

*S: speed day*  
*wu: 100swim, 100 pull, 100 kick, 100 swim*  
*main: 8 x 100 EBEH (each 100 = 25Easy, 25Build, 25Easy, 25 Hard)*  
*cd: 3 x 50, each slower than last*

*B: 75 minutes mostly even paced ride. Do some 60 second accelerations (same as running strides) every 8 minutes, settle back into RPE 3 otherwise.*

**Monday**  
 S: 30 B: 75 R: 0 W: 0 O: 0 Total: 105

*R: 30 minutes easy run.*

*B: 75 minutes:*  
*wu: 10 minutes RPE 3*  
*main: 4x (12t, 3r) 12t at RPE 5, 3r at RPE 2*  
*cd: 5 minutes easy spin RPE 2*

**Friday**  
 S: 0 B: 75 R: 30 W: 0 O: 0 Total: 105

*R: 60 minute tempo workout*  
*wu: 10 minutes RPE 2-3*  
*main: 5 x (6t, 2r)*  
*cd: 10 minutes RPE 2*

**Tuesday**  
 S: 0 B: 0 R: 60 W: 0 O: 0 Total: 60

*OFF!*

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

*S: race-specific*  
*2 x 1200 steady at RPE 4*

*R: 30 minutes at RPE 3.*

**Wednesday**  
 S: 60 B: 0 R: 30 W: 0 O: 0 Total: 90

*R: 90 minute long run include some hills, RPE 3.*

**Sunday**  
 S: 0 B: 0 R: 90 W: 0 O: 0 Total: 90

*R: 60 minute solid endurance of RPE 3-4. Stretch, stretch, stretch!*

*S:*

**Thursday**  
 S: 30 B: 0 R: 60 W: 0 O: 0 Total: 90

**Week Goals**

This week's focus is the run. Be careful to stretch well after all sessions and warm up and down competely--we don't want any injuries to creep up.

Also the 2 intense workouts this week: the run session on Tuesday and the bike session on Friday.

If you currently are having any problems with run injuries, eliminate sessions completely or reduce the time of some sessions and reduce efforts of all to RPE 2-3.

Week: (11) Period: Base 2 (hrs) S: 2 B: 2.5 R: 4.5 W: 0 O: 0 Total: 9

