

C4 Target Split can be approximated by either	6k split + 3	split at 4mmol/L Lactate	10k split
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Category Workout details		Notes
C5/C4	EXC 5 / 26-28-30-28-26-28-30-28-26	x 2-3
C5/C4	PYR 4 / 24-26-28-30-28-26-24	x2
C5/C4	PYC 4 / 24-26-28-26-28-30-28-30-28-30-28-26-24	x2
C4	2 x 20-30 mins @ c4 split/watts	For these types of sessions stick to the split watts rather than each piece maximally. This will ensure you are accumulating time in the right zone of intensity
C4	3 x 5km @C4 split/watts	

C3 Range 6k-2 to 6k pace

3 x 3km @ 6km Pace

1-2 sets of 8-12reps of (2'on/1'off @C3 pace range)

3-6 x 2km @ 6km pace