

Tempo > Sweetspot > Threshold > VO2 %HR

1:18:00
 -- km
 54 TSS



	Planned	Completed	
Duration	1:18:00		h:m:s
Distance			km
Average Speed			kph
Calories			kcal
Elevation Gain			m
TSS	54		TSS
IF	0.61		IF
Work			kJ
Average Pace			min/km

Description

This is the ultimate mix bag ramped workout. You're going to spend time in each main power zone working on each of the boys energy systems. Expect the back end of each ramp to be very hard, but they will finish quickly.

Pre-activity comments

Workout Details

1. **Warm up**
10 min @ 34-43 % of Maximum Heart Rate
2. **Ramp up in 4 steps**
 1. **Tempo**
15 min @ 60-68 % of Maximum Heart Rate
 2. **Sweetspot**
10 min @ 68-77 % of Maximum Heart Rate
 3. **Threshold**
3 min @ 77-85 % of Maximum Heart Rate
 4. **VO2**
1 min @ 85-94 % of Maximum Heart Rate
3. **Recovery**
5 min @ 43-51 % of Maximum Heart Rate
4. **Ramp up in 4 steps**
 1. **Tempo**
15 min @ 60-68 % of Maximum Heart Rate
 2. **Sweetspot**
10 min @ 68-77 % of Maximum Heart Rate
 3. **Threshold**
3 min @ 77-85 % of Maximum Heart Rate
 4. **VO2**
1 min @ 85-94 % of Maximum Heart Rate
5. **Cool Down**
5 min @ 34-43 % of Maximum Heart Rate

	Min	Avg	Max	
Heart Rate				bpm
Power				W

Tags