

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!

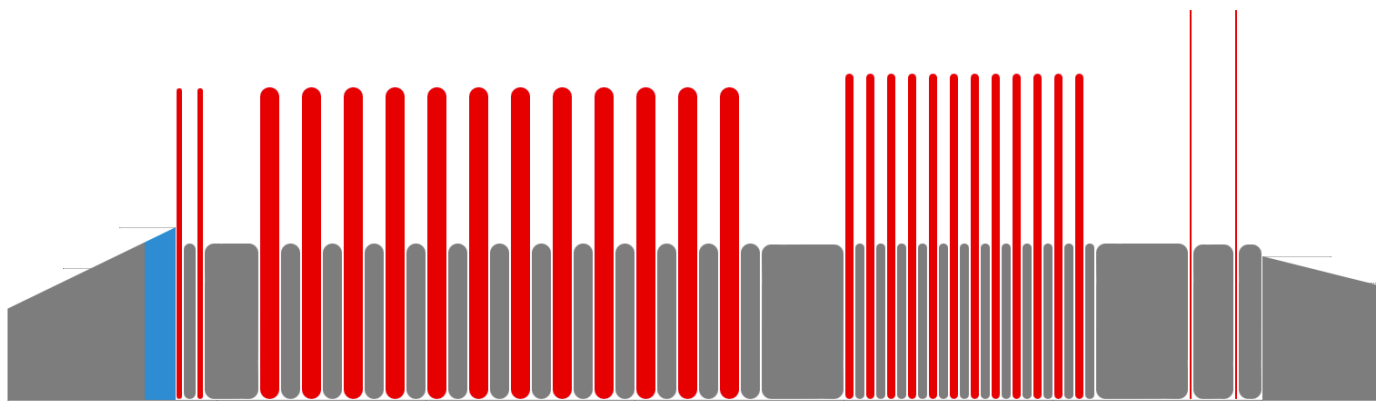
	Start	Duration	W/kg
Warmup	00:00	02:00	1.8
Warmup	02:00	02:00	2.0
Warmup	04:00	02:00	2.4
Warmup	06:00	02:00	2.6
Warmup	08:00	00:20	3.7
Warmup	08:20	00:40	1.8
Warmup	09:00	00:20	3.7
Warmup	09:20	02:40	1.8
TIMESTAMP	12:00		

ON	12:00	1:00	3.8
OFF	13:00	1:00	1.8
ON	14:00	1:00	3.8
OFF	15:00	1:00	1.8
ON	16:00	1:00	3.8
OFF	17:00	1:00	1.8
ON	18:00	1:00	3.8
OFF	19:00	1:00	1.8
ON	20:00	1:00	3.8
OFF	21:00	1:00	1.8
ON	22:00	1:00	3.8
OFF	23:00	1:00	1.8
ON	24:00	1:00	3.8
OFF	25:00	1:00	1.8
ON	26:00	1:00	3.8
OFF	27:00	1:00	1.8
ON	28:00	1:00	3.8
OFF	29:00	1:00	1.8
ON	30:00	1:00	3.8
OFF	31:00	1:00	1.8
ON	32:00	1:00	3.8
OFF	33:00	1:00	1.8
ON	34:00	1:00	3.8
EXTENDED REST	35:00	5:00	1.8

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ON	40:00	0:30	4.0
OFF	40:30	0:30	1.8
ON	41:00	0:30	4.0
OFF	41:30	0:30	1.8
ON	42:00	0:30	4.0
OFF	42:30	0:30	1.8
ON	43:00	0:30	4.0
OFF	43:30	0:30	1.8
ON	44:00	0:30	4.0
OFF	44:30	0:30	1.8
ON	45:00	0:30	4.0
OFF	45:30	0:30	1.8
ON	46:00	0:30	4.0
OFF	46:30	0:30	1.8
ON	47:00	0:30	4.0
OFF	47:30	0:30	1.8
ON	48:00	0:30	4.0
OFF	48:30	0:30	1.8
ON	49:00	0:30	4.0
OFF	49:30	0:30	1.8
ON	50:00	0:30	4.0
OFF	50:30	0:30	1.8
ON	51:00	0:30	4.0
EXTENDED REST	51:30	5:00	1.8
SPRINT	56:30	0:10	ALL OUT
REST	56:40	2:00	1.8
SPRINT	58:40	0:10	ALL OUT
REST	58:50	1:10	1.8
COOL DOWN	1:00:00	10:00	Beacon to decide
	1:10:00		



TEAM | CLS This 'n' That C cat workouts are based on a 75kg rider, 235w FTP / 3.3w/kg.
Based on how this compares to your own personal FTP, you may find the workout slightly easier or more challenging.