

*S: long day
wu: 4 x 75
main: 500swim, 500kick, 500pull, 500swim, all RPE 4
cd: 100 swim, 100 back*

Monday

S:	45	B:	0	R:	0	W:	0	O:	0	Total:	45
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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: 3 x 500, 1 is RPE 3, 2 is RPE4, 3 is RPE 5
cd: 150 easy*

Friday

S:	45	B:	0	R:	0	W:	0	O:	0	Total:	45
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*B: 1 hour small chaining only effort outside or on trainer.
R: 30 minute solid effort at RPE 3-4*

Tuesday

S:	0	B:	60	R:	30	W:	0	O:	0	Total:	90
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*B: 2 hours long bike as last week. If you did a loop or part of the route was a loop--ride it backwards. The scenery will be a bit different and any hills will be a new effort. 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:	0	B:	120	R:	30	W:	0	O:	0	Total:	150
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OFF! Another tough day coming up tomorrow....

Wednesday

S:	0	B:	0	R:	0	W:	0	O:	0	Total:	0
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*R: 30 minutes at RPE 3
B: 60 minutes in small ring.*

Sunday

S:	0	B:	60	R:	30	W:	0	O:	0	Total:	90
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Today we'll do swimming and running together for a super endurance day. Keep the run at easy pace.

*S: speed day
wu: 400 continuous. last 50 in each 100 is kick
main: 10 x 100 EBEH (each 100 = 25Easy, 25Build, 25Easy, 25 Hard)
cd: 6 x 25, each slower than last
R: 90 minute long run. Keep RPE at 2-3, no harder! Stretch well afterwards and have a good recovery meal.*

Thursday

S:	45	B:	0	R:	90	W:	0	O:	0	Total:	135
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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. Take fluids and gel with you on the run.

Week: (14) Period: Base 1

(hrs) S: 2.25 B: 4 R: 3 W: 0 O: 0 Total: 9.25

