

Monday

OFF!

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

Friday

OFF!

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

Tuesday

S: form
 wu: 250 continuous.
 main: 200, 2x100, 200, 2 x 100, 200,
 long intervals at RPE4, short at RPE 7-8
 cd: 150 easy

B: 45 minutes
 wu: 10 minute RPE3
 main: 25 minutes RPE 7
 cd: 10 minutes RPE 3

S: 30 B: 45 R: 0 W: 0 O: 0 Total: 75

Saturday

Swim-Bike Brick

S: open water if possible.
 Continuous swim. 1st 200m at RPE 9-10, then settle into race pace

B: 90 minutes at RPE 3-4

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

Wednesday

B: 60 minutes, ladder
 10:00 RPE 3
 10:00 RPE 5
 10:00 RPE 7
 10:00 RPE 5
 10:00 RPE 3

S: 0 B: 60 R: 0 W: 0 O: 0 Total: 60

Sunday

R: 80 minutes tempo
 wu: 15 RPE3
 main:
 cd:

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

Thursday

R: 40 minutes at RPE 3 with strides

S: 0 B: 0 R: 40 W: 0 O: 0 Total: 40

Week Goals

We start tapering for the half Ironman this week! Lower hours, but same intensity that we've been keeping over the past month.

Week: (02) Period: Taper (hrs) S: 1.25 B: 3.25 R: 2 W: 0 O: 0 Total: 6.5

