## Brick #12

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10   10   EZ spinning   light   90+   BOZ   Threshold = Tr-10     18   4 quadrants of pedal stroke   light   90+   BOZ   Top of Zone = TOZ     20   2   EZ spinning   light   90+   BOZ   Middle of Zone = MOZ     30   10   alternate between 1 min at 110 and heavy   60   MOZ   Middle of Zone = BOZ     32   2   EZ spinning   light   90+   BOZ   Bottom of Zone = BOZ     44   2   EZ spinning   min still-increase the tension every 2 min   mod   60 to 90 dependin go nevery 2 min   Soutom of Zone = BOZ     44   2   EZ spinning   light   90+   BOZ   Bottom of Zone = BOZ     54   10   Seated, alternate between 80% of the workload; 1:00 on the right leg, 1:00 on the left   90+   BOZ   Zone is the avg hr for the highest avg min rest     100   9   3x2min simulate big chain ring with 1   heavy   70 to 80   TOZ     1105   9   3x3min 3 min standing, 3 min seated, light   90+   BOZ   Tor no the second Tr;	Total Time	Set Time	Intensity or Terrain or drill	Resistance	Cadence	Heart Rate or Zone	
20 2 EZ spinning light 90+ BOZ   30 10 alternate between 1 min at 110 and 1 light to 110 and heavy MOZ Middle of Zone = MOZ   32 2 EZ spinning light 90+ BOZ BOT   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 MOZ dependin g on tension   44 2 EZ spinning light 90+ BOZ EXTEXPORT   54 10 Seated, alternate between 80% of the light 90+ BOZ Zone is the avg hr for the highest avg   100 Seated, alternate big chain ring with 1 heavy 70 to 80 TOZ Anis the second T;   101 min rest light 90+ BOZ For the second T; e.g. 160 was the highest avg   102 Z EZ spinning light 90+ BOZ is 30 to -50 beats or 150-20 =   109 3 x3min 3 min standing light 90+ BOZ is 30 to 50 beats or 150-20 =   1010	10	10	EZ spinning	light	90+	BOZ	Threshold = TT-10
30 10 alternate between 1 min at 110 and heavy 60 MOZ Middle of Zone = MOZ   32 2 EZ spinning light 90+ BOZ Bottom of Zone = BOZ   42 10 min hil - increase the tension every 2 min mod 60 60 to 90 dependin g on tension MOZ   44 2 EZ spinning light 90+ BOZ Bottom of Zone = BOZ   54 10 Seated, alternate between 80% of the workload; 1:00 on the right leg, 1:00 on the right leg, 1:00 on the 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 for the min rest   56 2 EZ spinning light 90+ BOZ Zone is the avg hr for the highest avg hr for the highest of the two 8 min TT e.g. 160 was the highest avg hr for the workload; 1:00 on the right leg, 1:00 TOZ Zone is the avg hr for the highest avg hr for the nor the second TT; therefore, threshold is 160-10 = 150. The range of your zone is -30 to -50 beats or 150-20 = 130 & 150 was the highest avg hr for the second TT; therefore, threshold is 160-10 = 150. The range of your zone is -30 to -50 beats or 150-20 = 130 & 150 was 150-20 = 130 & 150 was 150. 100 min steep hill with random attacks and counter attacks super 60 to 80 - TOZ was 150 was 150. 125 to 130 MOZ is 115 to 125 and BOZ is 110 to 115   1:21 2 EZ spinning light 90+ BOZ is 10	18	8	4 quadrants of pedal stroke	light	90+	BOZ	Top of Zone = TOZ
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Image: second				light	90+		
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Run off the bike based on your training schedule	2:00	4	EZ spinning	light	90+	BOZ	]
Run off the bike based on your training schedule							
	Run c	o <mark>ff the</mark>	bike based on your training schedule				