

HALF IRON TRAINING - BRICK #4

Total Time	Set Time	Intensity or Terrain or drill	Resistance	Cadence	Heart Rate or Zone
10	10	EZ spinning	light	90+	BOZ
	10	4 quadrants of stroke - 1min each and then full pedal in between	mod light	90+	BOZ
12	2	EZ spinning	light	90+	BOZ
22	10	5x(1 min acceleration, 1min ez)	mod	90 to 130	MOZ
24	2	EZ spinning	light	90+	BOZ
34	10	4x(1min seated, 1 min standing, 30 sec very little resistance all out)	mod light	80 to 130	MOZ
36	2	EZ spinning	light	90+	BOZ
42	6	3x1min spin-ups with 1min RI - go as fast as you can - once you start to bounce, back off by 5%	light, mod, hard, very hard	110+ on spin-up	TOZ
44	2	EZ spinning	light	90+	BOZ
57	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	TOZ
59	2	EZ spinning	light	90+	BOZ
1:07	8	uphill TT	mod heavy	80 to 90	TOZ
1:09	2	EZ spinning	light	90+	BOZ
1:19	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	TOZ
1:21	2	EZ spinning	light	90+	BOZ
1:30	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	From TOZ+5 to +10
1:40	10	Speed Based: 4x(1min ez, 45sec mod fast, 30 sec fast, 15 sec very fast)	mod	80, 90, 100, 105, 110+	TOZ+15 on the very fast...
1:45	5	EZ spinning	light	90+	BOZ
Run off the bike based on your training schedule					