

## Cyclocross Ride Run Combo Workout

### Warmup

Ride at zone 1-2 pace for 20-30 minutes depending on time available

### Main Set

30 minutes of the following (do 6 repeats for 30 minutes)

4 min zone 2-3 effort

Dismount bike practicing technique then carry bike for 20 seconds  
(you can do suitcase and/or shoulder carry)

Remount and 40 second Zone 5 effort

Return to 4 min zone 2-3 effort

### Cool Down

10-20 minutes of Zone 1-2 spinning to cool down

