Wednesday:
B: 120 minutes with long tempo work
wu: 15 minutes RPE 3 working to 4 by end
main: 90 minutes at RPE 5-7 steady mix of aero and non
cd: 15 minutes at RPE 2-3.

Thursday:
OFF!

Friday:
B: 90 minutes at RPE 4 on trainer or road. Try to maintain aero posture
during middle 40 minutes. Take your tools along and stop for adjustments
as necessary to keep comfortable position without sacrificing power. You'll
find that this position will vary as your flexibility and strength changes.
Keep notes in your log of adjustments for reference.

B: long bike, if using aero bars, try to get settled in and maintain aero
position throughout ride. If you can't maintain same power/speed as non-
aero position, make mental notes of further adjustments to make post-ride.

R: 30 minute post ride recovery run at RPE 2

Saturday:
B: long bike, easy pace. In and out of aero position. Try out
fuel/hydration that you plan to use during races. If weather permitting, use
race clothes as well.

Week Goals
This week's focus is the bike with both intense sessions spent in the saddle. Run
and swim sessions are at a minimum.

Race Prep:
How you will carry fuel during the race? How much? Can you depend on race-
provided calories and drink? How will you refill on the race course? Put these
answers you find during these long rides into your training journal—not in today's
entry but in the calendar days during race week where you'll find it.