Brick #12

Total Time	Set Time	Intensity or Terrain or drill	Resistance	Cadence	Heart Rate or Zone	
10	10	EZ spinning	light	90+	BOZ	Threshold = TT-10
18	8	4 quadrants of pedal stroke	light	90+	BOZ	Top of Zone = TOZ
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 and 60	MOZ	Middle of Zone = MOZ
32	2	EZ spinning	light	90+	BOZ	Bottom of Zone = BOZ
42	10	10 min hill - increase the tension every 2 min	mod	60 to 90 depending on tension	MOZ	
44	2	EZ spinning	light	90+	BOZ	
54	10	Seated, alternate between 80% of the workload; 1:00 on the right leg, 1:00 on the left….	light	90+	TOZ	
56	2	EZ spinning	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
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	3x3min 3 min standing, 3 min seated, 3 min standing	light	70 to 80	TOZ	
1:09	2	EZ spinning	light	90+	BOZ	
1:19	10	10 min steep hill with random attacks and counter attacks	super heavy	60 to 80 - variable	TOZ	
1:21	2	EZ spinning	light	90+	BOZ	
1:29	8	2x3 min hill with 2 min rest in the middle	pinks	70 to 80	TOZ	
1:31	2	EZ spinning	light	90+	BOZ	
1:40	9	9min hill seated - hands behind for 1 min on, 1 min off	mod	70 to 80	BOZ, MOZ, TOZ	
1:42	2	EZ spinning	light	90+	BOZ	
1:51	9	3x2min stand in big gear 1min RI	heavy	70 to 80	TOZ	
1:53	2	EZ spinning	light	90+	BOZ	
1:56	3	2min sit in big gear 1min RI		70 to 80	TOZ+20	
2:00	4	EZ spinning	light	90+	BOZ	
Run off the bike based on your training schedule						