

*S: long day-mental toughness day!
8 x 500, odds are RPE3, evens RPE 5*

Monday

S:	120	B:	0	R:	0	W:	0	O:	0	Total:	120
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*S: open water continuous swim, practice sighting and swimming straight.
R: 1 hour at RPE 3.*

Friday

S:	75	B:	0	R:	60	W:	0	O:	0	Total:	135
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Another mixed session. This time we're doing the bike and run together. Work in the swim either early or late but not within several hours of the brick session.

S: 12 x 100 (alternate each 100 with normal breathing and bilateral)

B: 60 minutes with first 30 minutes at RPE4, last 30 minutes at RPE 7.

R: 30 minutes after bike. First 10 minutes at RPE 3, last 20 minutes at RPE 5.

Strong stretch!

Tuesday

S:	30	B:	60	R:	30	W:	0	O:	0	Total:	120
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OFF!

Saturday

S:	0	B:	0	R:	0	W:	0	O:	0	Total:	0
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R: 45 minutes at RPE 3 with strides every 5 minutes.

B: 90 minutes with hills

Wednesday

S:	0	B:	90	R:	45	W:	0	O:	0	Total:	135
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B: 5.5 hours. Keep RPE 3-4 and include as many hills as you can find.

R: 20 minute recovery run afterwards at RPE 2

Sunday

S:	0	B:	330	R:	20	W:	0	O:	0	Total:	350
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R: Almost 3hour long run. Maintain RPE of 3 throughout. Use nutrition/hydration you worked on in past weeks. Long stretch afterwards and hearty recovery meal of both carbs and protein.

Thursday

S:	0	B:	0	R:	175	W:	0	O:	0	Total:	175
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Week Goals

More mega hours!



Programs, Articles, Training Logs, Forums...FUN!!!

Week:	6	Period:	Base 3	(hrs) S:	3.8	B:	8.0	R:	5.5	W:	0.0	O:	0.0	Total:	17.3
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