

## HALF IRON TRAINING - BRICK #3

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 and 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	Seated, alternate between 80% of the workload; 1:00 on the right leg, 1:00 on the left....	light	90+	MOZ
56	2	EZ spinning	light	90+	BOZ
1:05	9	3x2min simulate big chain ring with 1 min rest	heavy	90+	MOZ
1:07	2	EZ spinning	light	90+	BOZ
	9	3x2min simulate small chain ring, high cad with 1 min rest	light	100+	MOZ
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	TT	Mod - simulate a flat road with a slight headwind i.e. Aviation TT	90+	TOZ
1:31	2	EZ spinning	light	90+	BOZ
1:40	9	3x2min sit in mod gear 1min RI	mod	80 to 90	BOZ, MOZ, TOZ
1:42	2	EZ spinning	light	90+	BOZ
1:51	9	3x2min stand in big gear 1min RI	heavy	80 to 90	TOZ
1:53	2	EZ spinning	light	90+	BOZ
1:56	3	2min sit in big gear 1min RI		80 to 90	TOZ
2:00	4	EZ spinning	light	90+	BOZ
Run off the bike based on your training schedule					