

*R: 45 minutes. 10 minute warm up, then do 20 second strides\* before returning to RPE 3 pace. Repeat strides every 5 minute until end of run.*

*S: long day*  
*wu: 6 x 100, concentrating on different part of stroke each 100*  
*main: 4 x 500, keeping each 500 even pace*  
*cd: 2 x 150 pull*

Monday  
 S: 60 B: 0 R: 45 W: 0 O: 0 Total: 105

*S: speed day*  
*wu: 300 continuous. concentrate on form weaknesses.*  
*main: 10 x 100 descend 1-5 and 5-10*  
*cd: 200 continuous, alternate 50kick, 50 swim)*

*B: 55 minutes, on the trainer if possible:*  
*wu: 10:00 at RPE 2-3*  
*main: 4 x ( 8:00 at RPE 4-5 fast spinning,*  
*2:00 at RPE 2)*

*cd: 5:00 work down to RPE3 then RPE2 to finish*

Friday  
 S: 30 B: 55 R: 0 W: 0 O: 0 Total: 85

*R: 45 minutes easy pace, RPE 3*

*B: 60 minutes road or trainer, like last week this is all small chaining work, low effort.*

Tuesday  
 S: 0 B: 60 R: 45 W: 0 O: 0 Total: 105

*OFF--rest.*

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

*S: race-specific*  
*wu: 4 x 50 continuous, odds are breathe every side, evens bilateral.*  
*main: 2 x 1000, 1 is RPE4, 2 is RPE 6*  
*cd: 250 easy*

Wednesday  
 S: 40 B: 0 R: 0 W: 0 O: 0 Total: 40

*B: Long bike again this Sunday. Try to find couple hills to throw in but keep climbing efforts seated.*

Sunday  
 S: 0 B: 120 R: 0 W: 0 O: 0 Total: 120

*R: long run again, easy pace*

Thursday  
 S: 0 B: 0 R: 90 W: 0 O: 0 Total: 90

**Week Goals**

This week we introduce Neuro Speed....training the body to move fast and efficient while not stressing the body.

We'll do this on the run through strides(also called accelerations). Strides are short efforts of running fast by slowly accelerating allowing fast, quick footstrikes and an efficient form on the upper body. These strides only last 20-30 seconds but are not "hard"

By slowly accelerating from normal run pace to near top speed, but over a very short time, you should not feel at all fatigued but your body will begin to neurologically what it feels like to be swift--think cheetah!



Week: 19 Period: Prep

(hrs) S: 2.2 B: 3.9 R: 3.0 W: 0.0 O: 0.0 Total: 9.1