



## Table of Contents

Bike Instructions.....	3
WORKOUTS:.....	4
Endurance Workouts.....	4
<b>E1 Rolling Hills</b> .....	4
<b>E4 Building Strength</b> .....	4
<b>E6 Improving Mod Climbs</b> .....	4
<b>E9 Pacing</b> .....	5
<b>E11 Speed Demon</b> .....	5
Steady State Workouts.....	7
<b>SS4 Aero Perfection</b> .....	8
<b>SS6 An EZ Transtion</b> .....	8
<b>SS7 High Cad with Intensity</b> .....	9
<b>SS17 The Spin Cycle II</b> .....	9
<b>SS18 Perfect Form &amp; TT's</b> .....	10
<b>Hills Strength CTS II</b> .....	11
<b>CP30 Test</b> .....	11
Force Workouts.....	12
<b>F11 Over The Top</b> .....	12
<b>F12 Oxygen Mask</b> .....	12
<b>F15 6xFortune</b> .....	12
<b>F16 Hill Attacks</b> .....	13
<b>F17 Whiteface Top II</b> .....	13
<b>F18 The Rich Isnor</b> .....	13
Muscle Endurance (ME) Workouts.....	14
<b>ME1 Tempo Intervals</b> .....	14
<b>ME4 Tempo Interval Alt Cad</b> .....	14
<b>ME5 Cruise Intervals</b> .....	14
<b>ME8 Long Tempo Climb Pos1</b> .....	15
<b>ME1 GL II</b> .....	15
<b>ME2 GL II</b> .....	15
<b>ME3 GL II</b> .....	16
<b>ME4 GL TT</b> .....	16
<b>ME5 GL</b> .....	16
<b>ME6 GL</b> .....	17
<b>ME7 GL</b> .....	17
<b>ME8 GL TT</b> .....	18
<b>BT 1 Peak week no. 1 bike2 run35</b> .....	18
<b>BT 2 Peak week no. 1 bike3 run60</b> .....	18
<b>BT 3 Peak week no. 2 bike2 run35</b> .....	18

These Workouts are provided by the Southeast Storm Triathlon Club for members only. As a member, you have paid for the fees associated with the creation of this program. Please encourage anyone interested in using these programs to join our club. This will give them access to all of our programs.



<b>BT 4 Peak week no. 2 bike1 run30.....</b>	<b>18</b>
<b>Weekend Brick Bike and Run.....</b>	<b>18</b>
<b>EZ Endurance Bike Outside .....</b>	<b>18</b>
<b>Recovery Spin.....</b>	<b>18</b>

These Workouts are provided by the Southeast Storm Triathlon Club for members only. As a member, you have paid for the fees associated with the creation of this program. Please encourage anyone interested in using these programs to join our club. This will give them access to all of our programs.



## Bike Instructions

Workout titles used throughout, such as "**Endurance**," indicate each workout's purpose and corresponds to Heart Rate (HR) training zones.

### Interpreting Workouts:

Before starting the main set, conduct the **Warm-Up (W/U)** as indicated. **Cool Down (C/D)**.

Intensity for the main set(s) is described by **Heart Rate Zone (Z)**.

*Workouts focused on short-duration power ability do not include HR as a gauge of intensity. These intervals are too brief for HR to be a good indicator of intensity.*

The number of intervals and duration are listed within the main set(s) descriptions. Recovery time between each interval follows. Times indicated for intervals and **Recovery Intervals (RI)** are described in minutes.

A recovery interval is Z1, while maintaining an 85- to 90-RPM cadence.

Example:

W/U: 15 min.

5:00 Pedal easy, keeping cadence above 90 RPM.

5:00 Do as alternating 0:30s between 100 RPM and 80 RPM.

5-10:00 Easy riding at 95 RPM.

Main Set:

8 x 0:30 Z1-2

Spin up to a maximum RPM and maintain for 0:30 (4:30 RI).

C/D: 5 min.

Tip: Spin up until you start to bounce on the saddle – then back off your effort a few percent until you can pedal smoothly...

This example workout translates into warming up for 15 to 20 minutes, beginning with 5 minutes at a light intensity. Keep your pedaling cadence at 90 RPM, and then move right into the next 5-minute set of 30-second repeats, alternating between 100 RPM and 80 RPM. End the warm-up by riding 5-10 minutes at 95 RPM. The workout's main set of 30-second spin-ups comes next. These spin-up segments are done by increasing your cadence to your maximum level, where you just start to bounce on the saddle.

