**Base 2 Period**

**Week 11**

**Monday**
- **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.

**Tuesday**
- **R**: 90 minute tempo workout
  - wu: 10 minutes RPE 2-3
  - main: 7 x (7t, 3r) (7 minutes tempo at RPE 7, 3min recovery at RPE 2)
  - cd: 10 minutes RPE 3

**Wednesday**
- **R**: 75 minutes solid endurance of RPE 3-4. Stretch, stretch, stretch!

**Thursday**
- **S**: speed day
  - wu: 100 swim, 100 pull, 100 kick, 100 swim
  - main: 8 x 100 EBEH (each 100 = 25 Easy, 25 Build, 25 Easy, 25 Hard)
  - cd: 3 x 50, each slower than last

**Friday**
- **R**: 60 minutes easy run.
  - **B**: 120 minutes:
    - wu: 15 minutes RPE 3
    - main: 6x(12r, 3r) 12r at RPE 5-7, 3r at RPE 2
    - cd: 15 minutes easy spin RPE 2

**Saturday**
- **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.

**Sunday**
- **R**: 2.5 hour long run include some hills, RPE 3. Try to use nutrition which will be available on race day.

**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.

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