

*R: 60 minutes. 10 minute warm up, then do 20 second strides before returning to RPE 3 pace. Repeat strides every 5 minutes until the end of the workout.*

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

**Monday**

S:	60	B:	0	R:	60	W:	0	O:	0	Total:	120
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*S: speed day  
wu: 300 continuous. slowly increasing pace each 100  
main: 20 x 50, odds at RPE 4, evens at RPE 9!  
cd: 150 easy, hold form*

*B: solid 90 minutes at RPE3. Middle 30 minutes on aero bars if you have them, but keep easy effort. Notice if the position is comfortable to hold and if you can output the same speed for the same effort as when out of the bars.*

**Friday**

S:	30	B:	90	R:	0	W:	0	O:	0	Total:	120
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*R: easy pace, RPE 3*

*B: 60 minutes, easy pedaling on mixed terrain, overall effort still low. Warm up and cooldown 10:00 in low ring, spinning easy. Use big ring for middle 40.*

**Tuesday**

S:	0	B:	60	R:	45	W:	0	O:	0	Total:	105
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*OFF--rest well--no workouts!*

**Saturday**

S:	0	B:	0	R:	0	W:	0	O:	0	Total:	0
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*S: race-specific  
wu: 250 easy  
5 x 50, odds are 100%, evens recovery. 10sec rest between  
main: 4 x 400, 1 is RPE 3, 2 and 3 are RPE4, 4 is RPE 5  
cd: 200 easy*

**Wednesday**

S:	40	B:	0	R:	0	W:	0	O:	0	Total:	40
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*B: 120 minutes long bike again this week.*

**Sunday**

S:	0	B:	120	R:	0	W:	0	O:	0	Total:	120
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*R: 90 minute long run, easy pace. Strides begin at the 40 minute mark. Just like Monday, go for 20 seconds, then return to normal pace. Repeat every 5 minutes until run is finished. Stretch well!*

**Thursday**

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

You've probably noticed by now that we have been keeping the same workouts structure week. Use this repetition to get your daily patterns and consistency organized. We'll increase hours slightly from last week but mostly it's just about clocking in and out every day.



**Week:** 18 **Period:** Prep

**(hrs)**

S:	2.2	B:	4.5	R:	3.3	W:	0.0	O:	0.0	Total:	9.9
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