

R: 40 minutes, RPE 2-3 with strides as last week

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

Monday

S:	40	B:	0	R:	40	W:	0	O:	0	Total:	80
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S: speed day
 wu: 400 continuous. last 50 in each 100 is kick
 main: 8 x 100 EBEH (each 100 = 25Easy, 25Build, 25Easy, 25 Hard)
 cd: 6 x 25, each slower than last

B: 45 minutes low effort. Try to get this in right after swim workout. Take in fluids within 10 minutes to see how sensitive your stomach is to intake after swim effort--note this for starting fluid intake on race days!

Friday

S:	30	B:	45	R:	0	W:	0	O:	0	Total:	75
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R: 30 minutes easy pace, RPE 4

B: 60 minutes, try to find some hills to play on today keeping seated throughout.

Tuesday

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

Saturday

S:	0	B:	0	R:	0	W:	0	O:	0	Total:	0
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S: race-specific
 wu: 4 x 75, last 25 in each is backstroke.
 main: 3 x 400, 1 is RPE 3, 2 is RPE4, 3 is RPE 5
 cd: 150 easy

Wednesday

S:	30	B:	0	R:	0	W:	0	O:	0	Total:	30
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B: 90 minutes. This same long bike route as Week 20 should now begin to feel a bit easier compared to starting 4 weeks ago. Enjoy it because next week, we're upping the time!

Sunday

S:	0	B:	90	R:	0	W:	0	O:	0	Total:	90
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R: 60 minutes long run, First 45 minutes at RPE 2-3. Last 30 minutes at RPE 4. Stretch well!

Thursday

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

Last week of Prep period!

Week:	(17)	Period:	Prep	(hrs)	S:	1.6667	B:	3.25	R:	1.5	W:	0	O:	0	Total:	7.0833
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