

BIKE // Z1/Z2+Z3/Z4 MIX // 3 HOURS

WORKOUT DETAILS

Workout Details

1. Warm up
10 min @ 45 % of FTP
2. Zone 2
35 min @ 60 % of FTP
3. Repeat 1 times
 1. Z3/Z4
15 min @ 75 % of FTP
 2. Z2
10 min @ 40 % of FTP
4. Repeat 1 times
 1. Z3/Z4
10 min @ 75 % of FTP
 2. Z2
15 min @ 40 % of FTP
5. Repeat 1 times
 1. Z3/Z4
7 min @ 75 % of FTP
 2. Z2
15 min @ 40 % of FTP
6. Repeat 1 times
 1. Z3/Z4
5 min @ 75 % of FTP
 2. Z2
15 min @ 40 % of FTP
7. Z5/Z6
3 min @ 110 % of FTP
8. Z2
10 min @ 75 % of FTP
9. Ramp down in 4 steps
 1. Cool down
5 min @ 70 % of FTP
 2. Cool down
5 min @ 60 % of FTP
 3. Cool down
10 min @ 50 % of FTP
 4. Cool down
10 min @ 40 % of FTP



[Visit www.SetThePaceTriathlon.com](http://www.SetThePaceTriathlon.com) for more triathlon goodness!

