

*OFF!*

Monday

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

*B: 60 minutes, RPE3 mixture of big ring and small.*

Friday

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

*B: 30 minutes inside or out, just easy spinning, RPE 3.*

*R: 30 minutes easy RPE 2-3.*

Tuesday

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

*S: 1000m time trial. Do short warm up then record TT time.*

Saturday

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

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

*B: 30 minutes, same as yesterday, just spin them legs easy around, stretch well.*

Wednesday

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

*R: 1 hour long run at RPE 2-3 steady.*

Sunday

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

*R: 30 minutes with strides every 5 minutes. Mostly RPE 3.*

*S: recovery*  
*4 x 300 (300 easy, 300 kick, 300 easy, 300 pull)*

Thursday

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

**Week Goals**

Ahhh, recovery week!! Still lots of sessions but short ones.

Enjoy it while you can....

Week: (13) Period: Base 1

|       |    |     |    |   |    |   |    |   |    |   |        |     |
|-------|----|-----|----|---|----|---|----|---|----|---|--------|-----|
| (hrs) | S: | 1.5 | B: | 2 | R: | 2 | W: | 0 | O: | 0 | Total: | 5.5 |
|-------|----|-----|----|---|----|---|----|---|----|---|--------|-----|

