

2 x 10-minute Threshold Workout



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- Warm-up: 15 minutes – build speed, power, and hear rate, Zone 2 – 3
- 1st 10-minute interval: Zone 4+
- Recover: 10 minutes – < Zone 3
- 2nd 10-minute interval: Zone 4+
- Cool-down: 10 minutes – < Zone 2

Total: 55 minutes

Zone 4+ = Stay above your Zone 4 minimum number and into Zone 5... As high as you can keep it without cracking such that you don't drop under your Zone 4 minimum

<Zone 3 = Stay up to your maximum Zone 2 number, but you can go all the way down into Zone 1