

R: 60minutes, 45minutes at RPE 3, 15minutes at RPE 7

Monday

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

OFF!

Friday

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

*S: race-specific
wu: 2 x 250, free, back
main: 3 x 750,
1 is RPE 3, 2 is RPE9 for first 100 then RPE5, 3 is RPE 5
cd: 2 x 125 easy*

B: 120 minutes with hills. Solid effort ranging from RPE 3 to RPE 7

Tuesday

S: 60 B: 120 R: 0 W: 0 O: 0 Total: 180

B: 3 hour bike. Keep RPE 3-4. Ride on race terrain if possible, use race clothes if possible. Use race equipment.

R: 20 minute recovery run at RPE2

Saturday

S: 0 B: 240 R: 20 W: 0 O: 0 Total: 260

*S: speed day
wu: 3 x 200 - swim, kick, pull
main: 16 x 50 odds RPE 4, evens RPE 8-9
cd: 150 easy*

B: 90 minutes in full aero position. RPE 3

Wednesday

S: 30 B: 90 R: 0 W: 0 O: 0 Total: 120

OFF!

Sunday

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

Brick: short bike and long run. Use race uniform if possible. The high intensity bike spinning will twist up your stomach a bit and provide further testing for nutrition and hydration in the run.

*B: 60 minutes at RPE 4-5
R: 2 hours at RPE 3 using race nutrition/hydration plan*

Thursday

S: 0 B: 60 R: 120 W: 0 O: 0 Total: 180

Week Goals

Welcome to tapering! We'll slowly reduce hours over the next 3 weeks, while keeping the sword sharp for race day.

This is a good week to begin making your specific race day plans. The whole day goes on 1 piece of paper. Schedule, pacing, equipment, race food, pre-race food, and other logistics are all part of your execution plan.



Week: 3 Period: Taper

(hrs) S: 1.5 B: 8.5 R: 2.3 W: 0.0 O: 0.0 Total: 13.3