

HALF IRON TRAINING - BRICK #5

Total Time	Set Time	Intensity or Terrain or drill	Resistance	Cadence	Heart Rate or Zone
10	10	EZ spinning	light	90+	BOZ
18	8	4 quadrants of pedal stroke	light	90+	BOZ
20	2	EZ spinning	light	90+	BOZ
30	10	alternate between 1 min at 100+ and 1 min at 70 cad	light to heavy	110 and 60	MOZ
32	2	EZ spinning	light	90+	BOZ
42	10	5x2min - accelerating to TOZ plus 30 at the end i.e. LTHC - TT - need 5 gears - so we can access all of them after - increase resistance	Mod	90+	BOZ, MOZ, TOZ, TOZ+10, TOZ+30 i.e. lactate threshold
44	2	EZ spinning	light	90+	BOZ
54	10	4x (1 min ez, 45 hard, 30 very Hard, 15 stupid hard)	Mod, Heavy, Very Heavy, Bone Crushing	90,80,70, 60	MOZ
56	2	EZ spinning	light	90+	BOZ
1:05	9	3x2min simulate big chain ring with 1 min rest	heavy	90+	MOZ
1:07	2	EZ spinning	light	90+	BOZ
	9	3x2min simulate small chain ring, high cad with 1 min rest	light	100+	TOZ
1:09	2	EZ spinning	light	90+	BOZ
1:19	10	1min standing, 1 min seated (hands behind), 30sec all-out spint - get cadence measure while standing - a bit slower - work on force...	Heavy	80	TOZ+10 on 30 sec
1:21	2	EZ spinning	light	90+	BOZ
1:29	8	TT	Mod - simulate a flat road with a slight headwind i.e. Aviation TT	90+	TOZ
1:31	2	EZ spinning	light	90+	BOZ
1:40	9	3x2min sit in mod gear 1min RI	mod	80 to 90	BOZ, MOZ, TOZ
1:45	5	EZ spinning	light	90+	BOZ
Run off the bike based on your training schedule					