

Your legs are probably a bit stiff from yesterday's hard run effort. A bit of flushing today...

B: 45 minutes spinning at RPE 3.

S: long day
 wu: 500 continuous, then 5 x 50
 main: 1 x 1500, RPE 3
 cd: 3 x 75, each slower than last

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

S: long day
 wu: 200swim, 200kick, 200pull, 200swim
 main: 2 x 900, RPE 3, even pace on both
 cd: 4 x 50, each slower than last

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

Brick:
 B: 60 minutes at RPE 4 followed by...
 R: 30 minute recovery run at RPE 2-3

Stretch well afterwards....

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

OFF!

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

OFF!

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

All 3 events back to back today as race prep, but only the swim is higher effort--the bike and run are both at RPE3. Use the nutrition and hydration information that you've gathered so far in training and plan for what to take in here.

Try to start this session a couple hours after breakfast--just as race prep.

If warm enough, use actual clothes and equipment you intend to race with. You'll get strange looks if you're wearing a wetsuit in the pool, but just remember to look strange with confidence!

S: 30 minutes with first 400m at RPE 7, settle into RPE 3-4 afterwards.
 B: 2 hours at RPE 3.
 R: 30 minute recovery run at RPE 2.

Sunday
 S: 20 B: 120 R: 30 W: 0 O: 0 Total: 170

R: 90 minute 3:1 long run. That's 75 minutes at RPE 2-3, 15 minutes finish at RPE 5.

If you haven't experimented with gels and drinks, start here. Take a bottle to sip from every 20mins. Or so. Consume 1 gel at the 50 minute point. Try using sports drink for hydration and note any stomach problems after the gel. If so, switch to water in future runs.

S: recovery
 3 x 400 even split for each at RPE 2-3

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

Week Goals

This week we're back to increasing hours with a key session on Sunday as race prep.

Race Prep:
 Can you get your wetsuit off easily?
 Where are you keeping your bike shoes in transition?
 Are you carrying gel or food into the run or eat while in transition?
 How soon will be food/hydration be provided on the run course?

Week: (08) Period: Base 3

(hrs) S: 2.3333 B: 3.75 R: 2.5 W: 0 O: 0 Total: 8.5833

