Threshold Pace Tweaking

Warm Up (400-600)

10 minutes FS

Set TT to mode 1 & TL and stay with the beep!

Threshold Set 1 (400)

4 X 100 + 1 Beep (rest). Adjust your TL as necessary if staying with the beep is too easy or too hard.

Threshold Set 2 (1500)

One beep rest following each repeat, adjust if necessary, after the 200, 300 or 400.

When your TL is set properly, a single 400 should be difficult but doable!

2 x 100 +1 Beep, 1 x 200 +1 Beep
2 x 100 +1 Beep, 1 x 300 +1 Beep
2 x 100 +1 Beep, 1 x 400

Cool Down (200-400)

200-400 Choice