Maintain this cadence for the remainder of the set, and then ease into a recovery interval of 4:30. After completing your final interval immediately begin the cool-down, keeping your RPM between 90 and 95.



## WORKOUTS:

### Endurance Workouts

#### E1 Rolling Hills

W/U: 16 min.

5 min Pedal EZ with cadence about 90 RPM

5 min alternate :30 standing, :30 seated

6 min Seated, alternate 80% of workload between 1:00 on right leg, 1:00 left leg

3 min between sets

Set 1 - 6x2:00 Z1-2

Choose a gear to maintain 70 RPM in Z2. During RI, maintain 100 RPM (1:00 RI)

Set 2 - 6x3:00 Z2

Choose a gear to maintain 70 RPM in Z2. During RI, maintain 100 RPM (1:00 RI).

C/D: 5 min

TIP: Stay seated to maintain hip strength; also use a variety of gearing i.e. big and small rings...

#### E4 Building Strength

W/U: 15 min

5 min Do EZ pedaling at 90 RPM

10 min pull back (i.e., "scrape the mud off your feet") on the up stroke. Try not to push down on the pedals.

4x5:00 Z2-3

Use big chain ring/big gear, and stay seated (2:00 RI)

3x4:00 Z2-3

Use big chain ring/big gear, and stand last minute (1:00 RI)

CD: 5 min

Tip: Shorten this workout - or use easier gearing if you experience knee pain.

#### E6 Improving Mod Climbs

W/U: 15-25 min

5 min pedal EZ, keeping cadence above 90 RPM.

5 min. :30 intervals, alternating between 100 RPM and 80 RPM.

5 min easy riding at 95+

Set 1 - 20:00 Z1

4 min of EZ climbing, but every fifth minute, alternate between a :30 spin-up at RPE 15 and a :30 sprint at RPE 20!

Set 2 - 20:00 Z2-3

4 min of mod climbing every fifth minute, alternate between a :30 spin-up at RPE 15 and a :30 sprint at RPE 20!

C/D: 5 min.

Tip: This is a longer workout, so hydrate well with a sports drink to help sustain your effort.

These Workouts are provided by the Southeast Storm Triathlon Club for members only. As a member, you have paid for the fees associated with the creation of this program. Please encourage anyone interested in using these programs to join our club. This will give them access to all of our programs.



## **E9 Pacing**

W/U: 16 min

5:00 Pedal with cadence above 90

5:00 Alternate 0:30 standing, 0:30 seated.

6:00 Seated, alternate 80% of the workload between 1 min on the right leg and 1 min on the left leg.

5 min RI between sets

Set 1 - 4x6 min            Z1

Start at low z1 and build every third of interval (e.g. 2 to 5 min) to increase HR 3 beats or 10 watts

Set 2 - 4x6 min            Z3

Start at low z3 and build every third of interval (e.g. 2 to 5 min) to increase HR 3 beats or 10 watts

C/D: for the remainder

Tip: Throughout, guess your intensity level before looking at HR or cp.

## **E11 Speed Demon**

W/U: 4:00 Keep cadence above 90

5:00 Alternate :30 Standing at rpe 10, :30 seated at rpe 6

6:00 Seated, alternate 80% of workload; 1:00 on right leg, 1:00 on left leg

Set 1 - Z1

20 min

Every 4:00, do a :30 spin-up, followed by a :30 standing sprint..

Set 2 - Z2

21 min

Every 3:00, do a :30 spin-up, followed by a :30 standing sprint.

C/D: 4 min

tip: Incorporate your leg speed from the spin-ups into the all-out sprint.



### **E16 Are the brakes on?**

W/U: 16 min

5:00 Pedal with cadence above 90

5:00 Alternate :30 standing, :30 seated

6:00 Seated, alternate 80% of the workload between 1 min on the right leg and 1 min on the left leg.

Set 1 - 2 x 9 min            Z2-3

In a TT gear and cadence of 90, start at low z2 and build every third of interval (e.g. 3 min) to increase HR 3 beats or 10 watts (2 min RI)

extra 2 min RI

Set 2 - 2 x 9 min            Z2-4

In a TT gear and cadence of 90, start at low Z2 and build to every third of interval (e.g. 3 min) to increase HR 3 beats (2 min RI)

C/D: for the remainder

Tip: Throughout, guess your intensity level before looking at HR.

