

*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

*OFF!*

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

*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

*R: 10 minutes easy continuous*

*B: 15 minutes easy continuous*

*S: 10 minutes easy continuous*

Saturday  
 S: 10 B: 15 R: 10 W: 0 O: 0 Total: 35

*S: 15 minutes continuous easy swimming, RPE 2-3*

Wednesday  
 S: 15 B: 0 R: 0 W: 0 O: 0 Total: 15

**RACE DAY!!**

Sunday  
 S: 45 B: 200 R: 150 W: 0 O: 0 Total: 395

*B: warm up 5 minutes, 15 minutes cruise at race pace*

*R: warm up 5 minutes, 10 minutes cruise at slightly faster than race pace*

Thursday  
 S: 0 B: 20 R: 15 W: 0 O: 0 Total: 35

**Week Goals**

Racing: N/A

Week: (01) Period: Taper/Race!

(hrs) S: 1.75 B: 4.75 R: 3.1667 W: 0 O: 0 Total: 10.167

