



USA
TRIATHLON

OLYMPIC-DISTANCE TRAINING PLAN INTERMEDIATE (8 WEEKS)

TRAINING PLAN PROVIDED BY



TRIATHLON TERMS



70.3: Ultra distance triathlon or “Half Ironman”. 1.2 mile swim, 56 mile bike, 13.1 mile run (half marathon).

Active Recovery: Very low intensity exercise or activity after hard training or racing, e.g. easy cycling.

Aero: Short for aerodynamic. Something to shoot for on the bike. Your position can be aero, your wheels, your bottle, your bike etc.

Aerobars: Bars attached to the front of your bike, allowing you to lean down and over and ride in an aero position.

Aerobic: Used to describe workouts of low enough intensity that the muscles can derive all required energy from the oxygen delivered to them from your lungs via your heart. There is no build-up of lactic acid in your blood.

Aerobic threshold: The point at which exercise is just possible without significant lactic acid accumulation. In running, roughly standalone marathon pace.

Anaerobic: When the oxygen delivered to the muscles cannot break down glycogen and produce energy fast enough, lactic acid starts to accumulate, and is used as a complementary energy source. This energy system is less efficient than the aerobic system, and cannot be maintained for as long periods of time.

Anaerobic threshold: The point at which lactic acid accumulates faster than the body can remove it. In running, the pace you can just maintain for 60 minutes in a race situation. Corresponds to FTP.

Breathing pattern: Used mostly in the swim, but also in running and even biking. In swimming, breathing patterns can be categorized as unilateral (always to the same side) or bilateral (to both sides), and further specified to e.g. 3-stroke (breathing on every third stroke) and 4-stroke (every fourth) patterns etc.

Brick: Workouts combining two or more disciplines. Often a ride followed by a run.

Build: A training period after a base period. The build is typically when you start adding more intensity to your training.

Cadence: The number of swim strokes, pedal revolutions or steps per minute in your swim, bike and run. Corresponds to RPM (revolutions per minute) in cycling.

Catch: The first of three underwater phases of your swim stroke after your hand enters the water.

Choice: Usually used in swim workouts meaning your choice of stroke (freestyle, breast stroke, back stroke).

Cooldown: Short period of very easy swim/bike/run at the very end of your workout to bring your heart rate down and set you up for a quicker recovery.

Drill: Common in both swimming and running, but also cycling. Exercises designed to improve your technique in one or a few particular focus areas for that drill.

Fartlek: A workout that consists of non-structured intervals.

Flip turn: A fast way to turn at the end of a swim length and push off against the wall to go back the lane in the opposite direction.

Foam roller: A tube of foam (or harder materials) that you can use for myofascial release to improve muscle recovery and release sore spots.

Foot strike: The way your foot hits the ground when you run. Typically categorized as forefoot, mid-foot or heel-strike.

Functional Threshold Power (FTP): The highest average power you can hold for one hour. Usually approximated based on shorter test protocols, such as 20- or 30-minute tests.

Hand entry: The phase of the swim stroke where your hand enters the water.

Hill reps/repeats: Bike or run workout where you repeatedly go up a hill at a high intensity level.

HR: Heart rate.

Intervals: Type of training where you alternate periods of higher intensity efforts with periods of easy or recovery effort.

Kick: The action of kicking in swimming, and overarching term for kicking drills (e.g. using a kick board with and without swim fins).

TRIATHLON TERMS



Kick board: Swim training tool made of Styrofoam held out in front of you for kick practice.

Lactate threshold (LT): A point during exhaustive, all-out exercise at which lactate builds up in the bloodstream faster than the body can remove it.

Lactate Tolerance: How your body copes with lactate built up in the bloodstream

Ladder: An interval workout with increasing and decreasing interval distances/durations, such as swim intervals of 50 – 100 – 150 – 100 – 50 m

Long Slow Distance (LSD): Term for aerobic endurance training.

Main set: The focal part of a workout, often the whole workout minus warm up and cool down.

Negative split: When the second half of a race or workout is faster than the first.

Paddles: Training aid for swimming. Plastic paddles attached to your hands that increase water resistance so they help build strength and can also increase awareness of technical errors.

Positive split: When the second half of a race or workout is slower than the first.

Pull: The second underwater phase of the freestyle stroke.

Pull buoy: Floating swim training tool placed between legs to keep your legs up so you can concentrate on your stroke.

Push: The final underwater phase of your stroke

Rest interval: The recovery time/distance between the intense intervals in interval workouts.

Rate of Perceived Exertion (RPE): A subjective rating of intensity and effort level.

RPM: Revolutions per minute. See cadence.

Speedwork: Broad term for high intensity intervals

Spinning: Pedaling at a high cadence in low gear

Strides/Striders: Strides or pickups are accelerations of 10-30 seconds up to close to maximum speed done during warm-ups before races and speedwork, and as part of technique sessions where focus is on good running form.

Taper: Short period before the race where training volume is decreased so accumulated fatigue disappears just in time for the race without losing too much fitness due to decreased training volume. Can easily lead to madness.

VO2max: The maximum rate of oxygen uptake and utilization in the body. Very common fitness measure.

Warm Up: Easy exercise or movements at the start of a workout/before a race to get the blood flowing and get the muscles primed and prepared for the coming effort.

