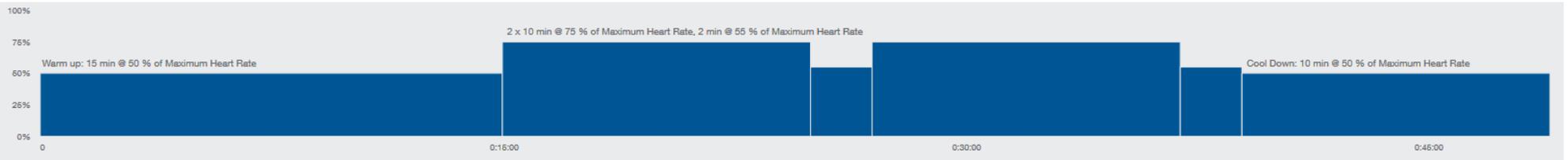


RUN // RACE EFFORT TEMPO

WORKOUT DETAILS



Workout Details

- 1. Warm up**
15 min @ 50 % of Maximum Heart Rate
- 2. Repeat 2 times**
 - 1. race effort Z3 + practice nutrition intake**
10 min @ 75 % of Maximum Heart Rate
 - 2. Easy**
2 min @ 55 % of Maximum Heart Rate
- 3. Cool Down**
10 min @ 50 % of Maximum Heart Rate

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

