

S: long swim
wu: 4 x 150 swim, kick, pull, swim
main: 1650 ladder: start with 275, then 250, 225,until 25.
Cd: 200 easy

Monday

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

OFF!

Friday

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

S: speed day
wu: 400 continuous. last 50 in each 100 is kick
main: 9 x 100 EBEH (each 100 = 25Easy, 25Build, 25Easy, 25 Hard)
cd: 6 x 25, each slower than last

B: 1 hour with some climbing or low cadence work if you're on the trainer. RPE 3-4 on the flats and allow yourself some out of the saddle work of RPE 7-8 on the hills

Tuesday

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

reverse tri order, back to back if you can schedule it...

R: 30 minutes easy running
B: 60 minutes easy alternating every 10 minutes from big ring to small.
S: 30 minutes nonstop at RPE 5. This should be a hard effort but only hard enough where you can maintain the pace for the whole 30 minutes.

Saturday

S:	30	B:	60	R:	30	W:	0	O:	0	Total:	120
----	----	----	----	----	----	----	---	----	---	--------	-----

S: speed day
wu: 200 swim, 200kick, 200pull
main: 16 x 50, descend 1-4, 5-8, 9-12, 13-16
cd: 200 easy

Wednesday

S:	30	B:	0	R:	0	W:	0	O:	0	Total:	30
----	----	----	---	----	---	----	---	----	---	--------	----

S: race-specific
wu: 4 x 75, last 25 in each is backstroke.
main: 4 x 750, all at RPE 4-5
cd: 3 x 50 easy (swim, kick, swim)

Sunday

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

S: long day
wu: 300 swim, 300 kick
main: 1 x 1750, RPE 4 (alternate 1 x 1000)
cd: 4 x 50, each slower than last

R: 30 minutes with strides. RPE 3.

Thursday

S:	45	B:	0	R:	30	W:	0	O:	0	Total:	75
----	----	----	---	----	----	----	---	----	---	--------	----

Week Goals

Here in Base 2 we will have "theme" weeks where a single sport will be focused on. Now in Week 12 we're focusing on the swim with reduced time spend on the roads.

Tip: If you find yourself travelling, check out the Swimmer's Guide Online at: www.swimmersguide.com to find a pool almost anywhere in the civilized world.

Week: (12) Period: Base 2

(hrs) S: 4.5 B: 2 R: 1 W: 0 O: 0 Total: 7.5