WEEK 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Swimming Swim: Endurance OD Int 1 Warm up - 4 x 100m (or yds) with 15s rest (no paddles or buoys). Very easy and relaxed, don't worry about form here. Main Set: 1,000yds/m (all with 10s rest) 4 x 50 with paddles , buoy and band. FOCUS on Technique 2 x 100 with paddles and buoys 4 x 50 with paddles , buoy and band. FOCUS on Technique 2 x 100 with paddles and buoys 4 x 50 with paddles , buoy and band. FOCUS on Technique Cooldown - 200m (or yds) choice no gear Swim : This session will increase your endurance and strength while working on your swim technique (the use of the ankle band will force you to have proper catch and to keep head and chest down so your legs won't "sink"). Make sure you go easy enough on the set and focus on your form taking proper rest.</p> <p>Note : Make sure you use paddles that are no bigger than your hand. It's important NOT to change your stroke rate and "save" your shoulders as you will be doing a lot of swimming with paddles.</p> <p>00h:32m</p>	<p>Running Run: Strength + Speed OD Int 1 Warm up : 20 min. easy Strength - 6 x 1' Hill Repeats on road at 80% Effort with jogging down recovery. (or at 5% grade and 1' easy recovery on flat, if Treadmill)</p> <p>Speed: 6 x 30s accelerations (0-90% of max speed) with 30s very easy jog 10 min. cooldown easy but STILL focus on form, don't get sluggish!!!</p> <p>Stretching : Focus on hamstring, hip flexors,quads and calves (in that order)</p> <p>00h:48m</p>	<p>Swimming Swim: Speed + Strength OD Int 1 This workout is a combination Speed/Strength and Lactate tolerance that wil not over tax your aerobic system due to short intervals. The short intervals will give you, just enough effort needed to enhance your Speed and lactate tolerance. Warm up: 400 Choice + 4 x 50 (no gear) Main Set: 12 x 50 w/ 15s rest (Every 4th Flat out !) 8 x 50 w/ 20s rest (Every 3rd Flat out !) 4 x 50 w/ 25s rest (Every 2nd Flat out !) 2 x 50 w/ 30s rest (ALL Flat Out !) Cooldown : 200 easy choice</p> <p>Note : Make sure you use paddles that are no bigger than your hand. It's important NOT to change your stroke rate and "save" your shoulders as you will be doing a lot of swimming with paddles.</p> <p>00h:38m</p> <p>Cycling Bike: LT Intervals OD Int 1 Warm up - 10 to 15 min. easy spin with cadence 70-90rpm 12 x 1 min . HARD w/ 1 min. Easy 10 min. cooldown * All on aeroposition</p> <p>00h:45m</p>	<p>Running Run: Long Endurance + Strength Run - Long Endurance + Strength 10 min. easy warm up: "Play" with the incline of the treadmill to simulate hills. Make sure effort is easy to moderate! * Use up to 6% incline when running. You can build up to 6% and vary as desired as long as 40% of total running time is on "Hills" * Easy to moderate effort but finish faster than you start * Run tall, Keep knee high by focusing on heel-butt movement, "Tap" the ground while keeping stride rate at 96 per leg per minute.</p> <p>Stretching : Focus on hamstring, hip flexors,quads and calves (in that order)</p> <p>Notes: Run - Long endurance run with strength focus. Goal is to help develop strength while increasing endurance It's very important to be aware of your body and to run efficiently, keeping stride rate close to 96 (steps per leg per minute), shoulders, hips and arms relaxed.</p> <p>00h:45m</p>	<p>Swimming Swim: Recovery + Speed OD Int 1 Swim : This recovery session will also help you to improve your technique through the fast intervals (speed forces your body to be efficient to cover distance quicker). The Strength/Endurance was designed with short intervals of 50 and 100's not to tax your cardiovascular system while increase muscle endurance. Pull buoy and paddles helps to keep HR low while work upper body muscles.</p> <p>Warm up : 400 as 75 free, 25 kick. All easy</p> <p>Speed - 8 x 25 as 1 FAST, 1 Easy. No gear and 15s rest</p> <p>Strength/Endurance: 3 x 100, 3 x 50, 2 x 100, 2 x 50, 1 x 100, 1 x 50 (All easy with paddles and buoy and 10-15s rest)</p> <p>Cooldown : 200 choice</p> <p>Note : Make sure you use paddles that are no bigger than your hand. It's important NOT to change your stroke rate and "save" your shoulders as you will be doing a lot of swimming with paddles.</p> <p>00h:38m</p>	<p>Cycling Bike: Long Endurance Endurance Bike : Long endurance Day</p> <p>This workout can be done on Road Bike or MTB or X Country Skiing and or snow shoeing.</p> <p>90 to 150 min. easy to moderate effort.</p> <p>* Make sure to keep intensity low as this is your endurance workout of the week. * Keep Cadence between 75-85rpm * Alternate terrain (hills, rollers, flat, etc.) * If you get good weather go outside and ride or limit to 90 min. easy on trainer. * If X Country Skiing or Snow shoeing, make sure you go easy and build as you will be using different muscles. * If you get good weather go outside and ride or limit to 90 min. easy on trainer. * If X Country Skiing or Snow shoeing, make sure you go easy and build as you will be using different muscles.</p> <p>Comments - This is your endurance workout of the week. Preferably on the bike (road or MTB) but it can be done while skiing (X Country or Snow Shoeing). Make sure you control intensity, not letting be too arduous.</p> <p>01h:30m</p>

