**S: 0**
**B: 0**
**R: 0**
**W: 0**
**O: 0**
**Total: 0**

**S: 0**
**B: 0**
**R: 0**
**W: 0**
**O: 0**
**Total: 0**

**S: 30**
**B: 120**
**R: 0**
**W: 0**
**O: 0**
**Total: 150**

**S: 30**
**B: 60**
**R: 0**
**W: 0**
**O: 0**
**Total: 90**

**S: 45**
**B: 0**
**R: 45**
**W: 0**
**O: 0**
**Total: 90**

---

**OFF!**

**OFF!**

**OFF!**

**OFF!**

**OFF!**

---

**B: 60 minutes inside or out, just easy spinning, RPE 3.**

**R: 30 minutes easy RPE 2-3.**

---

**S: recovery swim**

**5 x 200**

**150 easy**

**B: 60 minutes, same as yesterday, just spinning and lots of stretching.**

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**R: 45 minutes with strides every 5 minutes. Mostly RPE 3.**

**S: 8 x 300 as 2x(300 easy, 300 kick, 300 easy, 300 pull)**

---

**S: 1000m continuous, open water if possible.**

**B: 2 hours, RPE 4-5. Try to get this in after the swim. Try out post swim nutrition timing to see how your stomach handles the bike effort combined with the unavoidable swallowing of lake/pool water.**

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**R: 1.5 hour long run at RPE 2-3 steady.**

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**Week Goals**

Recovery week!! Still lots of sessions but short ones.

Decrease your calories to matched the reduced training.

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

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