

*S: speed day
wu: 250 alternating each 50 swim and kick
main: 400, 4 x 100, 300, 3 x 100, 200, 2x100
long intervals are RPE 4, 100s are at RPE 7-8
(alternate, remove 1st 400)
cd: 3 x 75, each slower than last*

Monday

S:	45	B:	0	R:	0	W:	0	O:	0	Total:	45
----	----	----	---	----	---	----	---	----	---	--------	----

R: 60 minute recovery...RPE 3-5.

Friday

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

*B: 120 minutes, hills. Find some hills if possible
Complete stretch of legs and lower back afterwards.*

*S: wu: 500
main: 15 x 100, RPE 4-5, concentrate on smooth and efficient rather than all-out speed
cd: 500*

Tuesday

S:	45	B:	120	R:	0	W:	0	O:	0	Total:	165
----	----	----	-----	----	---	----	---	----	---	--------	-----

OFF -- enjoy!

Saturday

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

This swim should be the next workout you do after yesterday's swim. Since it's low impact, I like to do these sessions back to back to help keep technique fresh...

*S: long day
wu: 200 continuous
main: 1 x 2500 at RPE 4 (alternate 1 x 1700)
cd: 4 x 50, each slower than last*

R: very easy run today, constant at RPE 2-3

Wednesday

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

Try to get this ride a couple hours after breakfast in the morning. Figure out what feels good for pre-ride nutrition and hydration. Make notes in your log to refer back to later when preparing for race morning.

B: 80minutes out-80 minutes back. Try to ride each leg in approximatelky the same time. Keep any pacing issues in mind for what will happen race day.

Sunday

S:	0	B:	160	R:	0	W:	0	O:	0	Total:	160
----	---	----	-----	----	---	----	---	----	---	--------	-----

R: 60 minutes with strides every 10 minutes. Finish run then add 5 more 20second strides back to back before stretching. Remember, strides should be easy speed effort. Stop if your legs are feeling exhausted.


B: 90 minues easy spinning of RPE 3.

Thursday

S:	0	B:	90	R:	90	W:	0	O:	0	Total:	180
----	---	----	----	----	----	----	---	----	---	--------	-----

Week Goals

How is your general nutrition and body composition? Think of an extra 20 pounds on your frame as doing your IM race carrying a backpack with 2 bowling balls inside. It's easy to make adjustments this early...just don't wait until a month before racing..



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

Week:	16	Period:	Base 1
-------	----	---------	--------

(hrs)	S:	2.5	B:	6.2	R:	3.3	W:	0.0	O:	0.0	Total:	11.9
-------	----	-----	----	-----	----	-----	----	-----	----	-----	--------	------