

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: race-specific
 wu: 2 x 150, swim, back
 main: 3 x 750,
 1 is RPE 3, 2 is RPE9 for first 100 then RPE5, 3 is RPE 5
 cd: 2 x 125 easy

B: 90 minutes with hills. Solid effort ranging from RPE 3 to RPE 7

S: 60 B: 90 R: 0 W: 0 O: 0 Total: 150

Saturday

B: 3 hour bike. Keep RPE 3-4. Ride on race terrain if possible, use race clothes if possible. Use race equipment.

R: 20 minute recovery run at RPE2

S: 0 B: 180 R: 20 W: 0 O: 0 Total: 200

Wednesday

S: speed day
 wu: 3 x 200 - swim, kick, pull
 main: 16 x 50 odds RPE 4, evens RPE 8-9
 cd: 150 easy

B: 30 minutes in full aero position. RPE 3

S: 30 B: 30 R: 0 W: 0 O: 0 Total: 60

Sunday

OFF!

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

Thursday

Brick: short bike and long run. Use race uniform if possible. The high intensity bike spinning will twist up your stomach a bit and provide a good test for nutrition and hydration in the run.

B: 30 minutes at RPE 4-5
 R: 2 hours at RPE 3 using race nutrition/hydration plan

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

Week Goals

Racing: N/A

Week: (03) Period: Build

(hrs) S: 1.5 B: 5.5 R: 2.3333 W: 0 O: 0 Total: 9.3333

