

TEAM | CLS TUESDAY THIS 'n' THAT

Summer Camp 2024 - Week 8

It's a classic - it's **STRENGTH SET** time !
 Lets keep that cadence low and the effort high

	start	duration	w/kg
Ramp Up	00:00	02:00	2.1
Ramp Up	02:00	02:00	2.3
Ramp Up	04:00	02:00	2.5
Ramp Up	06:00	02:00	2.7
Ramp Up	08:00	02:00	2.9
TIMESTAMP	10:00		

INTERVALS START			
Slow Legs 50 to 60 RPM	10:00	03:00	3.2
Rest / Spin (Any Cadence)	13:00	02:00	2.0
Slow Legs 50 to 60 RPM	15:00	03:00	3.3
Rest / Spin (Any Cadence)	18:00	02:00	2.0
Slow Legs 50 to 60 RPM	20:00	03:00	3.4
Rest / Spin (Any Cadence)	23:00	02:00	2.0
Slow Legs 50 to 60 RPM	25:00	03:00	3.5
Rest / Spin (Any Cadence)	28:00	02:00	2.0
Slow Legs 50 to 60 RPM	30:00	03:00	3.6
Rest / Spin (Any Cadence)	33:00	02:00	2.0
Slow Legs 50 to 60 RPM	35:00	03:00	3.7
Rest / Spin (Any Cadence)	38:00	02:00	2.0
Slow Legs 50 to 60 RPM	40:00	03:00	3.8
Rest / Spin (Any Cadence)	43:00	02:00	2.0
Slow Legs 50 to 60 RPM	45:00	03:00	3.9
Rest / Spin (Any Cadence)	48:00	02:00	2.0
Slow Legs 50 to 60 RPM	50:00	03:00	4.0
Rest / Spin (Any Cadence)	53:00	02:00	2.0
Slow Legs 50 to 60 RPM	55:00	02:30	4.1
Rest / Spin (Any Cadence)	57:30	02:30	2.0
Slow Legs 50 to 60 RPM	00:00	02:30	4.2
Rest / Spin (Any Cadence)	02:30	02:30	2.0
Slow Legs 50 to 60 RPM	05:00	02:30	4.3
Rest / Spin (Any Cadence)	07:30	02:30	2.0
END	10:00		