

*S: long day  
wu: 4 x 75  
main: 500swim, 500kick, 500pull, 500swim, all RPE 4  
15 x 100 (25Easy, 25Build, 25Easy, 25Hard)  
cd: 100 swim, 100 back*

Monday

S:	90	B:	0	R:	0	W:	0	O:	0	Total:	90
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*Another swim only day same as last week...*

*S: race-specific  
wu: 2 x 150, last 50 in each is backstroke.  
main: 4 x 500, 1 is RPE 3, 2 and 3 are RPE4, 4 is RPE 5  
cd: 150 easy*

Friday

S:	45	B:	0	R:	0	W:	0	O:	0	Total:	45
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*B: 2 hour small chainring only effort.  
R: 50 minute solid effort at RPE 3-4*

Tuesday

S:	0	B:	120	R:	50	W:	0	O:	0	Total:	170
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*B: 3 hours long bike. If your breakfast routine last week worked, repeat it again here, if not, experiment with something new.  
R: 30 minutes recovery at RPE2*

Saturday

S:	60	B:	180	R:	30	W:	0	O:	0	Total:	270
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*B: 90minutes, big and small ring. Find some hills to play on...*

Wednesday

S:	0	B:	90	R:	0	W:	0	O:	0	Total:	90
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*R: 60 minutes at RPE 3  
B: 60 minutes in small ring.*

Sunday

S:	0	B:	60	R:	60	W:	0	O:	0	Total:	120
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*S: speed day  
wu: 350 continuous. last 50 in each 100 is kick  
main: 10 x 200 EBEH (each 200 = 50Easy, 50Build, 50Easy, 50 Hard)  
cd: 6 x 25, each slower than last  
R: 120 minute long run. Keep RPE at 3, no harder! Stretch well afterwards and have a good recovery meal.*

Thursday

S:	45	B:	0	R:	120	W:	0	O:	0	Total:	165
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**Week Goals**

This week's intense effort will be in the pool and road on Thursday. Try to get them in back to back, swim then run if your schedule allows. Take fluids and gel with you on the run.

Remember the question from 2 weeks ago about nutrition? Have you made any changes yet?!



Week: 14      Period: Base 1

(hrs) S: 4.0 B: 7.5 R: 4.3 W: 0.0 O: 0.0 Total: 15.8