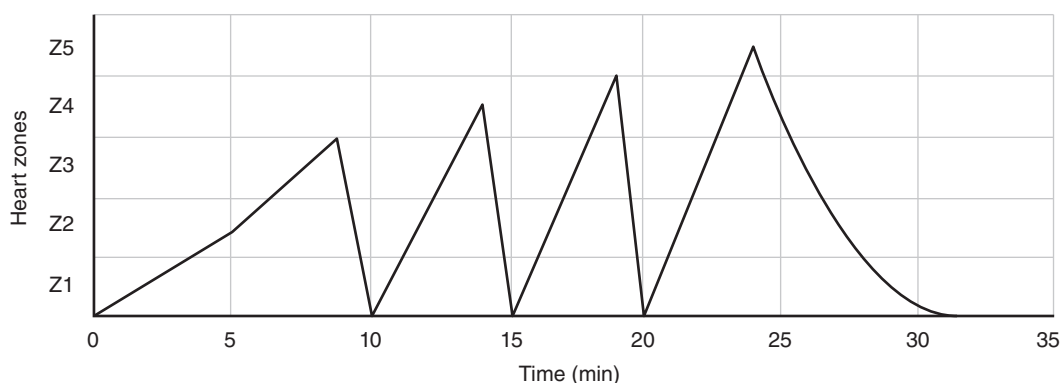




This workout involves surges into the threshold and red line zones followed by dramatic drops in heart rate to zone 1. Each surge you make goes further into the high-intensity zones. You will make five surges.

Instructions

After warming up, rapidly increase your heart rate 30 bpm or to the floor of zone 4. Recover to zone 1 for two minutes. On the next surge, increase your heart rate to 35 bpm or to the midpoint of zone 4. Recover to zone 1 for two minutes. The third surge is 40 bpm or to the ceiling for zone 4. Recover again to zone 1 for two minutes. The final surge is 45 bpm or to the midpoint of zone 5.



Workout segment	Time in zone (min)	Zone	HZT points
Warm-up	5	2	10
Add 30 bpm to floor of zone 4.	2	4	8
Recovery	2	1	2
Add 30 bpm at midpoint of zone 4.	3	4	12
Recovery	2	1	2
Add 40 bpm at ceiling of zone 4.	3	4	12
Recovery	2	1	2
Add 45 bpm at midpoint of zone 5.	3	5	15
Recovery	2	1	2
Add 50 bpm just below your MHR.	3	5	15 (optional)
Cool-down	5	2	10
Totals	32	Four zones	90