

Tricoach.ie – Ironman and Triathlon Coaching

Workout 1 – Big Gear Workout

Total time: 65 minutes

10 mins warm-up gradually building to top of Zone 2

7 mins top Z2 - mid Z3 at 85 rpm

Recover easy spinning *3 mins*

7 mins top Z2 - mid Z3 at 80 rpm

Recover easy spinning *3 mins*

7 mins top Z2 - mid Z3 at 75 rpm

Recover easy spinning *3 mins*

7 mins top Z2 - mid Z3 at 70 rpm

Recover easy spinning *3 mins*

7 mins top Z2 - mid Z3 at 65 rpm

Recover easy spinning *3 mins*

5 mins easy spin down

NOTES

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Workout 2 – Aerobic Threshold

Total time: 60 minutes

15 mins easy warm up

40 mins top Z2 80rpm

5 mins easy spin down

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Workout 3 – Olympic Race Pace Intervals

Total time: 59 minutes

15 mins warm up gradually building to top of Zone 2

4 x *6 secs* max spin ups with 54 seconds recovery

4 x *10 secs* max spin ups with 50 seconds recovery

2 mins easy

6 x *3 mins* Olympic or 1 hour max race pace off 1 min recovery each

10 mins easy spin down

NOTES