10	2.2
COOL DOWN	1:00:00	10:00	Beacon to decide
	1:10:00		



TEAM | CLS This 'n' That B cat workouts are based on a 75kg rider, 270w FTP / 3.6wkg.
Based on how this compares to your own personal FTP, you may find the workout slightly easier or more challenging.