

*R: 45minutes very easy run, RPE 3.*

*S: long day*  
*wu: 200swim, 200kick, 200pull, 200swim*  
*main: 1 x 1500, RPE 4 (alternate 1 x 1000)*  
*cd: 4 x 50, each slower than last*

Monday  
 S: 40 B: 0 R: 45 W: 0 O: 0 Total: 85

*S: speed day*  
*wu: 400 continuous. last 50 in each 100 is kick*  
*main: 8 x 100 EBEH (each 100 = 25Easy, 25Build, 25Easy, 25 Hard)*  
*cd: 6 x 25, each slower than last*

*B: 15 warm up, warm down with easy spinning in the small ring. 30 middle minutes in big ring, but still not a hard effort. If on the road, concentrate on constant pedaling with minimal freewheeling.*

Friday  
 S: 30 B: 45 R: 0 W: 0 O: 0 Total: 75

*R: 45 minutes at easy pace, RPE 2-3*

*B: 60 minutes road or trainer, all small chainring work, low effort.*

Tuesday  
 S: 0 B: 60 R: 45 W: 0 O: 0 Total: 105

*OFF--rest.*

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

*S: race-specific*  
*wu: 4 x 75, last 25 in each is backstroke.*  
*main: 3 x 400, 1 is RPE 3, 2 is RPE4, 3 is RPE 5*  
*cd: 150 easy*

Wednesday  
 S: 30 B: 0 R: 0 W: 0 O: 0 Total: 30

*B: 90 minute ride. Only go further if you easily completed all the other workouts this week. We're only getting started on a long 20 weeks...*

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

*R: 90 minutes long run, easy pace. RPE 3.*

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

**Week Goals**

Just as an efficient supply chain is crucial to survival to corporations and armies, your IM success depends heavily on your ability to organize your daily training schedule with the rest of your life. Organizing things like food, equipment upkeep, and laundry are far from the glamorous elements of IM prep but failing to master these details will leave you missing workouts and eating via the drive-thru. Taking care of these details will bring you to the finish line faster on race day than other 'fun' endeavours such as searching magazines for the latest killer workout.

Here at the last Prep week, we'll repeat the first week. Try to apply the logistical lessons you've learned since then to this week.



Week: 17 Period: Prep (hrs) S: 1.7 B: 3.3 R: 3.0 W: 0.0 O: 0.0 Total: 7.9