

## HALF IRON TRAINING - BRICK #15

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 110 and 1 min at 60 cad	light to heavy	110 & 60	MOZ
32	2	EZ spinning	light	90+	BOZ
42	10	alternate between 1 min scraping the mud off the bottom of your feet, and 1 min standing	mod	90+	MOZ
44	2	EZ spinning	light	90+	BOZ
54	10	5x2min increasing your cadence every 2 min	light	90 to 110	TOZ
56	2	EZ spinning	light	90+	BOZ
1:05	9	3x2min simulate big chain ring with 1 min rest	heavy	70 to 80	TOZ
1:07	2	EZ spinning	light	90+	BOZ
	9	3x2min simulate small chain ring, high cad with 1 min rest	light	105+	TOZ
1:09	2	EZ spinning	light	90+	BOZ
1:19	10	10 min steep hill with random attacks and counter attacks	super heavy	65	TOZ
1:21	2	EZ spinning	light	90+	BOZ
1:29	2	alternate every 5 min between seated and standing... random attacks and counter attacks.... Increase resistance every 2 min...	super heavy	60 to 70	TOZ+10 by the end
1:51		steep climb	heavy	80 to 90	TOZ+20
1:53	2	EZ spinning	light	90+	BOZ
1:56	3	2min sit in big gear 1min RI		80 to 90	TOZ+30
2:00	4	EZ spinning	light	90+	BOZ
Run off the bike based on your training schedule					