

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 | | | | | |