

*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 RPE4, 3 is RPE 5
cd: 150 easy*

*R: 150 minutes tempo
wu: 15 minutes RPE 3
main: 2 hours at RPE 4-5
cd: 15 minutes at RPE 3*

Friday

S:	60	B:	0	R:	150	W:	0	O:	0	Total:	210
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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: 60 outside or on trainer. 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:	60	R:	45	W:	0	O:	0	Total:	135
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OFF!

Saturday

S:	0	B:	0	R:	0	W:	0	O:	0	Total:	0
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R: 75 minutes with strides at RPE 3-4

Wednesday

S:	0	B:	0	R:	75	W:	0	O:	0	Total:	75
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Brick:

*B: 5 hours at RPE 3-4
R: 20minutes at RPE 3*

Sunday

S:	0	B:	300	R:	20	W:	0	O:	0	Total:	320
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B: 90 minutes spinning at RPE 3 .


Thursday

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

Approaching peak hours! You are now turning into an endurance beast. Allow yourself a little grin of accomplishment while thinking back at all the work you've put in over the past few months. Now, get back in the pool, we've got work to do...

Key sessions this week are a long swim on Monday and bike on Sunday


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

Week: 7 **Period:** Base 3

(hrs)	S:	3.0	B:	7.5	R:	4.8	W:	0.0	O:	0.0	Total:	15.3
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