### **E18 Fast Pedal ILT**

W/U: 17 min

5 min pedal EZ

12 3x (1 min right leg, 1 min both legs, 2 min left leg, 1 min both legs) alternating 80% of the workload between the right and left leg.

Set 1 - 20:00 Z2

Pedal at 100+ RPM for 3 min; then 2 min alternate :30 of ILT per leg.

Set 2 - 20:00 Z2

Pedal as fast as you can without bouncing or losing form for 2 min; 1 min EZ standing climb with mod resistance and cadence of 70 to 80, then 2 min alternate :30 of ILT per leg.

C/D: 5 min at 90 RPM

Tip: Your cadence will want to drop during the isolated leg training; but try to keep it up near 90 RPM



## Steady State Workouts

### SS1 Isolated Leg Training (ILT)

W/U: 16 min

5 min Pedal EZ, keeping cadence above 90 RPM

5 min Alternate :30 standing, :30 seated

6 min Seated, alternated 80% of workload between 1:00 on the right leg, 1:00 on left leg

7x3:00 Z1-2

Alternate 1:00 left leg, 1:00 both legs, 1:00 right leg. Set up two chairs on either side of you in order to support your resting leg.

5x2:00 Z2

Stand in big gear (1:00 RI).

C/D: 5 min

Tip: Over the top of your pedal stroke, focus on pulling up on the backstroke. Maintain 90+ Cadence throughout.

### SS2 Spin'n Spin'n

W/U: 15 min.

5:00 Pedal easy, keeping cadence above 90 RPM.

5:00 Do as alternating :30s between 100 RPM and 80 RPM.

5-10:00 Easy riding at 95 RPM.

Main Set: 4 x :30 Z1-2

Spin up to a maximum RPM and maintain for :30 (2:30 RI).

6:00 EZ Seated, alternate 80% of the workload between 1 min on the right leg and 1 min on the left leg.

4x :30 Z1-2

Spin up to a maximum RPM out of the saddle and maintain for :30 (2:30 RI).

4 x :30 Z1-2

Spin up to a maximum RPM and maintain for :30 (2:30 RI)

C/D: 3 min.

Tip: Spin up until you start to bounce on the saddle – then back of your effort a few percent until you can pedal smoothly...



### **SS3 Perfect Pedl'n**

W/U: 17 min.

5 min EZ pedaling

12 min 3x(1:00 right leg, 1:00 both legs, 1:00 left leg, 1:00 both legs), alternating the workload between right and left leg where specified.

2x through:

5:00 Z1-2

Pull back at the bottom of the pedal stroke and maintain momentum over the top. Visualize pedaling horizontally - not up and down (2:00 RI).

5:00 Z1-2

mod climb increasing resistance every min - cadence 65 to 75 (2:00 RI).

4:00 Z1-3

2 min mod climb - cadence 70 to 80, 2 min hard climb with added resistance cadence 60 to 70 - cadence 65 to 75 (2:00 RI).

C/D: 3min

Tip: Pretend the bottom of your foot is not allowed to touch the sole of your shoe on the first interval...

### **SS4 Aero Perfection**

W/U: 15 min

5 min Do EZ pedaling at 90 RPM

10 min pull back (i.e., "scrape the mud off your feet") on the up stroke. Try not to push down on the pedals.

7x3:00 Z3

Pedal in aero position, maintaining 95 RPM (3:00 RI)

first interval cadence is 70, second 80, third 90, fourth 100, fifth - as fast as you can without losing form....

sixth cadence is 70, seventh - as fast as you can without losing form....

C/D: 3 min

Tip: on the upstroke, try to 'kick over the top'; and 'scrape the mud off the bottom' on the down stroke...

### **SS6 An EZ Transition**

W/U: 15 min

5 min Do EZ pedaling at 90 RPM

10 min pull back (i.e., "scrape the mud off your feet") on the up stroke. Try not to push down on the pedals.

7x5:00 Z3

1:00 with feet on top of shoes, then transition to feet in shoes and pull a 1 min acceleration i.e. building to the top of your comfortable cadence range, then 3 min aero, (1 min RI). Increase resistance for last 4 intervals

Note: you can also try kicking your leg over and tapping your toe to the floor...

