

*A quick run through of all 3 sports today.*

*S: 4 x 5 minutes, start each fast, level out pace on each*

*B: 3 x 10 minutes, start each slow, build up to race pace on each.*

*R: 3 x 10 minutes, start each slow, build up to race pace on each.*

Monday

S:	20	B:	30	R:	30	W:	0	O:	0	Total:	80
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*OFF!*

Friday

S:	0	B:	0	R:	0	W:	0	O:	0	Total:	0
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*S: warm up 5 minutes, 6 x 50 fast!, cool down 5 minutes*

*B: warm up 5 minutes, 5 x 2 minute fast!, cool down 5 minutes*

*R: warm up 5 minutes, 5 x 1 minute fast!, cool down 5 minutes*

Tuesday

S:	15	B:	20	R:	15	W:	0	O:	0	Total:	50
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*R: 10 minutes easy continuous*

*B: 20 minutes easy continuous. clean and lube bike.*

*S: 10 minutes easy continuous*

Saturday

S:	10	B:	20	R:	10	W:	0	O:	0	Total:	40
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*S: 30 minutes continuous easy swimming on the race course if possible, RPE 2-3*

Wednesday

S:	30	B:	0	R:	0	W:	0	O:	0	Total:	30
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**RACE DAY!!**

*Swim: Steady and draft where possible. No pushing hard.*

*Bike: Execute your nutrition plan. No pushing hard. Don't push hard. And no pushing hard.*

*Run: Execute your nutrition plan. No pushing hard unless you're still running and fresh in the last 5k.*

Sunday

S:	0	B:	0	R:	0	W:	0	O:	0	Total:	0
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*B: warm up 10 minutes, 30minutes cruise at race pace, cool down.*

*R: warm up 5 minutes, 15 minutes cruise at slightly faster than race pace, cool down*

Thursday

S:	0	B:	60	R:	30	W:	0	O:	0	Total:	90
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**Week Goals**

Welcome to race week! Congrats on getting this far after many weeks of long hours.

You've practiced nutrition, done the long sessions, have this taper plan for the week, and know the race course. Follow your own plan and not what you see others doing. Much more harm than good can be done this week by training too long, not sleeping enough, experimenting with food and race equipment, and chasing the pack during the first 40miles on the bike.

Feel free to mail me with how you did and how the plan worked for you. Good luck and race strong!!  
Scott



Week: 1 Period: Taper/Race!

(hrs) S: 1.3 B: 2.2 R: 0.9 W: 0.0 O: 0.0 Total: 4.8