

*S: long day
wu: 200swim, 200kick, 200pull, 200swim
main: 1900 ladder. Do a set of 300, then 275, 250, etc...until 25
10 x 100 (descend 1-5, 6-10)
cd: 4 x 50, each slower than last*

Monday

S:	90	B:	0	R:	0	W:	0	O:	0	Total:	90
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*S: race-specific
wu: 6 x 75, last 25 in each is backstroke.
main: 3 x 700, 1 is RPE 3, 2 is RPE 4, 3 is RPE 5
cd: 150 easy*

R: 180 minutes long run at RPE 3-4

Friday

S:	60	B:	0	R:	180	W:	0	O:	0	Total:	240
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Swim/Bike session together. The goal is to swim fairly hard then an easy cruise on the bike while practicing transition. Lake swim is best but you can setup a transition area in your trunk and run out of the pool just as easily. Just like race day, remember to buckle your helmet before doing anything else--no finish times if you get DQ'd.

*S: continuous 30 minutes at RPE 4, open water if possible.
B: 90 at RPE 3. Again, practice food and hydration timing that you plan to use during race.*

R: 45minutes at RPE 2. Do in morning or late, but not within several hours of swim/bike work.

Tuesday

S:	30	B:	90	R:	45	W:	0	O:	0	Total:	165
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OFF!

Saturday

S:	0	B:	0	R:	0	W:	0	O:	0	Total:	0
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R: 80 minutes with strides at RPE 3-4

Wednesday

S:	0	B:	0	R:	80	W:	0	O:	0	Total:	80
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This will be your last check of long bike nutrition. Use anything new learned today to put towards your race day plans.

*B: 6 hours at RPE 3-5
R: 25minutes at RPE 3*

Sunday

S:	0	B:	360	R:	25	W:	0	O:	0	Total:	385
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B: 120 minutes spinning at RPE 3.

Thursday

S:	0	B:	120	R:	0	W:	0	O:	0	Total:	120
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Week Goals

These are the longest sessions you'll do in prep for the race. Recovery week coming up....


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

Week: 5 **Period:** Base 3

(hrs) S: 3.0 B: 9.5 R: 5.5 W: 0.0 O: 0.0 Total: 18.0