

HALF IRON TRAINING - BRICK #2

Total Time	Set Time	Intensity or Terrain or drill	Resistance	Cadence	Heart Rate or Zone
10	10	EZ spinning	light	90+	BOZ
16	6	1min up, 1min down - light walking on the bike	mod light	90 to 70	BOZ
18	2	EZ spinning	light	90+	BOZ
27	9	Mini-Hills 3x(1min seated - hands behind, 1min standing, 1 min fast with light resistance)	mod	70 - 80 hill, 100+ down	MOZ
29	2	EZ spinning	light	90+	BOZ
39	10	Speed Based: 4x(1min ez, 45sec mod fast, 30 sec fast, 15 sec super fast)	mod light	90, 95, 100, 105+	MOZ
41	2	EZ spinning	light	90+	BOZ
51	10	Resistance Based: 4x(1min ez, 45sec mod hard, 30 sec hard, 15 sec very hard)	light, mod, hard, very hard	90, 85, 80, - 70	MOZ
53	2	EZ spinning	light	90+	BOZ
1:06	13	Pyramid 1 min seated, 10 sec up, 2min seated 10 sec up hard - 3 min. and back down...3, 2, 1	heavy	90 on the hard, 70 to 80 on the seated	MOZ
1:08	2	EZ spinning	light	90+	BOZ
1:17	9	Mini-Hills 3x(1min seated - hands behind, 1min standing, 1 min fast with light resistance)	mod	70 - 80 hill, 100+ down	MOZ
1:19	2	EZ spinning	light	90+	BOZ
1:29	10	Resistance Based: 4x(1min ez, 45sec mod hard, 30 sec hard, 15 sec very hard)	light, mod, hard, very hard	90, 85, 80, - 70	MOZ
1:31	2	EZ spinning	light	90+	BOZ
1:41	9	3 min up, 3min down, 3 min up Climb with random 15 sec all out attacks (100% effort), 30 sec counter attacks (90% effort)	heavy to very heavy	variable	TOZ
1:45	5	EZ spinning	light	90+	BOZ
Run off the bike based on your training schedule					