

*S: race-specific
wu: 5 x 75
main: 2 x 1000, both are RPE 4
cd: 250 easy*

B: 90 minutes, easy pace, RPE3

Monday

S:	60	B:	90	R:	0	W:	0	O:	0	Total:	150
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*S: long day
wu: 6 x 50, alternate free and back
main: 2 x 1500, RPE 4 (alternate 1 x 1000)
cd: 4 x 50, each slower than last*

Friday

S:	75	B:	0	R:	0	W:	0	O:	0	Total:	75
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R: 60 minutes easy run with strides every 5 minutes.

B: 2 hours, mostly easy pace, find some rolling hills if possible

Tuesday

S:	0	B:	120	R:	60	W:	0	O:	0	Total:	180
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B: 3 hour long ride.

R: 30 min very easy run at RPE2 after the bike

Saturday

S:	0	B:	180	R:	30	W:	0	O:	0	Total:	210
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Mid-week respi! Tomorrow will be long and challenging...

Wednesday

S:	0	B:	0	R:	0	W:	0	O:	0	Total:	0
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S: 30min continuous. Long gliding, focus on form not speed.

R: 45min with strides.

Sunday

S:	30	B:	0	R:	45	W:	0	O:	0	Total:	75
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*R: 100 minute long run combined with tempo effort.
75minutes at RPE3, last 25 minutes at RPE5*


*S: speed day--tough!
wu: 300 continuous- (alternate 25 swim, 25 kick)
main: 20 x 75 hold constant pace for each-so judge pace in the first few,
RPE 5
cd: 200 easy*

Thursday

S:	45	B:	0	R:	100	W:	0	O:	0	Total:	145
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Week Goals

This week's hard workout will be tempo effort on the run...not all out effort but a reserved and proud cruising pace--a confidence builder!



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

Week: 15 Period: Base 1

(hrs) S: 3.5 B: 6.5 R: 3.9 W: 0.0 O: 0.0 Total: 13.9