WEEK 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Cycling Bike: Leg Strength OD 1 Warm up - 15 min.</p> <p>Main Set: 2 sets of 1,1,1,2,2,2 min. with 1 min. easy spin recovery. * Alternate standing, seated and Aero * Keep Cadence at 40-50rpm * Effort is Moderate/Hard</p> <p>Cooldown - 10 min.</p> <p>Bike - Strength/LT This workout combine two important components to improve your bike: Strength and Lactate Tolerance. High quality is need it here so focus on the effort and cadence asked.</p> <p>* When riding, make sure you keep upper body relaxed and core engaged.</p> <p>00h:55m</p> <p>Running Run: Off the Bike Race Sim. OD 1 Run : This running session will help you to build Lactate Tolerance as you get fit. The fitter you get, the longer and faster you will run.</p> <p>This session can be done on the road or treadmill (preferred) :</p> <p>2 x 10 min. build effort EACH interval at every 2 min. (First 2' easy-Last 2' HARD) with 5 min. easy jog between intervals 3 min. easy jog, 2 min. walk .</p> <p>Stretching : Focus on hamstring, hip flexors,quads and calves (in that order)</p> <p>00h:30m</p>	<p>Swimming Swim: Endurance OD Int 2 Warm up - 4 x 100m (or yds) with 15s rest (no paddles or buoys). Very easy and relaxed, don't worry about form here.</p> <p>Main Set: 1,200yds/m (all with 10s rest)</p> <p>4 x 50 with paddles , buoy and band. FOCUS on Technique 3 x 100 with paddles and buoys 4 x 50 with paddles , buoy and band. FOCUS on Technique 3 x 100 with paddles and buoys 4 x 50 with paddles , buoy and band. FOCUS on Technique</p> <p>Cooldown - 200m (or yds) choice no gear</p> <p>Swim : This session will increase your endurance and strength while working on your swim technique (the use of the ankle band will force you to have proper catch and to keep head and chest down so your legs won't "sink"). Make sure you go easy enough on the set and focus on your form taking proper rest.</p> <p>Note : Make sure you use paddles that are no bigger than your hand. It's important NOT to change your stroke rate and "save" your shoulders as you will be doing a lot of swimming with paddles.</p> <p>00h:36m</p>	<p>Running Run: Strength + Speed OD Int 2 Warm up : 20 min. easy</p> <p>Strength - 8 x 1' Hill Repeats on road at 80% Effort with jogging down recovery. (or at 5% grade and 1' easy recovery on flat, if Treadmill)</p> <p>Speed: 6 x 30s accelerations (0-90% of max speed) with 30s very easy jog</p> <p>10 min. cooldown easy but STILL focus on form, don't get sluggish!!!</p> <p>Stretching : Focus on hamstring, hip flexors,quads and calves (in that order)</p> <p>00h:52m</p>	<p>Swimming Swim: Speed + Strength OD Int 1 This workout is a combination Speed/Strength and Lactate tolerance that wil not over tax your aerobic system due to short intervals. The short intervals will give you, just enough effort needed to enhance your Speed and lactate tolerance.</p> <p>Warm up: 400 Choice + 4 x 50 as 25 Fast/25 Easy w/ 15s rest (no gear)</p> <p>Main Set:</p> <p>12 x 50 w/ 15s rest (Every 4th Flat out !) 8 x 50 w/ 20s rest (Every 3rd Flat out !) 4 x 50 w/ 25s rest (Every 2nd Flat out !) 2 x 50 w/ 30s rest (ALL Flat Out !)</p> <p>Cooldown : 200 easy choice</p> <p>Note : Make sure you use paddles that are no bigger than your hand. It's important NOT to change your stroke rate and "save" your shoulders as you will be doing a lot of swimming with paddles.</p> <p>00h:38m</p> <p>Cycling Bike: LT Intervals OD Int 1 Warm up - 10 to 15 min. easy spin with cadence 70-90rpm</p> <p>12 x 1 min . HARD w/ 1 min. Easy</p> <p>10 min. cooldown</p> <p>* All on aeroposition</p> <p>00h:45m</p>	<p>Running Run: Long Endurance + Strength Run - Long Endurance + Strength</p> <p>10 min. easy warm up:</p> <p>"Play" with the incline of the treadmill to simulate hills. Make sure effort is easy to moderate!</p> <p>* Use up to 6% incline when running. You can build up to 6% and vary as desired as long as 40% of total running time is on "Hills" * Easy to moderate effort but finish faster than you start * Run tall, Keep knee high by focusing on heel-butt movement, "Tap" the ground while keeping stride rate at 96 per leg per minute.</p> <p>Stretching : Focus on hamstring, hip flexors,quads and calves (in that order)</p> <p>Notes: Run - Long endurance run help develop strength while increasing endurance</p> <p>It's very important to be aware of your body and to run efficiently, keeping stride rate close to 96 (steps per leg per minute), shoulders, hips and arms relaxed.</p> <p>00h:45m</p>	<p>Swimming Swim: Recovery + Speed OD Int 2 Swim : This recovery session will also help you to improve your technique through the fast intervals (speed forces your body to be efficient to cover distance quicker). The Strength/Endurance was designed with short intervals of 50 and 100's not to tax your cardiovascular system while increase muscle endurance. Pull buoy and paddles helps to keep HR low while work upper body muscles.</p> <p>Warm up : 400 as 75 free, 25 kick. All easy</p> <p>Speed - 12 x 25 as 1 FAST, 1 Easy. No gear and 15s rest</p> <p>Strength/Endurance: 2 x 450 (50,100,150,100,50) All easy with paddles and buoy and 10-15s rest.</p> <p>Cooldown : 200 choice</p> <p>Note : Make sure you use paddles that are no bigger than your hand. It's important NOT to change your stroke rate and "save" your shoulders as you will be doing a lot of swimming with paddles.</p> <p>00h:40m</p>	<p>Cycling Bike: Long Endurance Endurance Bike : Long endurance Day</p> <p>This workout can be done on Road Bike or MTB or X Country Skiing and or snow shoeing.</p> <p>90 to 150 min. easy to moderate effort.</p> <p>* Make sure to keep intensity low as this is your endurance workout of the week. * Keep Cadence between 75-85rpm * Alternate terrain (hills, rollers, flat, etc.) * If you get good weather go outside and ride or limit to 90 min. easy on trainer. * If X Country Skiing or Snow shoeing, make sure you go easy and build as you will be using different muscles. * If you get good weather go outside and ride or limit to 90 min. easy on trainer. * If X Country Skiing or Snow shoeing, make sure you go easy and build as you will be using different muscles.</p> <p>Comments - This is your endurance workout of the week. Preferably on the bike (road or MTB) but it can be done while skiing (X Country or Snow Shoeing). Make sure you control intensity, not letting be too arduous.</p> <p>01h:45m</p>

