

*S: long day-mental toughness day!
6 x 500, odds are RPE3, evens RPE 5*

Monday
S: 75 B: 0 R: 0 W: 0 O: 0 Total: 75

*S: open water continuous swim, practice sighting and swimming straight.
B: 1 hour mix of RPE 3 and RPE 5 throughout session. Try to avoid hills after yesterdays long run.*

Friday
S: 60 B: 0 R: 60 W: 0 O: 0 Total: 120

*Another mixed session. This time we're doing the bike and run together. Work in the swim either early or late but not within several hours of the brick session.
S: 12 x 100 (alternate each 100 with normal breathing and bilateral)
B: 45 minutes with first 30 minutes at RPE4, last 15 minutes at RPE 6.
R: 30 minutes after bike. First 10 minutes at RPE 3, last 20 minutes at RPE 5.
Strong stretch!*

Tuesday
S: 30 B: 45 R: 30 W: 0 O: 0 Total: 105

OFF!

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

R: 45 minutes at RPE 3 with strides every 5 minutes.

Wednesday
S: 0 B: 0 R: 45 W: 0 O: 0 Total: 45

*B: 2.5 hour long run. Keep RPE 3-4 and include as many hills as you can find.
R: 20 minute recovery run afterwards at RPE 2*

Sunday
S: 0 B: 150 R: 20 W: 0 O: 0 Total: 170

R: 2 hour long run. Maintain RPE of 3 throughout. Use nutrition/hydration you worked on in past weeks. Long stretch afterwards and hearty recovery meal of carbs and protein.

Thursday
S: 0 B: 0 R: 120 W: 0 O: 0 Total: 120

Week Goals
Lotsa hours! These will be some of the longest sessions you'll do in prep for the race. Recovery week coming up....

Week: (06) Period: Base 3

(hrs) S: 2.75 B: 3.25 R: 4.5833 W: 0 O: 0 Total: 10.583

