

S:
10 x 200 (50 Easy, 50 Build, 50 Easy, 50Hard)
250 easy

Monday

S:	45	B:	0	R:	0	W:	0	O:	0	Total:	45
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S: wu: 250
main: 1000m time trial, 1000 cruise at RPE3
cd: 4 x 75

B: 90 minute ride with some hills if available. Non climbing effort keep to RPE3.

Friday

S:	45	B:	90	R:	0	W:	0	O:	0	Total:	135
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B: 90 min spin at RPE 2-3

R: 30 min at RPE 3 with strides.

Tuesday

S:	0	B:	90	R:	30	W:	0	O:	0	Total:	120
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OFF!

Saturday

S:	0	B:	0	R:	0	W:	0	O:	0	Total:	0
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S: recovery
4 x 300 (300 easy, 300 kick, 300 easy, 300 pull)

R: 45 minutes at RPE3 run in reverse direction as yesterday.

Wednesday

S:	30	B:	0	R:	45	W:	0	O:	0	Total:	75
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R: 15k race, all out. Try to negative split each 5k, that is run the last 5k faster than the middle 5k.

If you're using a heart monitor, note the average (not max) heart rate for the race. This should correspond to somewhere around RPE 7-8.

Stretch well after racing, take in fluids afterwards.

Sunday

S:	0	B:	0	R:	75	W:	0	O:	0	Total:	75
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B: 60 min spinning with 3x 60 second accelerations spaced 5 minutes apart.
Complete cool down

Thursday

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

Recovery week! This would be a good week to do an Olympic or 1/2IM race or run race if possible.



Week: 9 Period: Base 2

(hrs) S: 2.0 B: 4.0 R: 2.5 W: 0.0 O: 0.0 Total: 8.5