

*S: long swim
wu: 4 x 250 (4 x swim, kick, pull, swim)
main: 1950 ladder: start with 300, then 275,250, 225,until 25.
Cd: 200 easy*

Monday

| | | | | | | | | | | | |
|----|----|----|---|----|---|----|---|----|---|--------|----|
| S: | 80 | B: | 0 | R: | 0 | W: | 0 | O: | 0 | Total: | 80 |
|----|----|----|---|----|---|----|---|----|---|--------|----|

OFF!

Friday

| | | | | | | | | | | | |
|----|---|----|---|----|---|----|---|----|---|--------|---|
| S: | 0 | B: | 0 | R: | 0 | W: | 0 | O: | 0 | Total: | 0 |
|----|---|----|---|----|---|----|---|----|---|--------|---|

*S: speed day
wu: 400 continuous. last 50 in each 100 is kick
main: 10 x 100 EBEH (each 100 = 25Easy, 25Build, 25Easy, 25 Hard)
cd: 4 x 25, each slower than last*

B: 1.5 hour with some climbing or low cadence work if you're on the trainer. RPE 3-4 on the flats and allow yourself some out of the saddle work of RPE 7-8 on the hills

Tuesday

| | | | | | | | | | | | |
|----|----|----|----|----|---|----|---|----|---|--------|-----|
| S: | 30 | B: | 90 | R: | 0 | W: | 0 | O: | 0 | Total: | 120 |
|----|----|----|----|----|---|----|---|----|---|--------|-----|

reverse tri order, back to back if you can schedule it...

*R: 60 minutes easy running
B: 90 minutes easy alternating every 10 minutes from big ring to small.
S: 30 minutes nonstop at RPE 5. This should be a hard effort but only hard enough where you can maintain the pace for the whole 30 minutes.*

Saturday

| | | | | | | | | | | | |
|----|----|----|----|----|----|----|---|----|---|--------|-----|
| S: | 30 | B: | 90 | R: | 60 | W: | 0 | O: | 0 | Total: | 180 |
|----|----|----|----|----|----|----|---|----|---|--------|-----|

*S: speed day
wu: 200 swim, 200kick, 200pull, 200 swim
main: 16 x 100, descend 1-4, 5-8, 9-12, 13-16
cd: 2 x 50 easy*

Wednesday

| | | | | | | | | | | | |
|----|----|----|---|----|---|----|---|----|---|--------|----|
| S: | 45 | B: | 0 | R: | 0 | W: | 0 | O: | 0 | Total: | 45 |
|----|----|----|---|----|---|----|---|----|---|--------|----|

*S: long day, shorten the reps on the main set if you need to...
wu: 4 x 75, last 25 in each is backstroke.
main: 4 x 1000, each 1000 as (1 x 750, 5 x 50), rest 2:00 after each
cd: 2 x 50 easy (swim, kick, swim)*

Sunday

| | | | | | | | | | | | |
|----|-----|----|---|----|---|----|---|----|---|--------|-----|
| S: | 120 | B: | 0 | R: | 0 | W: | 0 | O: | 0 | Total: | 120 |
|----|-----|----|---|----|---|----|---|----|---|--------|-----|

*S: long day
wu: 300 swim, 300 kick
main: 1 x 1750, RPE 4 (alternate 1 x 1000)
cd: 4 x 50, each slower than last*

R: 30 minutes with strides. RPE 3.

Thursday

| | | | | | | | | | | | |
|----|----|----|---|----|----|----|---|----|---|--------|-----|
| S: | 75 | B: | 0 | R: | 45 | W: | 0 | O: | 0 | Total: | 120 |
|----|----|----|---|----|----|----|---|----|---|--------|-----|

Week Goals

Here in Base 2 we will have "theme" weeks where a single sport will be focused. Now in Week 12 we're focusing on the swim with reduced time spend on the roads.

If swimming is a weakness for you, consider hiring a local coach for a video and feedback session.

Tip: If you find yourself travelling, check out the Swimmer's Guide Online at: www.swimmersguide.com to find a pool almost anywhere in the civilized world.



Week: 12 Period: Base 2

(hrs) S: 6.3 B: 3.0 R: 1.8 W: 0.0 O: 0.0 Total: 11.1