

*S: race-specific  
wu: 2 x 75, last 25 in each is backstroke.  
main: 3 x 600, first at RPE 4, 2 at RPE 8, 3 at RPE 4  
cd: 150 easy*

*B: 90minutes. Find hills, keep RPE 3-4 in flats, higher when climbing, include out of saddle and focus on constant pedaling even on downhills.*

Monday  
S: 45 B: 90 R: 0 W: 0 O: 0 Total: 135

*S:  
500, 5 x 100, 400, 4 x 100, 200, 2 x 100, 100  
long reps are at RPE 3, 100s are at RPE 7*

*R: 1 hour, steady RPE 3-4 effort. Good stretching afterwards.*

Friday  
S: 45 B: 0 R: 60 W: 0 O: 0 Total: 105

*B: 90 minutes at RPE 4 on trainer or road. Try to maintain aero posture during middle 40 minutes. Take your tools along and stop for adjustments as necessary to keep comfortable position without sacrificing power. You'll find that this position will vary as your flexibility and strength changes. Keep notes in your log of adjustments for reference.*

*We'll do this again at the end of the week to test positioning.*

Tuesday  
S: 0 B: 90 R: 0 W: 0 O: 0 Total: 90

*B: long bike, if using aero bars, try to get settled in and maintain aero position throughout ride. If you can't maintain same power/speed as non-aero position, make mental notes of further adjustments to make post-ride.*

*R: 30 minute post ride recovery run at RPE 2*

Saturday  
S: 0 B: 120 R: 30 W: 0 O: 0 Total: 150

*B: 120 minutes with long tempo work  
wu: 15 minutes RPE 3 working to 4 by end  
main: 90 minutes at RPE 5-7 steady mix of aero and non  
cd: 15 minutes at RPE 2-3.*

Wednesday  
S: 0 B: 120 R: 0 W: 0 O: 0 Total: 120

*B: 4h long bike, easy pace. In and out of aero position. Try out fuel/hydration that you plan to use during races. If weather permitting, use race clothes as well.*

Sunday  
S: 0 B: 240 R: 0 W: 0 O: 0 Total: 240

*OFF!*

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

**Week Goals**

This week's focus is the bike with both intense sessions spent in the saddle. Run and swim sessions are at a minimum.

Race Prep:  
How will you carry fuel during the race? How much? Can you depend on race-provided calories and drink? How will you refill on the race course? Put these answers you find during these long rides into your training journal--not in today's entry but in the calendar days during race week where you'll find it.



Week: 10 Period: Base 2

(hrs) S: 1.5 B: 11.0 R: 1.5 W: 0.0 O: 0.0 Total: 14.0