C/D: 3 min.

Tip: Solid focus here will help provide smooth transitions on race day.

These Workouts are provided by the Southeast Storm Triathlon Club for members only. As a member, you have paid for the fees associated with the creation of this program. Please encourage anyone interested in using these programs to join our club. This will give them access to all of our programs.



## **SS7 High Cad with Intensity**

W/U: 16 min

5:00 Pedal with cadence above 90

5:00 Alternate 0:30 standing, 0:30 seated.

6:00 Seated, alternate 80% of the workload between 1 min on the right leg and 1 min on the left leg.

5 min RI between sets

4x through 3:00 Z4

2:00 Z1- Hold cadence at 80 RPM

1:00 Z2

Maintain 110 to 120 RPM

C/D: 5 min

Tip: Keep upper body relaxed and imagine climbing at a high RPM.

## **SS17 The Spin Cycle II**

W/U: 15

5 min pedal EZ, keeping cadence above 90 RPM.

5 min. :30 intervals, alternating between 100 RPM and 80 RPM.

5 min easy riding at 95+

2x through:

5:00 Z2

cadence 95 to 105 throw in 3 random attacks of 10 sec (all out efforts) - bring HR back down to Z2 with some soft pedaling.

5:00 Z3

Pull back on the up stroke as if scraping mud off your shoes, but resist pushing down on the pedals. Maintain a high cadence 100+

- throw in 3 attacks + counter attacks (10 sec + 20 sec)

5:00 Z3-4

Spin at high end of comfort range

5:00 Z2

Cadence 95 to 105 - put a jump of 10 sec in at the start of every minute

C/D: 5 min

Tip: Relax your feet and legs while spinning. Record the average of your cadence and compare your progress to the next time you do this work out.



## SS18 Perfect Form & TT's

W/U: 17 min.

5 min EZ pedaling

12 min 3x(1:00 right leg, 1:00 both legs, 1:00 left leg, 1:00 both legs), alternating the workload between right and left leg where specified.

3x5:00 Z2

Pull back at the bottom of the pedal stroke and maintain momentum over the top. Visualize pedaling horizontally - not up and down (2:00 RI). Build cadence 95, 100, 105

5:00 Z3

TT effort with a jump at the top of every minute

2 min EZ

5:00 Z2

Pull back at the bottom of the pedal stroke and maintain momentum over the top. Visualize pedaling horizontally - not up and down (2:00 RI). Build cadence 95, 100, 105

5:00 Z3 - TT effort with a jump at the top of every minute

C/D: 5min

Tip: Pretend the bottom of your foot is not allowed to touch the sole of your shoe.



## Hills Strength CTS II

W/U: 15 min EZ with 1 min fast pedal at 100+ cadence, low resistance, and then 2x1 min all-out with 1 min RI

4x7:00 Z3-4

1 min cadence of 80 to 90

1 min of cadence 90+

1 min of cadence 100+

30 sec out of the saddle - all-out effort

Repeat

2min RI

4 min Z3-4

Climb out of the saddle with a 10 sec burst of speed at the top of each minute

C/D: 5 min

## CP30 Test

Warm up at least 20 minutes. Gradually raise the intensity and keep your cadence high for the first 15 minutes. Then do three to five hard efforts for 30-60 seconds. Rest for five minutes and begin the test. Remember, the effort of this time trial should be like a race, so give it all you have!

Complete the 30-minute time trial as follows: Start your heart rate monitor immediately. The monitor should have an average heart rate function. Ten minutes into the time trial (20 minutes to go) hit the "lap" button on your heart rate monitor - so when finished you have your average heart rate for the last 20 minutes. This number is an approximation of your LTHR. The more times you complete this test and observe your heart rate relative to breathing in workouts; the more refined your estimate of your LTHR will become.

During the CP30, record your average cadence to observe your natural cadence at hard efforts.

The average wattage achieved during this test is also a good indicator of your muscular endurance. If you know your average wattage for 30 minutes, you also know power 30 or CP30. Your CP30 can be used to estimate your other critical power training zones e.g. CP90, CP180 etc.

Most cyclists have roughly a 5% loss of power as duration's double in length. For example, a CP60 value for a cyclist is 5% lower than a person's CP30 wattage. As you double the duration, the intensity tends to drop by 5%.

