

OFF!

Monday

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

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Friday

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

S: form
 wu: 250 continuous.
 main: 200, 2x100, 200, 2 x 100, 200,
 long intervals at RPE4, short at RPE 7-8
 cd: 150 easy

B: 60 minutes
 wu: 10 minute RPE3
 main: 40 minutes RPE 7
 cd: 10 minutes RPE 3

Tuesday

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

Swim-Bike Brick

S: open water if possible.
 Continuous swim. 1st 200m at RPE 9-10, then settle into race pace

B: 180 minutes at RPE 3-4

Saturday

S: 45 B: 180 R: 0 W: 0 O: 0 Total: 225

B: 90 minutes, ladder
 10:00 RPE 3
 15:00 RPE 5
 40:00 RPE 7
 15:00 RPE 5
 10:00 RPE 3

Wednesday

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

R: 90 minutes at RPE 3

Sunday

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

R: 40 minutes at RPE 3 with strides

Thursday

S: 0 B: 0 R: 40 W: 0 O: 0 Total: 40

Week Goals

Two weeks to go! Enjoy the further reduction in hours and resist the urge to go longer or harder. Also resist the urge for pizza, beers and 5AM clubbing with all your newly found extra free time.

Take your bike to the shop and get a tune up. Check your tires or better yet, get new tires/tubes. Test out thoroughly this week and early next.



Week: 2 Period: Taper

(hrs) S: 1.3 B: 5.5 R: 2.2 W: 0.0 O: 0.0 Total: 8.9