

*S: recovery swim
5 x 200 (50 Easy, 50 Build, 50 Easy, 50Hard)
150 easy*

Monday

S:	30	B:	0	R:	0	W:	0	O:	0	Total:	30
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S: 1000m time trial, compare with last week

B: 45 minute short ride with some hills if available. Non climbing effort keep to RPE 2-3.

Friday

S:	30	B:	45	R:	0	W:	0	O:	0	Total:	75
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B: 30 min spin at RPE 2-3

R: 30 min at RPE 3 with strides.

Tuesday

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

Saturday

S:	0	B:	0	R:	0	W:	0	O:	0	Total:	0
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*S: recovery
4 x 300 (300 easy, 300 kick, 300 easy, 300 pull)*

R: 30 minutes at RPE3 run in reverse direction as yesterday.

Wednesday

S:	30	B:	0	R:	30	W:	0	O:	0	Total:	60
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R: 10k race, all out. Try to negative split each half, that is run the last 5k faster than the first 5k.

If you're using a heart monitor, note the average (not max) heart rate for the race. This should correspond to somewhere around RPE 7-8.

Stretch well after racing, take in fluids (not made from barley) afterwards.

Sunday

S:	0	B:	0	R:	45	W:	0	O:	0	Total:	45
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B: 30 min spinning with 3x 60 second accelerations spaced 5 minutes apart. Complete cool down

Thursday

S:	0	B:	30	R:	0	W:	0	O:	0	Total:	30
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Week Goals

Recovery week! Low hours, but we've got a couple hard efforts-another swim time trial and a 10k race on Sunday--try to find one or something similar. If not, do your best effort on a measured course or at the track

Week: (09) Period: Base 2

(hrs)	S:	1.5	B:	1.75	R:	1.75	W:	0	O:	0	Total:	5
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