Therefore if you know your CP30 wattage, you can easily estimate your CP60, CP90 (Subtract 7.5% for the CP30 amount), and CP180 (subtract 5% from the CP90 value)>



## Force Workouts

### F11 Over The Top

W/U: 17 min

5 min pedal with cadence above 90

12:00 3x(1 min right leg, 1 min both legs, 1 min left leg), alternating 80% of the workload between the right and left leg.

3 x 10:00 Z1-3 increasing the intensity with each interval.

Do the first 9:00 seated at 70 RPM; for the last minute, shift one or two gears bigger and stand (2:00 RI).

C/D: 5 min.

Tip: Minimize upper body movement. Even while standing, always be able to "play the piano on your handlebars."

### F12 Oxygen Mask

W/U: 17 min

5 min pedal with cadence above 90

12:00 3x(1 min right leg, 1 min both legs, 1 min left leg), alternating 80% of the workload between the right and left leg where specified.

Set 1 - 3x5:00 Z1

Sit in EZ gear (1 min RI)

Set 2 - 3x5:00 Z4

Stand in big gear (1 min RI)

Set 3 - 2x6:00 Z4

Sit in big gear (1 min RI)

C/D: for the remainder

Tip: Maintain 65 to 70 RPM for all but easy gear...

### F15 6xFortune

W/U: 16 min

5 min pedal EZ with a cadence above 90

5 min Alternate :30 standing, :30 seated.

6 min Seated, alternate 80% of the workload between 1:00 on right leg, 1:00 on left leg.

5:00 RI between sets

Set 1 - 4x5:00 Z2-5

Seated at 70 RPM, slowly ramp up to maximum exertion by the last interval (1:00 RI).

Set 2 - 2x5:00 Z3-4

Do last 1:00 standing at 60 RPM and use larger gear than in the first set (1:00 RI).

C/D: 9 min

Tip: Keep your upper body and gaze steady on the standing climb.

These Workouts are provided by the Southeast Storm Triathlon Club for members only. As a member, you have paid for the fees associated with the creation of this program. Please encourage anyone interested in using these programs to join our club. This will give them access to all of our programs.



## F16 Hill Attacks

W/U: 15 min

5 min Do EZ pedaling at 90 RPM

10 min pull back (i.e., "scrape the mud off your feet") on the up stroke. Try not to push down on the pedals.

3x 10:00

Every third min, do 15-20 revolutions in a big chain ring at 50-60 RPM. Aim for - max effort! Between force reps, maintain Z1. 2 min RI

C/D: 5 min

Tip: Go all out - these are maximum, low RPM efforts.

## F17 Whiteface Top II

W/U: 15 min.

3 min pedal easy with a cadence above 80 RPM.

6 min alternate every 1:00 between 100 and 60 RPM.

5 min wrap up with easy riding at 95+ RPM

40:00 - build to Z4-5

Gradually raise HR from Z3 to Z4-5

cadence 70 to 80

every 3rd minute - out of the saddle for 1:00, every 5th minute reduce resistance slightly and raise cadence to 100+ for 1:00, add back in resistance after interval...

C/D: 5 min.

## F18 The Rich Isnor

W/U: 15 min

5 min Do EZ pedaling at 90 RPM

10 min pull back (i.e., "scrape the mud off your feet") on the up stroke. Try not to push down on the pedals.

This workout is based upon the legendary Rich Isnor. Rich would hold 20kph+ going up Blacks in Gatinueau Park - no matter how many 'loops' he was doing. Unbeknownst to him, this hill and practice became known as "Isnor". I try to hold 25+ up 'Isnor'; just to on up him ;)

Set 1 - 2 to 4x4:00 build from Z3 to low Z4

Sit in big gear (2:00 RI) for the first 3 min of the hill spin at a cadence of 90, then add in a large chunk of resistance e.g. 20% more - try to maintain your cadence - this should feel like going up a hill around 15%

5 min EZ between sets

Set 2 - 2 to 4x4:00 build from Z3 to Z4-5

same as set one, but: sit in big gear for first 3 min, out of the saddle for last minute (2:00 RI)

C/D: 15 min EZ

Tip: suffer on the on the last minute - and try to maintain your cadence.

These Workouts are provided by the Southeast Storm Triathlon Club for members only. As a member, you have paid for the fees associated with the creation of this program. Please encourage anyone interested in using these programs to join our club. This will give them access to all of our programs.



