

Your legs are probably a bit stiff from yesterday's hard run effort. A bit of flushing today...

B: 45 minutes spinning at RPE 3.

S: long day  
 wu: 500 continuous, then 5 x 50  
 main: 1 x 1500, RPE 3  
 cd: 3 x 75, each slower than last

Monday  
 S: 45 B: 45 R: 0 W: 0 O: 0 Total: 90

S: long day  
 wu: 200swim, 200kick, 200pull, 200swim  
 main: 2 x 1200, RPE 3, even pace on both  
 cd: 4 x 50, each slower than last

Friday  
 S: 75 B: 0 R: 0 W: 0 O: 0 Total: 75

Brick:  
 B: 120 minutes at RPE 4 followed by...  
 R: 60 minute recovery run at RPE 2-3

Stretch well afterwards....

Tuesday  
 S: 0 B: 120 R: 60 W: 0 O: 0 Total: 180

OFF!

Saturday  
 S: 0 B: 0 R: 0 W: 0 O: 0 Total: 0

OFF!

Wednesday  
 S: 0 B: 0 R: 0 W: 0 O: 0 Total: 0

B: 4:20 hours at RPE 3.  
 R: 30 minute recovery run at RPE 2.

Sunday  
 S: 0 B: 260 R: 30 W: 0 O: 0 Total: 290

R: 130 minute long run. 100 minutes at RPE 3, 30 minutes finish at RPE 5-7.

If you haven't experimented with gels and drinks, start here. Take a bottle to sip from every 20mins. Or so. Consume 1 gel at the 50 minute point. Try using sports drink for hydration and note any stomach problems after the gel. If so, switch to water in future runs.


S:  
 6 x 400 even split for each at RPE 2-3

Thursday  
 S: 45 B: 0 R: 130 W: 0 O: 0 Total: 175

**Week Goals**

This week we're back to increasing hours with a key bike session on Sunday as race prep.

Race Prep:  
 Can you get your wetsuit off easily?  
 Where are you keeping your bike shoes in transition?  
 Are you carrying gel or food into the run or eat while in transition?  
 How soon will be food/hydration be provided on the run course?



Programs, Articles, Training Logs, Forums...FUN!!!

Week: 8 Period: Base 3

(hrs) S: 2.8 B: 7.1 R: 3.7 W: 0.0 O: 0.0 Total: 13.5