

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 Note: these intervals are 2 min a piece with a 15 sec sprint at the beginning of each one...	Mod	90+	BOZ, MOZ, TOZ, TOZ+10, TOZ+30 i.e. lactate threshold
44	2	EZ spinning	light	90+	BOZ
54	10	3x2min simulate big chain ring with 1 min rest	Heavy	70	TOZ+5 4x (1 min ez, 45 hard, 30 very Hard, 15 stupid hard)
56	2	EZ spinning	light	90+	BOZ
1:05	9	random 5 speeds of pedalling - 30 sec each - forget about heart rate	Mod	90+	Don't use HR - 30 sec too short....
1:07	2	EZ spinning	light	90+	BOZ
1:16	9	45 sec up, 45 sec seated - each time we stand up, go up a zone, starting at BOZ - MOZ, TOZ, TOZ+5, TOZ+10....	MOD to Heavy	70 to 80	Variable - starting at BOZ and increasing approx 5 beats per interval
1:18	2	EZ spinning	light	90+	BOZ
1:28	10	3x2min sit in Heavy gear 1min RI	Heavy	70	TOZ+10 on 30 sec
1:30	2	EZ spinning	light	90+	BOZ
1:38	8	1min standing, 1 min seated (hands behind), 30sec all-out spint - get cadence measure while standing - a bit slower - work on force...		100+	TOZ
1:40	2	EZ spinning	light	90+	BOZ
1:48	8	TT - 2min sit in big gear 1min RI - - simulate a flat road with a slight headwind i.e. Aviation TT	Mod	80 to 90	Goal is TOZ + 30 to 35
1:51	3	EZ spinning	light	90+	BOZ
2:00	9	3x2min simulate small chain ring, high cad with 1 min rest	Mod	100+	TOZ+10
2:02	2	EZ spinning	light	90+	BOZ
2:05	3	3 min standing - small hill	Mod	70 to 80	TOZ
2:09	4	EZ spinning	light	90+	BOZ
Run off the bike based on your training schedule					