

Monday

OFF!

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

Friday

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

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

Tuesday

B: 30 minutes inside or out, just easy spinning, RPE 3.
R: 30 minutes easy RPE 2-3.

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

Saturday

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

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

Wednesday

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.

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

Sunday

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

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

Thursday

R: 30 minutes with strides every 5 minutes. Mostly RPE 3.
S: recovery
4 x 300 (300 easy, 300 kick, 300 easy, 300 pull)

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

