

S: long day
wu: 200swim, 200kick, 200pull, 200swim
main: 1900 ladder. Do a set of 300, then 275, 250, etc...until 25
cd: 4 x 50, each slower than last

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

S: race-specific
wu: 6 x 75, last 25 in each is backstroke.
main: 3 x 700, 1 is RPE 3, 2 is RPE4, 3 is RPE 5
cd: 150 easy

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

Swim/Bike session together. The goal is to swim fairly hard then an easy cruise on the bike while practicing transition. Lake swim is best but you can setup a transition area in your trunk and run out of the pool just as easily. Just like race day, remember to buckle your helmet before doing anything else--no finish times if you get DQ'd.

S: continuous 30 minutes at RPE 4, open water if possible.
B: 45 outside or on trainer. RPE 3. Again, practice food and hydration timing that you plan to use during race.

R: 30 minutes at RPE 2. Do in morning or late, but not within several hours of swim/bike work.

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 with strides at RPE 3-4

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

Brick:

R: 25 minutes at RPE 3
B: 2 hours at RPE 3-4 (1.5 hours if on trainer)
R: 25 minutes at RPE 3

Sunday
 S: 0 B: 120 R: 50 W: 0 O: 0 Total: 170

R: 90 minutes tempo
wu: 15 minutes RPE 3
main: 2 x (26t, 4r) 26t at RPE 6, 4r at RPE 2
cd: 15 minutes at RPE 3

B: 30 minutes spinning at RPE 3 either directly after run or later in the day. If after running, take in calories and drink at start of bike and after.

Thursday
 S: 0 B: 30 R: 90 W: 0 O: 0 Total: 120

Week Goals

Approaching peak hours! You are now turning into an endurance beast. Allow yourself a little grin of accomplishment while thinking back at all the work you've put in over the past few months.

Then get back in the pool, we've got work to do...

Key sessions this week are a long swim on Monday

Week:	(07)	Period:	Base 3	(hrs)	S:	2.75	B:	3.25	R:	3.5833	W:	0	O:	0	Total:	9.5833
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