WEEK 3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Cycling Bike: Leg Strength OD 1 Warm up - 15 min.</p> <p>Main Set: 2 sets of 1,1,1,2,2,2 min. with 1 min. easy spin recovery. * Alternate standing, seated and Aero * Keep Cadence at 40-50rpm * Effort is Moderate/Hard Cooldown - 10 min. Bike - Strength/LT This workout combine two important components to improve your bike: Strength and Lactate Tolerance. High quality is need it here so focus on the effort and cadence asked. * When riding, make sure you keep upper body relaxed and core engaged.</p> <p>00h:55m</p> <p>Running Run: Off the Bike Race Sim. OD 1 This session can be done on the road or treadmill (preferred) : 2 x 10 min. build effort EACH interval at every 2 min. (First 2' easy-Last 2' HARD) with 5 min. easy jog between intervals 3 min. easy jog, 2 min. walk . Stretching : Focus on hamstring, hip flexors,quads and calves (in that order)</p> <p>00h:30m</p>	<p>Swimming Swim: Endurance OD Int 3 Warm up - 4 x 100m (or yds) with 15s rest (no paddles or buoys). Very easy and relaxed, don't worry about form here. Main Set: 1,500yds/m (all with 10s rest) 4 x 100 with paddles and buoy 2 x 150 with paddles , buoy 2 x 25 FAST with 20s rest (No gear) 4 x 100 with paddles and buoy 2 x 150 with paddles , buoy 2 x 25 FAST with 20s rest (No gear) Cooldown - 200m (or yds) choice no gear Swim : This session will increase your endurance and strength while working on your swim technique (the use of the ankle band will force you to have proper catch and to keep head and chest down so your legs won't "sink"). Make sure you go easy enough on the set and focus on your form taking proper rest.</p> <p>Note : Make sure you use paddles that are no bigger than your hand. It's important NOT to change your stroke rate and "save" your shoulders as you will be doing a lot of swimming with paddles.</p> <p>00h:42m</p>	<p>Running Run: Strength + Speed OD Int 2 Warm up : 20 min. easy Strength - 8 x 1' Hill Repeats on road at 80% Effort with jogging down recovery. (or at 5% grade and 1' easy recovery on flat, if Treadmill)</p> <p>Speed: 6 x 30s accelerations (0-90% of max speed) with 30s very easy jog</p> <p>10 min. cooldown easy but STILL focus on form, don't get sluggish!!!</p> <p>Stretching : Focus on hamstring, hip flexors,quads and calves (in that order) 00h:52m</p>	<p>Swimming Swim: Race Specific OD Int 1 This workout is a combination Speed/Strength and Lactate tolerance that wil not over tax your aerobic system due to short intervals. The short intervals will give you, just enough effort needed to enhance your Speed and lactate tolerance.</p> <p>Warm up: 400 Choice + 4 x 50 as 25 Fast/25 Easy w/ 15s rest (no gear) Main Set: 3 Sets of 4 x 50 FAST with paddles AND fins (20s rest) 2 x 100 Easy w/ paddles and buoy (15s rest) between sets. Cooldown : 200 Choice Note : Make sure you use the TYR Catalyst (or similar) size XS or even XXS (no bigger than your hand) or Strokermaker size 0 or 0.5. It's important NOT to change your stroke rate and to "save" your shoulders as you will be doing a lot of swimming with paddles.</p> <p>00h:40m</p> <p>Cycling Bike: LT Intervals OD Int 2 Warm up - 10 to 15 min. easy spin with cadence 70-90rpm</p> <p>15 x 1 min . HARD w/ 1 min. Easy</p> <p>10 min. cooldown</p> <p>* All on aeroposition</p> <p>00h:51m</p>	<p>Running Run: Long Endurance + Strength Run - Long Endurance + Strength</p> <p>10 min. easy warm up:</p> <p>"Play" with the incline of the treadmill to simulate hills. Make sure effort is easy to moderate!</p> <p>* Use up to 6% incline when running. You can build up to 6% and vary as desired as long as 40% of total running time is on "Hills" * Easy to moderate effort but finish faster than you start * Run tall, Keep knee high by focusing on heel-butt movement, "Tap" the ground while keeping stride rate at 96 per leg per minute.</p> <p>Stretching : Focus on hamstring, hip flexors,quads and calves (in that order)</p> <p>Notes: Run - Long endurance run with strength focus. Goal is to help develop strength while increasing endurance It's very important to be aware of your body and to run efficiently, keeping stride rate close to 96 (steps per leg per minute), shoulders, hips and arms relaxed.</p> <p>01h:00m</p>	<p>Swimming Swim: Recovery + Speed OD Int 2 Swim : This recovery session will also help you to improve your technique through the fast intervals (speed forces your body to be efficient to cover distance quicker). The Strength/Endurance was designed with short intervals of 50 and 100's not to tax your cardiovascular system while increase muscle endurance. Pull buoy and paddles helps to keep HR low while work upper body muscles.</p> <p>Warm up : 400 as 75 free, 25 kick. All easy</p> <p>Speed - 12 x 25 as 1 FAST, 1 Easy. No gear and 15s rest</p> <p>Strength/Endurance: 2 x 450 (50,100,150,100,50) All easy with paddles and buoy and 10-15s rest.</p> <p>Cooldown : 200 choice</p> <p>Note : Make sure you use paddles that are no bigger than your hand. It's important NOT to change your stroke rate and "save" your shoulders as you will be doing a lot of swimming with paddles.</p> <p>00h:40m</p>	<p>Cycling Bike: Long Endurance Endurance Bike : Long endurance Day</p> <p>This workout can be done on Road Bike or MTB or X Country Skiing and or snow shoeing.</p> <p>90 to 150 min. easy to moderate effort.</p> <p>* Make sure to keep intensity low as this is your endurance workout of the week. * Keep Cadence between 75-85rpm * Alternate terrain (hills, rollers, flat, etc.) * If you get good weather go outside and ride or limit to 90 min. easy on trainer. * If X Country Skiing or Snow shoeing, make sure you go easy and build as you will be using different muscles. * If you get good weather go outside and ride or limit to 90 min. easy on trainer. * If X Country Skiing or Snow shoeing, make sure you go easy and build as you will be using different muscles.</p> <p>Comments - This is your endurance workout of the week. Preferably on the bike (road or MTB) but it can be done while skiing (X Country or Snow Shoeing). Make sure you control intensity, not letting be too arduous.</p> <p>01h:45m</p>