## Muscle Endurance (ME) Workouts

### ME1 Tempo Intervals

W/U: 16 min

5 min pedal EZ with a cadence above 90

5 min Alternate :30 standing, :30 seated.

6 min Seated, alternate 80% of the workload between 1:00 on right leg, 1:00 on left leg.

4-5 x 6:00 Z3

Relax and sustain smooth pedaling at 80-90 RPM. Hold an aero position for intervals 2 and 4 (2:00 RI).

C/D: 5 min.

Tip: Relax hands, wrist, shoulder and face during intervals - have your head up and looking down the road when you're aero.

### ME4 Tempo Interval Alt Cad

W/U: 15 min

5 min Do EZ pedaling at 90 RPM

10 min pull back (i.e., "scrape the mud off your feet") on the up stroke. Try not to push down on the pedals.

Main Set: 40:00 Z3

Nonstop, try for steady pedaling, alternating between 70 RPM and 100 RPM every 5:00. Use an aero position during the 100 RPM segments.

Throw in 3 random attacks of 10 sec all-out, and 3 random attacks with counter attacks lasting 30 sec - again, all-out efforts, try to get their HR's down with some soft pedaling.

C/D: 5 min.

Tip: Shake out your hands, relax your face, and make sure only your legs are doing the work while aero i.e. no upper-body movement.

### ME5 Cruise Intervals

W/U: 15 min.

5:00 Pedal easy, keeping cadence above 90 RPM.

5:00 Do as alternating :30s between 100 RPM and 80 RPM.

5-10:00 Easy riding at 95 RPM.

Main Set: 4-5x6:00 Z4

Perform steady pedaling at 90-95 RPM (2:00 RI).

C/D: 5 min.

Tip: Within these intervals, maintain your 60 min. time trial pace; this will help to increase your lactate threshold.

These Workouts are provided by the Southeast Storm Triathlon Club for members only. As a member, you have paid for the fees associated with the creation of this program. Please encourage anyone interested in using these programs to join our club. This will give them access to all of our programs.



## **ME8 Long Tempo Climb Pos1**

W/U: 17 min

5 min pedal with cadence above 90

12:00 3x(1 min right leg, 1 min both legs, 1 min left leg), alternating 80% of the workload between the right and left leg where specified.

Main Set: 20:00 Z3-4

Do a continuous, steady effort seated on a simulated climb.

3-6x5:00 Z2

Stand out of the saddle for 2:00 at 70 RPM; then ride 3:00 seated (5:00 RI).

C/D: 5 min.

Tip: no movement from the waist up - and no grip on the bars during the seated climb...

## **ME1 GL II**

W/U: 15 min EZ with 4x:30 spin-ups

5x3 min on 1 min RI as follows:

Main Set A

1. End at low Z3, cadence normal
2. End at mid Z3, cadence faster
3. End at upper Z3, cadence slower
4. End at low Z4, cadence faster
5. Build to Z4 in first 45 sec and hold, cadence normal

5 min additional EZ spinning

4x3:00 Z1-2

Alternate 1:00 left leg, 1:00 both legs, 1:00 right leg.

C/D: for the remainder

## **ME2 GL II**

W/U: 15 min EZ with 4x:30 spin-ups

5x3 min on 1 min RI as follows:

Main Set B

1. End at mid Z3, cadence normal
2. End at upper Z3, cadence faster
3. End at low Z4, cadence slower
4. End at upper Z4, cadence faster
5. Build to Z5 in first 45 sec and hold, cadence normal

5 min additional EZ spinning

4x3:00 Z1-2

Alternate 1:00 left leg, 1:00 both legs, 1:00 right leg.

C/D: for the remainder

These Workouts are provided by the Southeast Storm Triathlon Club for members only. As a member, you have paid for the fees associated with the creation of this program. Please encourage anyone interested in using these programs to join our club. This will give them access to all of our programs.



### **ME3 GL II**

W/U: 10 min EZ with 4x:30 spin-ups

5x3 min on 1 min RI as follows:

Main Set A

1. End at low Z3, cadence normal
2. End at mid Z3, cadence faster
3. End at upper Z3, cadence slower
4. End at low Z4, cadence faster
5. Build to Z4 in first 45 sec and hold, cadence normal

5 min EZ

Repeat Set A

C/D: for the remainder

### **ME4 GL TT**

W/U: 15 min wu: do 4x30sec hard with 2 min EZ in between...

