

R: 40 minutes very easy run, RPE 3.

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

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: 15 warm up, warm down with easy spinning in the small ring. 15 middle minutes in big ring, but still not a hard effort. If on the road, concentrate on constant pedaling with minimal freewheeling.

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

R: 30 minutes at easy pace, RPE 2-3

B: 60 minutes road or trainer, all small chainring work, low effort.

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

OFF--rest.

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

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

B: 90 minute ride. Mental strength day --try to get outside today regardless of weather. Easy pace.

Sunday
 S: 0 B: 90 R: 0 W: 0 O: 0 Total: 90

R: 60 minutes long run, easy pace. RPE starting at 2, finish at 3.

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

Week Goals

This week's goal is to just get it done and keep up on sleep to prepare to do it again next week.

I'll be using RPE (Rate of Perceived Exertion) to indicate intensity for the workouts. Back on the main sheet for this training program is a RPE10 chart showing the range of values and description of what you should be feeling at each level. If you use heart rate data, you can fill in bike and run values next to RPE values.

Week: (20) Period: Prep

(hrs) S: 1.6667 B: 3.25 R: 1.5 W: 0 O: 0 Total: 7.0833

