

BRICK #13

Total Time	Set Time	Intensity or Terrain	Resistance	Cadence	Heart Rate or Zone	
10	10	Spin Ez	light	85 to 95	Low	Threshold = TT-10
20	10	5x30sec spin ups - to get the HR up. RI 1min.	choice		High	Top of Zone = TOZ
28	8	TT - the highest effort you can sustain for 8min. Take you avg hr.	choice	90+	Low	Middle of Zone = MOZ
43	15	Spin Ez	light	90+	Low	Bottom of Zone = BOZ
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 hightest 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	Zone is the avg hr for the highest of the two 8 min TT e.g. 160 was the highest avg hr on the second TT; therefore, threshold is 160-10 = 150. The range of your zone is - 30 to -50 beats or 150-20 = 130 & 150-40= 110 so, TOZ is 125 to 130 MOZ is 115 to 125 and BOZ is 110 to 115
58	2	2min hill (6x2 w/ 1RI)	heavy	60	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	80	MOZ	
1:06	1	Downhill	light	100	MOZ	
1:08	2	2min hill	heavy	60	MOZ	
1:09	1	Downhill	light	100	MOZ	
1:11	2	2min hill	heavy	70	MOZ	
1:12	1	Downhill	light	100	TOZ	
1:14	2	2min hill	heavy	80	TOZ	
1:15	1	Downhill	light	100	TOZ + 5	
1:18	3	Spin Ez	light	90	BOZ	
1:21	3	3min hill (2x3 w/ 1RI)	heavy	70	TOZ + 10	
1:22	1	Downhill	light	100	MOZ	
1:25	3	3min hill	heavy	70	TOZ + 20	
1:30	5	Cool Down - Spin EZ	light	90	BOZ	

Run off the bike based on your training schedule