30 min TT: take average heart rate for last 20 min - that is your lactate threshold.

C/D: 15 min EZ with a high cadence

### **ME5 GL**

W/U: 10 min EZ with 4x:30 spin-ups

5x3 min on 1 min RI as follows:

Main Set A

1. End at low Z3, cadence normal
2. End at mid Z3, cadence faster
3. End at upper Z3, cadence slower
4. End at low Z4, cadence faster
5. Build to Z4 in first 45 sec and hold, cadence normal

5 min z1

5x3 min on 1 min RI as follows:

Main Set B

1. End at mid Z3, cadence normal
2. End at upper Z3, cadence faster
3. End at low Z4, cadence slower
4. End at upper Z4, cadence faster
5. Build to Z5 in first 45 sec and hold, cadence normal

C/D: 5 min

These Workouts are provided by the Southeast Storm Triathlon Club for members only. As a member, you have paid for the fees associated with the creation of this program. Please encourage anyone interested in using these programs to join our club. This will give them access to all of our programs.



## **ME6 GL**

W/U: 10 min EZ with 4x:30 spin-ups

5x3 min on 1 min RI as follows:

Main Set B

1. End at mid Z3, cadence normal
2. End at upper Z3, cadence faster
3. End at low Z4, cadence slower
4. End at upper Z4, cadence faster
5. Build to Z5 in first 45 sec and hold, cadence normal

5 min Z1

5x3 min on 1 min RI as follows:

Main Set B

1. End at mid Z3, cadence normal
2. End at upper Z3, cadence faster
3. End at low Z4, cadence slower
4. End at upper Z4, cadence faster
5. Build to Z5a in first 45 sec and hold, cadence normal

C/D: 5 min

## **ME7 GL**

W/U: 10 min EZ with 4x:30 spin-ups

4x5 min on 1:30 min RI as follows:

Main Set B

1. End at mid Z3, cadence normal
2. End at upper Z3, cadence faster
3. End at low Z4, cadence slower
4. End at upper Z4, cadence faster
5. Build to Z5 in first 45 sec and hold, cadence normal

5 min z1

3x5 min on 1:30 min RI as follows:

Main Set B

1. End at mid Z3, cadence normal
2. End at upper Z3, cadence faster
3. End at low Z4, cadence slower
4. End at upper Z4, cadence faster
5. Build to Z5 in first 45 sec and hold, cadence normal

C/D for the remainder



## **ME8 GL TT**

W/U: 15 min. Do 4x30sec hard with 2 min EZ in between...

30 min TT: take average heart rate for last 20 min - that is your lactate threshold.

C/D: 15 min EZ with a high cadence

## **BT 1 Peak week no. 1 bike2 run35**

If you are feeling fatigued - keep this workout in zone 1.

Bike: up to 2 hours in Zones Z1-2 - do 4 pick-ups at half-IM pace lasting 2 min.

Run: 35 min - 10 min Zone 1, next 10 min Zone 2, 10 min in Zone 3, then a 5 min cool-down...

## **BT 2 Peak week no. 1 bike3 run60**

Bike: 3 hours in zones Z1-2 - do 4 pick-ups at half-IM pace lasting 2 min. Practice race nutrition and hydration...

Run: 60 min - 45 min zone 1, next 5 min zone 2, 5 min in zone 3, then a 5 min cool-down...

## **BT 3 Peak week no. 2 bike2 run35**

Bike: after 15 min EZ, bike up to 1:45 at race pace - finish last 10 min of bike in Zone 3...

Run: 35 min - 20 min Zone 1, 10 min in Zone 3, then a 5 min cool-down...

Tip: gradually build into race pace on the bike... find similar terrain

## **BT 4 Peak week no. 2 bike1 run30**

Bike 60 min: push big gear in the flats - build to a zone 3 effort over last 5 to 10 min of bike...

Run 30 min: Zone 1 for 20 min, Zone 3 for 5 min, 5 min. cool-down.

## **Weekend Brick Bike and Run**

Follow the brick schedule for details of rides and runs...

## **EZ Endurance Bike Outside**

Easy Zone 1 riding...

## **Recovery Spin**

Just spin the legs out in low Zone 1. Find less challenging terrain