

S: race-specific
 wu: 6 x 50, odd swim, even kick.
 main: 3 x 600,
 1 is RPE 3, 2 is RPE9 for first 100 then RPE5, 3 is RPE 5
 cd: 200 easy

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

OFF!

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

Brick Day

B: 60 minutes your choice of terrain and intensity
 R: 30 minutes at RPE 3

Tuesday
 S: 0 B: 60 R: 30 W: 0 O: 0 Total: 90

Swim-Bike brick

S: 40 minutes: 10 minutes warm up, 2 minutes rest, then 30 minutes continuous at RPE 4, transitioning as soon as possible to bike
 B: steady effort at RPE 3

Saturday
 S: 40 B: 80 R: 0 W: 0 O: 0 Total: 120

R: 90 minutes tempo
 wu: 20minutes, rPE 3
 main: 10 x (3t, 2r) 3t at RPE 7-8, 2r at RPE 2
 cd: 20 RPE 2-3

Wednesday
 S: 0 B: 0 R: 90 W: 0 O: 0 Total: 90

Great transition practice today! Can be done with a bike trainer or on the street. Do a complete transition each time.

Setup your bike trainer and complete race transition setup in a garage. 8 reps gives lots of time to work out your transition kinks.

8 x (R 4:00, B: 10:00, R 4:00)

Be careful of run intensities...at only 4 minutes each it seems easy to do them fast, but 8 reps is a lot. Keep all efforts at RPE 3-4. Up the effort the last 2 if you've got anything left...

Sunday
 S: 0 B: 80 R: 60 W: 0 O: 0 Total: 140

S: speed day
 wu: 250 continuous.
 main: 10 x 100 EBEH (each 100 = 25Easy, 25Build, 25Easy, 25 Hard)
 cd: 150 easy

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

Week Goals

This week, the hours do not increase but we move towards more race-specific preparation. Try to do workouts on terrain matching race conditions.

Week: (04) Period: Build

(hrs) S: 2.1667 B: 3.6667 R: 3 W: 0 O: 0 Total: 8.8333

