

Monday

OFF!

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

OFF!

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

B: 60 minutes inside or out, just easy spinning, RPE 3.  
R: 30 minutes easy RPE 2-3.

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

S: 1000m continuous, open water if possible.  
B: 2 hours, RPE4-5. Try to get this in after the swim. Try out post swim nutrition timing to see how your stomach handles the bike effort combined with the unavoidable swallowing of lake/pool water.

S:	30	B:	120	R:	0	W:	0	O:	0	Total:	150
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Wednesday

S: recovery swim  
5 x 200  
150 easy  
B: 60 minutes, same as yesterday, just spinning and lots of stretching.

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

R: 1.5 hour long run at RPE 2-3 steady.

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

R: 45 minutes with strides every 5 minutes. Mostly RPE 3.  
S:  
8 x 300 as 2x(300 easy, 300 kick, 300 easy, 300 pull)

S:	45	B:	0	R:	45	W:	0	O:	0	Total:	90
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**Week Goals**

Recovery week!! Still lots of sessions but short ones.  
Decrease your calories to matched the reduced training.



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

Week:	13	Period:	Base 1	(hrs)	S:	1.8	B:	4.0	R:	2.8	W:	0.0	O:	0.0	Total:	8.5
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