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**OFF!**

**Monday**

B: 75 minutes tempo  
Wu: 10 spinning at RPE 3  
main: 7x (50, 3r) 3l at RPE1, 3r at RPE2  
cd: continue cool down until 75 minutes are up. RPE 2

R: 45 minute easy run at RPE 3

**Tuesday**

S: recovery swim  
5 x 200 (50 Easy, 50 Build, 50 Easy, 50Hard)  
150 easy

R: 60 min at RPE 3. When finished with run, do 6 x 20 second strides.

**Wednesday**

S: recovery swim  
5 x 300 (300 easy, 300 kick, 300 easy, 300 kick)  
150 easy

**Thursday**

B: 2 hours, RPE 4-5 with some hills.

**Friday**

S: recovery  
4 x 300 (300 easy, 300 easy, 300 easy, 300 kick)  
B: 90min at RPE 3-4

**Saturday**

S: 60min continuous, using wetsuit if you will be doing in race. Also do swim in morning if possible. Note nutrition habits/needs as well as details like morning toilet routines anticipated.

R: 90 minutes. Remember when 90 minutes was the hard long run?!  
Optional race.

**Sunday**

R: 90 minutes. Remember when 90 minutes was the hard long run?!  
Optional race.

**Week Goals**

Recovery week!  
Reduce food intake from last week.

**Created by Scott Herrick, Alpine Multisport LLC exclusively for Beginner Triathlete LLC. Copyright 2005.**
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