WEEK 4

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Cycling Bike: Leg Strength OD 1 Warm up - 15 min. Main Set: 2 sets of 1,1,1,2,2,2 min. with 1 min. easy spin recovery.</p> <p>* Alternate standing, seated and Aero * Keep Cadence at 40-50rpm * Effort is Moderate/Hard</p> <p>Cooldown - 10 min.</p> <p>Bike - Strength/LT</p> <p>This workout combine two important components to improve your bike: Strength and Lactate Tolerance. High quality is need it here so focus on the effort and cadence asked.</p> <p>* When riding, make sure you keep upper body relaxed and core engaged.</p> <p>00h:55m</p> <p>Running Run: Off the Bike Race Sim. OD 1 Run : This running session will help you to build Lactate Tolerance as you get fit. The fitter you get, the longer and faster you will run.</p> <p>This session can be done on the road or treadmill (preferred) :</p> <p>2 x 10 min. build effort EACH interval at every 2 min. (First 2' easy-Last 2' HARD) with 5 min. easy jog between intervals 3 min. easy jog, 2 min. walk.</p> <p>Stretching : Focus on hamstring, hip flexors,quads and calves (in that order)</p> <p>00h:30m</p>	<p>Swimming Swim: Endurance OD Int 3 Warm up - 4 x 100m (or yds) with 15s rest (no paddles or buoys). Very easy and relaxed, don't worry about form here.</p> <p>Main Set: 1,500yds/m (all with 10s rest)</p> <p>4 x 100 with paddles and buoy 2 x 150 with paddles , buoy 2 x 25 FAST with 20s rest (No gear) 4 x 100 with paddles and buoy 2 x 150 with paddles , buoy 2 x 25 FAST with 20s rest (No gear)</p> <p>Cooldown - 200m (or yds) choice no gear</p> <p>Swim : This session will increase your endurance and strength while working on your swim technique (the use of the ankle band will force you to have proper catch and to keep head and chest down so your legs won't "sink"). Make sure you go easy enough on the set and focus on your form taking proper rest.</p> <p>Note : Make sure you use paddles that are no bigger than your hand. It's important NOT to change your stroke rate and "save" your shoulders as you will be doing a lot of swimming with paddles.</p> <p>00h:42m</p>	<p>Running Run: Strength + Speed OD Int 3 Warm up : 20 min. easy</p> <p>Strength - 4 x 2' Hill Repeats on road at 80% Effort with jogging down recovery. (or at 5% grade and 2' easy recovery on flat, if Treadmill)</p> <p>Speed: 6 x 30s accelerations (0-90% of max speed) with 30s very easy jog</p> <p>10 min. cooldown easy but STILL focus on form, don't get sluggish!!!</p> <p>Stretching : Focus on hamstring, hip flexors,quads and calves (in that order)</p> <p>00h:52m</p>	<p>Swimming Swim: Race Specific OD Int 1 This workout is a combination Speed/Strength and Lactate tolerance that wil not over tax your aerobic system due to short intervals. The short intervals will give you, just enough effort needed to enhance your Speed and lactate tolerance.</p> <p>Warm up: 400 Choice + 4 x 50 as 25 Fast/25 Easy w/ 15s rest (no gear)</p> <p>Main Set:</p> <p>3 Sets of 4 x 50 FAST with paddles AND fins (20s rest) 2 x 100 Easy w/ paddles and buoy (15s rest) between sets.</p> <p>Cooldown : 200 Choice</p> <p>Note : Make sure you use the TYR Catalyst (or similar) size XS or even XXS (no bigger than your hand) or Strokermaker size 0 or 0.5. It's important NOT to change your stroke rate and to "save" your shoulders as you will be doing a lot of swimming with paddles.</p> <p>00h:40m</p> <p>Cycling Bike: LT Intervals OD Int 2 Warm up - 10 to 15 min. easy spin with cadence 70-90rpm</p> <p>15 x 1 min . HARD w/ 1 min. Easy</p> <p>10 min. cooldown</p> <p>* All on aeroposition</p> <p>00h:51m</p>	<p>Running Run: Long Endurance + Strength Run - Long Endurance + Strength</p> <p>10 min. easy warm up:</p> <p>"Play" with the incline of the treadmill to simulate hills. Make sure effort is easy to moderate!</p> <p>* Use up to 6% incline when running. You can build up to 6% and vary as desired as long as 40% of total running time is on "Hills"</p> <p>* Easy to moderate effort but finish faster than you start * Run tall, Keep knee high by focusing on heel-butt movement, "Tap" the ground while keeping stride rate at 96 per leg per minute.</p> <p>Stretching : Focus on hamstring, hip flexors,quads and calves (in that order)</p> <p>Notes: Run - Long endurance run with strength focus. Goal is to help develop strength while increasing endurance</p> <p>It's very important to be aware of your body and to run efficiently, keeping stride rate close to 96 (steps per leg per minute), shoulders, hips and arms relaxed.</p> <p>01h:00m</p>	<p>Swimming Swim: Recovery + Speed Od Int 3 Swim : This recovery session will also help you to improve your technique through the fast intervals (speed forces your body to be efficient to cover distance quicker). The Strength/Endurance was designed with short intervals of 50 and 100's not to tax your cardiovascular system while increase muscle endurance. Pull buoy and paddles helps to keep HR low while work upper body muscles.</p> <p>Warm up : 400 as 75 free, 25 kick. All easy</p> <p>Speed - 14 x 25 as 1 FAST, 1 Easy. No gear and 15s rest</p> <p>Strength/Endurance: 4 x 25, 4 x 50, 4 x 75, 4 x 50, 4 x 25 All easy with paddles and buoy and 10-15s rest.</p> <p>Cooldown : 200 choice</p> <p>Note : Make sure you use paddles that are no bigger than your hand. It's important NOT to change your stroke rate and "save" your shoulders as you will be doing a lot of swimming with paddles.</p> <p>00h:40m</p>	<p>Cycling Bike: Long Endurance Endurance Bike : Long endurance Day</p> <p>This workout can be done on Road Bike or MTB or X Country Skiing and or snow shoeing. 90 to 150 min. easy to moderate effort.</p> <p>* Make sure to keep intensity low as this is your endurance workout of the week. * Keep Cadence between 75-85rpm * Alternate terrain (hills, rollers, flat, etc.) * If you get good weather go outside and ride or limit to 90 min. easy on trainer. * If X Country Skiing or Snow shoeing, make sure you go easy and build as you will be using different muscles. * If you get good weather go outside and ride or limit to 90 min. easy on trainer. * If X Country Skiing or Snow shoeing, make sure you go easy and build as you will be using different muscles.</p> <p>Comments - This is your endurance workout of the week. Preferably on the bike (road or MTB) but it can be done while skiing (X Country or Snow Shoeing). Make sure you control intensity, not letting be too arduous.</p> <p>02h:00m</p> <p>Running Run: Off The Bike - Efficiency OD Int 5 x 30s accelerations to FAST with 30s very easy jog + 10' easy Run - This run will teach your body to "function" after a long slow bike. The more you practice, the more your body will react quicker and run efficiently.</p> <p>00h:15m</p>

