

Monday

OFF!

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

Friday

S: recovery
4 x 300 (300 easy, 300 kick, 300 easy, 300 kick)

B: 90min at RPE 3-4

S: 30 B: 90 R: 0 W: 0 O: 0 Total: 120

Tuesday

B: 75 minutes tempo
Wu: 10 spinning at RPE 3
main: 7x (5t,3r) 3t at RPE5, 3r at RPE2
cd: continue cool down until 75 minutes are up. RPE 2

R: 45 minute easy run at RPE 3

S: 0 B: 75 R: 45 W: 0 O: 0 Total: 120

Saturday

S: 60min continuous, using wetsuit if you will be doing in race. Also do swim in morning if possible. Note nutrition habits/needs as well as details like morning toilet routines anticipated.

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

Wednesday

S: recovery swim
5 x 200 (50 Easy, 50 Build, 50 Easy, 50Hard)
150 easy

R: 60 min at RPE 3. When finished with run, do 6 x 20 second strides.

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

Sunday

R: 90 minutes. Remember when 90 minutes was the hard long run?!
Optional race.

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

Thursday

B: 2 hours, RPE 4-5 with some hills.

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

Week Goals

Recovery week!

Reduce food intake from last week.

Week: 4 Period: Base 3

(hrs) S: 2.0 B: 4.8 R: 3.3 W: 0.0 O: 0.0 Total: 10.0

