

HALF IRON TRAINING - BRICK #7

Total Time	Set Time	Intensity or Terrain or drill	Resistance	Cadence	Heart Rate or Zone
10	10	Spin Ez	light	85 to 95	Low
20	10	5x30sec spin ups - to get the HR up. RI 1min.	choice		High
28	8	TT - the highest effort you can sustain for 8min. Take you avg hr.	choice	90+	Low
43	15	Spin Ez	light	90+	Low
51	8	TT - the highest effort you can sustain for 8min. Take you avg hr. Of the 2x8min TT, take the one with highest avg hr and use that for your zones -10. For example if your highest TT avg hr was 160, subtract 10 beats and that is your threshold or 'magic number,.	choice	90+	High
56	5	Spin Ez	light	90	BOZ
58	2	2min hill (6x2 w/ 1RI)	heavy	70	BOZ
59	1	Downhill	light	100	BOZ
1:01	2	2min hill	heavy	70	BOZ
1:02	1	Downhill	light	100	BOZ
1:05	2	2min hill	heavy	70	BOZ
1:06	1	Downhill	light	100	BOZ
1:08	2	2min hill	heavy	70	BOZ
1:09	1	Downhill	light	100	BOZ
1:11	2	2min hill	heavy	70	BOZ
1:12	1	Downhill	light	100	BOZ
1:14	2	2min hill	heavy	70	MOZ
1:15	1	Downhill	light	100	TOZ
1:18	3	Spin Ez	light	90	BOZ
1:21	3	3min hill (2x3 w/ 1RI)	heavy	70	TOZ
1:22	1	Downhill	light	100	MOZ
1:25	3	3min hill	heavy	70	TOZ
1:30	5	Cool Down - Spin EZ	light	90	BOZ
Run off the bike based on your training schedule					