WEEK 5

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Cycling Bike: Leg Strength OD 1 Warm up - 15 min.</p> <p>Main Set: 2 sets of 1,1,1,2,2,2 min. with 1 min. easy spin recovery. * Alternate standing, seated and Aero * Keep Cadence at 40-50rpm * Effort is Moderate/Hard</p> <p>Cooldown - 10 min.</p> <p>Bike - Strength/LT This workout combine two important components to improve your bike: Strength and Lactate Tolerance. High quality is need it here so focus on the effort and cadence asked.</p> <p>* When riding, make sure you keep upper body relaxed and core engaged.</p> <p>00h:55m</p> <p>Running Run: Off the Bike Race Sim. Od 2 Run : This running session will help you to build Lactate Tolerance as you get fit. The fitter you get, the longer and faster you will run.</p> <p>This session can be done on the road or treadmill (preferred) :</p> <p>3 x 10 min. build effort EACH interval at every 2 min. (First 2' easy-Last 2' HARD) with 5 min. easy jog between intervals</p> <p>3 min. easy jog, 2 min. walk.</p> <p>Stretching : Focus on hamstring, hip flexors,quads and calves (in that order)</p> <p>00h:40m</p>	<p>Swimming Swim: Endurance OD Int 4 Warm up - 4 x 100m (or yds) with 15s rest (no paddles or buoys). Very easy and relaxed, don't worry about form here.</p> <p>Main Set: 1,600yds/m (all with 10s rest) 4 x 100 with paddles and buoy 2 x 150 with paddles , buoy 2 x 50 Easy with 20s rest (No gear) 4 x 100 with paddles and buoy 2 x 150 with paddles , buoy 2 x 50 Easy with 20s rest (No gear)</p> <p>Cooldown - 200m (or yds) choice no gear</p> <p>Swim : This session will increase your endurance and strength while working on your swim technique (the use of the ankle band will force you to have proper catch and to keep head and chest down so your legs won't "sink"). Make sure you go easy enough on the set and focus on your form taking proper rest.</p> <p>Note : Make sure you use paddles that are no bigger than your hand. It's important NOT to change your stroke rate and "save" your shoulders as you will be doing a lot of swimming with paddles.</p> <p>00h:45m</p>	<p>Running Run: Strength + Speed OD Int 3 Warm up : 20 min. easy</p> <p>Strength - 4 x 2' Hill Repeats on road at 80% Effort with jogging down recovery. (or at 5% grade and 2' easy recovery on flat, if Treadmill)</p> <p>Speed: 6 x 30s accelerations (0-90% of max speed) with 30s very easy jog</p> <p>10 min. cooldown easy but STILL focus on form, don't get sluggish!!!</p> <p>Stretching : Focus on hamstring, hip flexors,quads and calves (in that order)</p> <p>00h:52m</p>	<p>Swimming Swim: Race Specific OD Int 2 Warm Up - 3 x (100 Free + 100 Back + 100 Breaststroke)</p> <p>Main Set (900)</p> <p>Set 1 (300) 4 x 50 (2 Hard, 3Easy)10-15 sec rest interval 1 x 100 (Race pace) – 30 secs rest 1 mins rest in-between each set</p> <p>Set 2 (300) 4 x 50 (2 Hard, 2 Easy) – 10-15 sec rest interval 1 x 100 (Race pace) – 30 secs rest 1 mins rest in-between each set</p> <p>Set 3 (300) 4 x 50 (3 Hard, 1 Easy) – 10-15 sec rest interval 1 x 100 (Pull & Paddles) – 30 secs rest</p> <p>Cooldown - 200 easy choice 00h:45m</p> <p>Cycling Bike: LT Intervals OD Int 3 Warm up - 10 to 15 min. easy spin with cadence 70-90rpm</p> <p>18 x 1 min . HARD w/ 1 min. Easy</p> <p>10 min. cooldown</p> <p>* All on aeroposition</p> <p>00h:56m</p>	<p>Running Run: Long Endurance + Strength Run - Long Endurance + Strength</p> <p>10 min. easy warm up:</p> <p>"Play" with the incline of the treadmill to simulate hills. Make sure effort is easy to moderate!</p> <p>* Use up to 6% incline when running. You can build up to 6% and vary as desired as long as 40% of total running time is on "Hills" * Easy to moderate effort but finish faster than you start * Run tall, Keep knee high by focusing on heel-butt movement, "Tap" the ground while keeping stride rate at 96 per leg per minute.</p> <p>Stretching : Focus on hamstring, hip flexors,quads and calves (in that order)</p> <p>Notes: Run - Long endurance run with strength focus. Goal is to help develop strength while increasing endurance It's very important to be aware of your body and to run efficiently, keeping stride rate close to 96 (steps per leg per minute), shoulders, hips and arms relaxed.</p> <p>01h:00m</p>	<p>Swimming Swim: Recovery + Speed Od Int 3 Swim : This recovery session will also help you to improve your technique through the fast intervals (speed forces your body to be efficient to cover distance quicker). The Strength/Endurance was designed with short intervals of 50 and 100's not to tax your cardiovascular system while increase muscle endurance. Pull buoy and paddles helps to keep HR low while work upper body muscles.</p> <p>Warm up : 400 as 75 free, 25 kick. All easy</p> <p>Speed - 14 x 25 as 1 FAST, 1 Easy. No gear and 15s rest</p> <p>Strength/Endurance: 4 x 25, 4 x 50, 4 x 75, 4 x 50, 4 x 25 All easy with paddles and buoy and 10-15s rest.</p> <p>Cooldown : 200 choice</p> <p>Note : Make sure you use paddles that are no bigger than your hand. It's important NOT to change your stroke rate and "save" your shoulders as you will be doing a lot of swimming with paddles.</p> <p>00h:40m</p>	<p>Cycling Bike: Long Endurance Endurance Bike : Long endurance Day</p> <p>This workout can be done on Road Bike or MTB or X Country Skiing and or snow shoeing. 90 to 150 min. easy to moderate effort. * Make sure to keep intensity low as this is your endurance workout of the week. * Keep Cadence between 75-85rpm * Alternate terrain (hills, rollers, flat, etc.) * If you get good weather go outside and ride or limit to 90 min. easy on trainer. * If X Country Skiing or Snow shoeing, make sure you go easy and build as you will be using different muscles. * If you get good weather go outside and ride or limit to 90 min. easy on trainer. * If X Country Skiing or Snow shoeing, make sure you go easy and build as you will be using different muscles. Comments - This is your endurance workout of the week. Preferably on the bike (road or MTB) but it can be done while skiing (X Country or Snow Shoeing). Make sure you control intensity, not letting be too arduous.</p> <p>02h:15m</p> <p>Running Run: Off The Bike - Efficiency OD Int</p> <p>5 x 30s accelerations to FAST with 30s very easy jog + 10' easy</p> <p>Run - This run will teach your body to "function" after a long slow bike. The more you practice, the more your body will react quicker and run efficiently.</p> <p>00h:15m</p>

