

BRICK #14

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 60 cad	light to heavy	110 & 60	MOZ
32	2	EZ spinning	light	90+	BOZ
42	10	5x2min - go up a gear in intensity every 2 min.	Heavy	70 to 90	BOZ, MOZ, TOZ, TOZ+10, TOZ+30 i.e. lactate threshold
44	2	EZ spinning	light	90+	BOZ
54	10	1min hard, 1 min ez	heavy	60 to 90	TOZ+5
56	2	EZ spinning	light	90+	BOZ
1:05	9	3x2min simulate big chain ring with 1 min rest	heavy	80	TOZ + 10
1:07	2	EZ spinning	light	90+	BOZ
	9	3x2min simulate small chain ring, high cad with 1 min rest	light	100+	TOZ + 20
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 - 105+ on the sprints...	TOZ+10 on 30 sec
1:21	2	EZ spinning	light	90+	BOZ
1:29	19	19 min climb, random attacks, counter	Heavy	60 to 80	TOZ+30
1:31		attacks, very seated and climbing every 2		90+	BOZ
1:40		min, throw in hands behind and one arm		80 to 90	BOZ, MOZ, TOZ
1:45	5	EZ spinning	light	90+	BOZ

Run off the bike based on your training schedule