

## BRICK #14

| 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 100+ and 1 min at 60 cad  | light to heavy | 110 & 60                    | MOZ  |
| 32         | 2        | EZ spinning  | light          | 90+                         | BOZ  |
| 42         | 10       | 5x2min - go up a gear in intensity every 2 min.  | Heavy          | 70 to 90                    | BOZ, MOZ, TOZ, TOZ+10, TOZ+30 i.e. lactate threshold |
| 44         | 2        | EZ spinning  | light          | 90+                         | BOZ  |
| 54         | 10       | 1min hard, 1 min ez  | heavy          | 60 to 90                    | TOZ+5  |
| 56         | 2        | EZ spinning  | light          | 90+                         | BOZ  |
| 1:05       | 9        | 3x2min simulate big chain ring with 1 min rest   | heavy          | 80                          | TOZ + 10   |
| 1:07       | 2        | EZ spinning  | light          | 90+                         | BOZ  |
|            | 9        | 3x2min simulate small chain ring, high cad with 1 min rest   | light          | 100+                        | TOZ + 20   |
| 1:09       | 2        | EZ spinning  | light          | 90+                         | BOZ  |
| 1:19       | 10       | 1min standing, 1 min seated (hands behind), 30sec all-out spint - get cadence measure while standing - a bit slower - work on force... | Heavy          | 80 - 105+ on the sprints... | TOZ+10 on 30 sec                                     |
| 1:21       | 2        | EZ spinning  | light          | 90+                         | BOZ  |
| 1:29       | 19       | 19 min climb, random attacks, counter  | Heavy          | 60 to 80                    | TOZ+30   |
| 1:31       |          | attacks, very seated and climbing every 2  |                | 90+                         | BOZ  |
| 1:40       |          | min, throw in hands behind and one arm   |                | 80 to 90                    | BOZ, MOZ, TOZ  |
| 1:45       | 5        | EZ spinning  | light          | 90+                         | BOZ  |

Run off the bike based on your training schedule