WEEK 6

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Cycling Bike: Leg Strength OD 2 Warm up - 15 min.</p> <p>Main Set: 3 sets of 1,1,1,2,2,2 min. with 1 min. easy spin recovery. * Alternate standing, seated and Aero * Keep Cadence at 40-50rpm * Effort is Moderate/Hard</p> <p>Cooldown - 10 min.</p> <p>Bike - Strength/LT This workout combine two important components to improve your bike: Strength and Lactate Tolerance. High quality is need it here so focus on the effort and cadence asked.</p> <p>* When riding, make sure you keep upper body relaxed and core engaged.</p> <p>01h:10m</p> <p>Running Run: Off the Bike Race Sim. Od 2 Run : This running session will help you to build Lactate Tolerance as you get fit. The fitter you get, the longer and faster you will run.</p> <p>This session can be done on the road or treadmill (preferred) :</p> <p>3 x 10 min. build effort EACH interval at every 2 min. (First 2' easy-Last 2' HARD) with 5 min. easy jog between intervals</p> <p>3 min. easy jog, 2 min. walk .</p> <p>Stretching : Focus on hamstring, hip flexors,quads and calves (in that order)</p> <p>00h:40m</p>	<p>Swimming Swim: Endurance OD Int 4 Warm up - 4 x 100m (or yds) with 15s rest (no paddles or buoys). Very easy and relaxed, don't worry about form here. Main Set: 1,600yds/m (all with 10s rest) 4 x 100 with paddles and buoy 2 x 150 with paddles , buoy 2 x 50 Easy with 20s rest (No gear) 4 x 100 with paddles and buoy 2 x 150 with paddles , buoy 2 x 50 Easy with 20s rest (No gear) Cooldown - 200m (or yds) choice no gear Swim : This session will increase your endurance and strength while working on your swim technique (the use of the ankle band will force you to have proper catch and to keep head and chest down so your legs won't "sink"). Make sure you go easy enough on the set and focus on your form taking proper rest.</p> <p>Note : Make sure you use paddles that are no bigger than your hand. It's important NOT to change your stroke rate and "save" your shoulders as you will be doing a lot of swimming with paddles.</p> <p>00h:45m</p>	<p>Running Run: Strength + Speed OD Int 5 Warm up : 20 min. easy</p> <p>Strength - 4 x 3' Hill Repeats on road at 80% Effort with jogging down recovery. (or at 5% grade and 3' easy recovery on flat, if Treadmill) Speed: 6 x 30s accelerations (0-90% of max speed) with 30s very easy jog 10 min. cooldown easy but STILL focus on form, don't get sluggish!!!</p> <p>Stretching : Focus on hamstring, hip flexors,quads and calves (in that order)</p> <p>01h:00m</p>	<p>Swimming Swim: Race Specific OD Int 2 Warm Up - 3 x (100 Free + 100 Back + 100 Breaststroke)</p> <p>Main Set (900)</p> <p>Set 1 (300) 4 x 50 (1 Hard, 3Easy)10-15 sec rest interval 1 x 100 (Race pace) – 30 secs rest 1 mins rest in-between each set</p> <p>Set 2 (300) 4 x 50 (2 Hard, 2 Easy) – 10-15 sec rest interval 1 x 100 (Race pace) – 30 secs rest 1 mins rest in-between each set</p> <p>Set 3 (300) 4 x 50 (3 Hard, 1 Easy) – 10-15 sec rest interval 1 x 100 (Pull & Paddles) – 30 secs rest Cooldown - 200 easy choice 00h:45m</p> <p>Cycling Bike: LT Intervals OD Int 3 Warm up - 10 to 15 min. easy spin with cadence 70-90rpm</p> <p>18 x 1 min . HARD w/ 1 min. Easy</p> <p>10 min. cooldown</p> <p>* All on aeroposition</p> <p>00h:56m</p>	<p>Running Run: Long Endurance + Strength Run - Long Endurance + Strength</p> <p>10 min. easy warm up:</p> <p>"Play" with the incline of the treadmill to simulate hills. Make sure effort is easy to moderate!</p> <p>* Use up to 6% incline when running. You can build up to 6% and vary as desired as long as 40% of total running time is on "Hills" * Easy to moderate effort but finish faster than you start * Run tall, Keep knee high by focusing on heel-butt movement, "Tap" the ground while keeping stride rate at 96 per leg per minute.</p> <p>Stretching : Focus on hamstring, hip flexors,quads and calves (in that order)</p> <p>Notes: Run - Long endurance run with strength focus. Goal is to help develop strength while increasing endurance</p> <p>It's very important to be aware of your body and to run efficiently, keeping stride rate close to 96 (steps per leg per minute), shoulders, hips and arms relaxed.</p> <p>01h:15m</p>	<p>Swimming Swim: Recovery + Speed Od Int 3 Swim : This recovery session will also help you to improve your technique through the fast intervals (speed forces your body to be efficient to cover distance quicker). The Strength/Endurance was designed with short intervals of 50 and 100's not to tax your cardiovascular system while increase muscle endurance. Pull buoy and paddles helps to keep HR low while work upper body muscles.</p> <p>Warm up : 400 as 75 free, 25 kick. All easy</p> <p>Speed - 14 x 25 as 1 FAST, 1 Easy. No gear and 15s rest</p> <p>Strength/Endurance: 4 x 25, 4 x 50, 4 x 75, 4 x 50, 4 x 25 All easy with paddles and buoy and 10-15s rest.</p> <p>Cooldown : 200 choice</p> <p>Note : Make sure you use paddles that are no bigger than your hand. It's important NOT to change your stroke rate and "save" your shoulders as you will be doing a lot of swimming with paddles.</p> <p>00h:40m</p>	<p>Cycling Bike: Long Endurance Endurance Bike : Long endurance Day</p> <p>This workout can be done on Road Bike or MTB or X Country Skiing and or snow shoeing. 90 to 150 min. easy to moderate effort. * Make sure to keep intensity low as this is your endurance workout of the week. * Keep Cadence between 75-85rpm * Alternate terrain (hills, rollers, flat, etc.) * If you get good weather go outside and ride or limit to 90 min. easy on trainer. * If X Country Skiing or Snow shoeing, make sure you go easy and build as you will be using different muscles. * If you get good weather go outside and ride or limit to 90 min. easy on trainer. * If X Country Skiing or Snow shoeing, make sure you go easy and build as you will be using different muscles. Comments - This is your endurance workout of the week. Preferably on the bike (road or MTB) but it can be done while skiing (X Country or Snow Shoeing). Make sure you control intensity, not letting be too arduous.</p> <p>02h:15m</p> <p>Running Run: Off The Bike - Efficiency OD Int</p> <p>5 x 30s accelerations to FAST with 30s very easy jog + 10' easy</p> <p>Run - This run will teach your body to "function" after a long slow bike. The more you practice, the more your body will react quicker and run efficiently.</p> <p>00h:15m</p>

