

**BEYOND PERFORMANCE
EPIC WORKOUT #21**

**THE ULTIMATE OLYMPIC DISTANCE
BRICK WORKOUT**

This workout is done indoors on a spin bike or on your trainer/CompuTrainer. Ideally your bike will be set next to/near your treadmill, as quick transitions are imperative.

We have posted a generic example, as well as an example for an athlete just ready to race a 10K in 37:20 (6:00 minute pace).

NOTES: * This workout is done with your current race-shape in mind.
* Wear your lightweight trainers or flats
* Treadmill elevation is set at 1.0 elevation

1st Bike Leg (30 minutes)

10 minutes **EASY** building to upper Endurance
Target Heart Rate (69-83%)/
4 x :45 spins at >105 with 1:15 breaks in roadie/
12**E** aero maintaining 69-83% **THR**

<:45 transition from the bike to the tread
Once on the treadmill, you have 1:15 to get up to EPIC speed
1 MILE run at :05 under 10K 'Race Pace' / 10.2 (5:56)
1:00 brisk walk/1:00 transition to the bike...

2nd Bike Leg (20 minutes)

2**E** roadie/2**E** aero maintaining 69-83% **THR**
4 x :45 spins at >105 with 1:15 breaks in roadie/
2**E** aero/2 x 1 minute >95% **MAX THR** effort in aero with 2 minute breaks...

<:45 transition from the bike to the tread
Once on the treadmill, you have 1:15 to get up to EPIC speed
1 MILE run at :05 under 10K 'Race Pace' / 10.2 (5:56)
1:00 brisk walk/1:00 transition to the bike...

3rd Bike Leg (20 minutes)

2**E** roadie/18**E** aero maintaining 69-83% **THR**

<:45 transition from the bike to the tread
Once on the treadmill, you have 1:15 to get up to EPIC speed
1 MILE run at :05 under 10K 'Race Pace' / 10.2 (5:56)
1:00 brisk walk/1:00 transition to the bike...

4th Bike Leg (20 minutes)

2**E** roadie/2**E** aero maintaining 69-83% **THR**
4 x :45 spins at >105 with 1:15 breaks in roadie/
2**E** aero/2 x 1 minute >95% **MAX THR** effort in aero with 2 minute breaks...

<:45 transition from the bike to the tread
Once on the treadmill, you have 1:15 to get up to EPIC speed
1 MILE run at :05 under 10K 'Race Pace' / 10.2 (5:56)
1:00 brisk walk/1:00 transition to the bike...

5th Bike Leg (20 minutes)

2E roadie/14E aero maintaining 69-83% THR/
4E *Active Recovery* THR (<68%)

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Beyond Performance will not be responsible and/or liable for any injury, illness or death resulting from the use of this workout.

The above mentioned workout should only be attempted after proper training and conditioning.

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