

S: speed day
wu: 250 alternating each 50 swim and kick
main: 400, 4 x 100, 300, 3 x 100, 200, 2x100
long intervals are RPE 4, 100s are at RPE 7-8
(alternate, remove 1st 400)
cd: 3 x 75, each slower than last

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

R: 30 minute recovery...easy pace. Only bring a friend if you're really going to run easy--no pushing.

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

Get the bike in first today....

B: 60 minutes, hills. Find a hill that takes 3-5 minutes to climb. warm up and cool down 15 minutes each
Main: 6-8 repetitions on the hill. Remain seated on all reps. You should hit RPE 7-9 but not an all-out effort.
Complete stretch of legs and lower back afterwards.

If on the trainer, do main set of 7 x 4:00 in large chainring, seated at cadence of 50-60.

S: 30 minutes continuous recovery swim after bike workout.

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

OFF -- enjoy!

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

This swim should be the next workout you do after yesterday's swim. Since it's low impact, I like to do these sessions back to back to help keep technique fresh...

S: long day
wu: 200 continuous
main: 1 x 2000 at RPE 4 (alternate 1 x 1700)
cd: 4 x 50, each slower than last

R: very easy run today, constant at RPE 2-3

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

Try to get this ride a couple hours after breakfast in the morning. Figure out what feels good for pre-ride nutrition and hydration. Make notes in your log to refer back to later when preparing for race morning.

B: 2 hours. We're increasing a bit from last week. Again, keep the pace at RPE 3 except if you need to climb.

Sunday
 S: 0 B: 120 R: 0 W: 0 O: 0 Total: 120

R: 60 minutes with strides every 10 minutes. Finish run then add 5 more 20 strides back to back before stretching. Remember, strides should be easy speed effort. Stop if your legs are feeling exhausted.

B: recovery easy spin of RPE 2-3 ideally on trainer.

Keep fluid intake high today and have a good recovery meal after the run session.

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

Week Goals

This week's single hard workout is Tuesday's bike. We'll work on leg strength by finding a hill and then getting to know it intimately...

Week: (16) **Period:** Base 1

(hrs) S: 2 B: 3.5 R: 2 W: 0 O: 0 Total: 7.5

