

*S: race-specific
wu: 5 x 50
main: 2 x 1000, both are RPE 4
cd: 250 easy*

B: 45 minutes on trainer if possible. Easy pace, RPE3

Monday
S: 45 B: 45 R: 0 W: 0 O: 0 Total: 90

No bike or run workouts today but get some walking in such as parking at the end of parking lot for work or shopping. A bit of walking will help any stiffness you may feel from yesterday's effort.

*S: long day
wu: 200swim, 200kick, 200pull, 200swim
main: 1 x 1500, RPE 4 (alternate 1 x 1000)
cd: 4 x 50, each slower than last*

Friday
S: 45 B: 0 R: 0 W: 0 O: 0 Total: 45

R: 30 minutes easy run with strides every 5 minutes.

B: 1 hour, mostly easy pace, find some rolling hills if possible

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

B: 2 hour long ride.

R: 30 min easy run--not immediately after the bike

Saturday
S: 0 B: 120 R: 30 W: 0 O: 0 Total: 150

Mid-week respit! Tomorrow will be long and challenging...

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

Recovery day, do as little as possible...

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

*R: 75 minute long run combined with tempo effort.
Wu: 20 minutes easy
Main: 7 x (3t, 2r) 3t efforts should be RPE 6-7. 2r at RPE 2.
Cd: 20 minutes easy
In the main set, the cryptic 3t and 2r means that there's 3 minutes at tempo or increased pace, followed by 2minutes recovery running. So in total for the main set, you'll do 35 minutes total.*

*S: speed day--tough!
wu: 300 continuous- (alternate 25 swim, 25 kick)
main: 20 x 75 hold constant pace for each-so judge pace in the first few, RPE 5
cd: 200 easy*

Thursday
S: 45 B: 0 R: 75 W: 0 O: 0 Total: 120

Week Goals

This week's single hard workout will be tempo effort on the run...not all out effort but a reserved and proud cruising pace--a confidence builder!

Week: (15) Period: Base 1

(hrs) S: 2.25 B: 3.75 R: 2.25 W: 0 O: 0 Total: 8.25

