

B: 90 minutes mostly even paced ride. Do some 60 second accelerations (like the running strides) every 8 minutes, settle back into RPE 3 otherwise.

Monday

S:	0	B:	90	R:	0	W:	0	O:	0	Total:	90
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R: 60 minutes easy run.

B: 120 minutes:
wu: 15 minutes RPE 3
main: 6x (12t, 3r) 12t at RPE 5-7, 3r at RPE 2
cd: 15 minutes easy spin RPE 2

Friday

S:	0	B:	120	R:	60	W:	0	O:	0	Total:	180
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R: 90 minute tempo workout
wu: 10 minutes RPE 2-3
main: 7 x (7t, 3r) (7minutes tempo at RPE 7, 3min recovery at RPE 2)
cd: 10 minutes RPE 3

Tuesday

S:	0	B:	0	R:	90	W:	0	O:	0	Total:	90
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S: speed day
wu: 100swim, 100 pull, 100 kick, 100 swim
main: 8 x 100 EBEH (each 100 = 25Easy, 25Build, 25Easy, 25 Hard)
cd: 3 x 50, each slower than last

Saturday

S:	30	B:	0	R:	0	W:	0	O:	0	Total:	30
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S: race-specific
2 x 1500 steady at RPE 4

R: 30 minutes at RPE 3.

Wednesday

S:	60	B:	0	R:	30	W:	0	O:	0	Total:	90
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R: 2.5hour long run include some hills, RPE 3. Try to use nutrition which will be available on race day.

Sunday

S:	0	B:	0	R:	150	W:	0	O:	0	Total:	150
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R: 75 minutes solid endurance of RPE 3-4. Stretch, stretch, stretch!

S: wu: 3 x 150
main: 1900 ladder (300, 275, 250...etc)
cool down: 4 x 50

Thursday

S:	45	B:	0	R:	75	W:	0	O:	0	Total:	120
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Week Goals

This week's focus is the run. Be careful to stretch well after all sessions and warm up and down completely--we don't want any injuries to creep up.

Also the 2 intense workouts this week: the run session on Tuesday and the bike session on Friday.



Week: 11 **Period:** Base 2

(hrs) S: 2.3 B: 3.5 R: 6.8 W: 0.0 O: 0.0 Total: 12.5