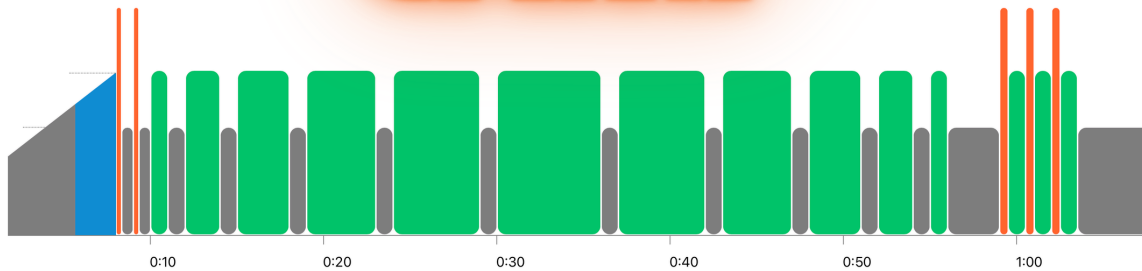


TEAM | CLS SUMMER CAMP

'26 Week 3



	Start	Duration	W/kg
Warmup	00:00	02:00	1.9
Warmup	02:00	02:00	2.1
Warmup	04:00	02:00	2.3
Warmup	06:00	02:00	2.5
Warmup	08:00	00:20	3.8
Warmup	08:20	00:40	1.8
Warmup	09:00	00:20	3.8
Warmup	09:20	00:40	1.8
TIMESTAMP	10:00		

EFFORT	10:00	1:00	3.0
REST	11:00	1:00	1.8
EFFORT	12:00	2:00	3.0
REST	14:00	1:00	1.8
EFFORT	15:00	3:00	3.0
REST	18:00	1:00	1.8
EFFORT	19:00	4:00	3.0
REST	23:00	1:00	1.8
EFFORT	24:00	5:00	3.0
REST	29:00	1:00	1.8
EFFORT	30:00	6:00	3.0
REST	36:00	1:00	1.8
EFFORT	37:00	5:00	3.0
REST	42:00	1:00	1.8
EFFORT	43:00	4:00	3.0
REST	47:00	1:00	1.8
EFFORT	48:00	3:00	3.0
REST	51:00	1:00	1.8
EFFORT	52:00	2:00	3.0
REST	54:00	1:00	1.8
EFFORT	55:00	1:00	3.0
EXTENDED REST	56:00	3:00	1.8
BIG EFFORT	59:00	0:30	3.8
EFFORT	59:30	1:00	3.0
BIG EFFORT	1:00:30	0:30	3.8
EFFORT	1:01:00	1:00	3.0
BIG EFFORT	1:02:00	0:30	3.8
EFFORT	1:02:30	1:00	3.0
COOL-DOWN	1:03:30	06:30	
END	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.