

Brick #11

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
16	6	1min up, 1min down - light walking on the bike	mod light	90 to 70 on the up	BOZ	Top of Zone = TOZ
18	2	EZ spinning	light	90+	BOZ	
27	9	Mini-Hills 3x(1min seated - hands behind, 1min standing, 1 min fast with light resistance)	mod	70 to 80 on the hill, 100+ down	MOZ	Middle of Zone = MOZ
29	2	EZ spinning	light	90+	BOZ	Bottom of Zone = BOZ
39	10	Speed Based: 4x(1min ez, 45sec mod fast, 30 sec fast, 15 sec super fast)	mod light	90, 95, 100, 105+	MOZ	
41	2	EZ spinning	light	90+	BOZ	
51	10	Resistance Based: 4x(1min ez, 45sec mod hard, 30 sec hard, 15 sec very hard)	light, mod, hard, very hard	90, 85, 80, - 70	TOZ	
53	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.
1:06	13	Pyramid 1 min seated, 10 sec up, 2min seated 10 sec up hard - 3 min. and back down...3, 2, 1	heavy	90 on the hard, 70 to 80 on the seated	TOZ	
1:08	2	EZ spinning	light	90+	BOZ	
1:17	9	Mini-Hills 3x(1min seated - hands behind, 1min standing, 1 min fast with light resistance)	mod	70 to 80 on the hill, 100+ down	TOZ	
1:19	2	EZ spinning	light	90+	BOZ	
1:29	10	Resistance Based: 4x(1min ez, 45sec mod hard, 30 sec hard, 15 sec very hard)	light, mod, hard, very hard	90, 85, 80, - 70	TOZ	
1:31	2	EZ spinning	light	90+	BOZ	
1:41	9	3 min up, 3min down, 3 min up Climb with random 15 sec all out attacks (100% effort), 30 sec counter attacks (90% effort)	heavy to very heavy	70 to 80 on the hill, 100+ down	From TOZ+15 to TOZ+30	
1:45	5	EZ spinning	light	90+	BOZ	
Run off the bike based on your training schedule						