S: speed day  
wu: 200 continuous  
main: 400, 4 x 100, 300, 3 x 100, 200, 2x100  
   long intervals are RPE 4, 100s are at RPE 7-8  
   (alternate, remove 1st 400)  
   cd: 3 x 75, each slower than last

R: 60 minute recovery... RPE 3-5.

Monday
S:  45 B:  0 R:  0 W:  0 O:  0 Total: 45

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

S: 45 B: 120 R: 0 W: 0 O: 0 Total: 165

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

Tuesday
S:  45 B: 120 R: 0 W: 0 O: 0 Total: 165

B: 120 minutes, hills. Find some hills if possible  
   Complete stretch of legs and lower back afterwards.

S: was: 500  
   main: 15 x 100, RPE 4-5, concentrate on smooth and efficient rather than all-out speed  
   cd: 500

R: very easy run today, constant at RPE 2-3

Wednesday
S:  60 B: 0 R: 0 W: 0 O: 0 Total: 60

This swim should be the next workout you do after yesterday's swim. Since it's low impact, I like to do these sessions back to back to help keep technique fresh...

S: long day  
   was: 200 continuous  
   main: 1 x 2500 at RPE 4 (alternate 1 x 1700)  
   cd: 4 x 50, each slower than last

R: very easy run today, constant at RPE 2-3

Thursday
S:  0 B: 90 R: 90 W: 0 O: 0 Total: 180

R: 60 minutes with strides every 10 minutes. Finish run then add 5 more 20 second strides back to back before stretching. Remember, strides should be easy speed effort. Stop if your legs are feeling exhausted.

B: 90 minutes easy spinning of RPE 3.

Friday
S:  0 B: 0 R: 60 W: 0 O: 0 Total: 60

OFF -- enjoy!

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

Try to get this ride a couple hours after breakfast in the morning. Figure out what feels good for pre-ride nutrition and hydration. Make notes in your log to refer back to later when preparing for race morning.

B: 80 minutes out-80 minutes back. Try to ride each leg in approximately the same time. Keep any pacing issues in mind for what will happen race day.

Sunday
S: wu: 500  
   main: 15 x 100, RPE 4-5, concentrate on smooth and efficient rather than all-out speed  
   cd: 500

Week Goals

How is your general nutrition and body composition? Think of an extra 20 pounds on your frame as doing your IM race carrying a backpack with 2 bowling balls inside. It's easy to make adjustments this early... just don't wait until a month before racing...

Week: 16  
Period: Base 1  
Ty: 2.5 B: 62 W: 3.3 O: 0 Total: 11.8

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