

## **TT + LONG ROAD RACE WARM UP – 35min Duration**

Notes: Start small easy gear and small chain ring.

Step 1: (Rest) Duration:10min, Heart Rate Zone:1 Power Zone:1 (Active Recovery (AR)),

Notes:Start things gently to get the legs going. Small chain ring

Step 2: (Active) Duration:5min, Heart Rate Zone:2, Power Zone:2 (Aerobic Threshold (AeT)),

Notes:slowly raise the hr/power to the max of the zones

Step 3: (Rest) Duration:5min, Heart Rate Zone: 1, Power Zone:1 (Active Recovery (AR)),

Notes:Easy recovery

Step 4: (Active) Duration:3min, Heart Rate Zone:3 , Power Zone:3 (Tempo (Tem)),

Notes:Again raise the hr/power to the upper limit of the zone

Step 5: (Rest) Duration:5min, Heart Rate Zone:1, Power Zone:1 (Active Recovery (AR)),

Notes:Easy recovery

Step 6: (Active) Duration:2min, Heart Rate Zone:4 , Power Zone:4 (Lactate Threshold (LT)),

Notes:Harder effort here for full duration on time

Step 7: (Rest) Duration:5min, Heart Rate Zone:1, Power Zone:1 (Active Recovery (AR)),

Notes:Easy to bring hr etc down again. Small chain ring