

# 6 x 6 min Threshold Hill repeats %HR

1:30:00  
-- km  
85 TSS



	Planned	Completed	
Duration	1:30:00		h:m:s
Distance			km
Average Speed			kph
Calories			kcal
Elevation Gain			m
TSS	85		TSS
IF	0.71		IF
Normalized Power			W
Work			kJ

## Description

Warm Up (repeat 2x):  
- 4 mins easy (Zone 1)  
- 2 mins (Zone 3)  
- 4 mins (Zone 2)

### Workout:

On a moderate hill:

6 x (6 minutes at cadence lower than 70 and big gear). recovery between efforts: 3 mins, zone 1

Cool down - 18 mins very easy

## Pre-activity comments

The purpose of this workout is to build strength / force.

Use a bigger gear, and slow cadence

## Workout Details

### 1. Repeat 2 times

#### 1. Hard

4 min @ 55 % of Maximum Heart Rate

#### 2. Harder

2 min @ 71 % of Maximum Heart Rate

#### 3. Easy

3 min @ 60 % of Maximum Heart Rate

### 2. Repeat 6 times

#### 1. Hard

6 min @ 83-93 % of Maximum Heart Rate

#### 2. Easy

3 min @ 47 % of Maximum Heart Rate

### 3. Recovery

18 min @ 47 % of Maximum Heart Rate

	Min	Avg	Max	
Heart Rate				bpm
Power				W

Tags