WEEK 7

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Cycling Bike: Leg Strength OD 2 Warm up - 15 min. Main Set: 3 sets of 1,1,1,2,2,2 min. with 1 min. easy spin recovery. * Alternate standing, seated and Aero * Keep Cadence at 40-50rpm * Effort is Moderate/Hard</p> <p>Cooldown - 10 min.</p> <p>Bike - Strength/LT</p> <p>This workout combine two important components to improve your bike: Strength and Lactate Tolerance. High quality is need it here so focus on the effort and cadence asked.</p> <p>* When riding, make sure you keep upper body relaxed and core engaged.</p> <p>01h:10m</p> <p>Running Run: Off the Bike Race Sim. Od 2 Run : This running session will help you to build Lactate Tolerance as you get fit. The fitter you get, the longer and faster you will run.</p> <p>This session can be done on the road or treadmill (preferred) :</p> <p>3 x 10 min. build effort EACH interval at every 2 min. (First 2' easy-Last 2' HARD) with 5 min. easy jog between intervals</p> <p>3 min. easy jog, 2 min. walk .</p> <p>Stretching : Focus on hamstring, hip flexors,quads and calves (in that order)</p> <p>00h:40m</p>	<p>Swimming Swim: Endurance OD Int 5 Warm up - 4 x 100m (or yds) with 15s rest (no paddles or buoys). Very easy and relaxed, don't worry about form here.</p> <p>Main Set: 1,800yds/m (all with 10s rest) 18 x 100 with paddles and buoy</p> <p>Cooldown - 200m (or yds) choice no gear</p> <p>Swim : This session will increase your endurance and strength while working on your swim technique (the use of the ankle band will force you to have proper catch and to keep head and chest down so your legs won't "sink"). Make sure you go easy enough on the set and focus on your form taking proper rest.</p> <p>Note : Make sure you use paddles that are no bigger than your hand. It's important NOT to change your stroke rate and "save" your shoulders as you will be doing a lot of swimming with paddles.</p> <p>00h:50m</p>	<p>Running Run: Strength + Speed OD Int 5 Warm up : 20 min. easy</p> <p>Strength - 4 x 3' Hill Repeats on road at 80% Effort with jogging down recovery. (or at 5% grade and 3' easy recovery on flat, if Treadmill)</p> <p>Speed: 6 x 30s accelerations (0-90% of max speed) with 30s very easy jog</p> <p>10 min. cooldown easy but STILL focus on form, don't get sluggish!!!</p> <p>Stretching : Focus on hamstring, hip flexors,quads and calves (in that order)</p> <p>01h:00m</p>	<p>Swimming Swim: Race Specific OD Int 3 Warm Up - 3 x (150 Swim, 50 Form) 200 Kick</p> <p>Main Set 9 x 100:</p> <p>5 x 100 (30s rest) Flat Out! Do above race pace. 3 x 100 (40s) Flat Out! Do above race pace. 1 x 100 (50s) Flat Out! Do above race pace.</p> <p>Cooldown : 200 Easy choice</p> <p>00h:45m</p> <p>Cycling Bike: LT Intervals OD Int 4 Warm up - 10 to 15 min. easy spin with cadence 70-90rpm</p> <p>20 x 1 min . HARD w/ 1 min. Easy</p> <p>10 min. cooldown</p> <p>* All on aeroposition</p> <p>01h:00m</p>	<p>Running Run: Long Endurance + Strength Run - Long Endurance + Strength 10 min. easy warm up:</p> <p>"Play" with the incline of the treadmill to simulate hills. Make sure effort is easy to moderate!</p> <p>* Use up to 6% incline when running. You can build up to 6% and vary as desired as long as 40% of total running time is on "Hills" * Easy to moderate effort but finish faster than you start * Run tall, Keep knee high by focusing on heel-butt movement, "Tap" the ground while keeping stride rate at 96 per leg per minute.</p> <p>Stretching : Focus on hamstring, hip flexors,quads and calves (in that order)</p> <p>Notes: Run - Long endurance run with strength focus. Goal is to help develop strength while increasing endurance</p> <p>It's very important to be aware of your body and to run efficiently, keeping stride rate close to 96 (steps per leg per minute), shoulders, hips and arms relaxed.</p> <p>01h:15m</p>	<p>Swimming Swim: Recovery + Speed OD Int 1 Swim : This recovery session will also help you to improve your technique through the fast intervals (speed forces your body to be efficient to cover distance quicker). The Strength/Endurance was designed with short intervals of 50 and 100's not to tax your cardiovascular system while increase muscle endurance. Pull buoy and paddles helps to keep HR low while work upper body muscles.</p> <p>Warm up : 400 as 75 free, 25 kick. All easy</p> <p>Speed - 8 x 25 as 1 FAST, 1 Easy. No gear and 15s rest</p> <p>Strength/Endurance: 3 x 100, 3 x 50, 2 x 100, 2 x 50, 1 x 100, 1 x 50 (All easy with paddles and buoy and 10-15s rest)</p> <p>Cooldown : 200 choice</p> <p>Note : Make sure you use paddles that are no bigger than your hand. It's important NOT to change your stroke rate and "save" your shoulders as you will be doing a lot of swimming with paddles.</p> <p>00h:38m</p>	<p>Cycling Bike: Long Endurance Endurance Bike : Long endurance Day</p> <p>This workout can be done on Road Bike or MTB or X Country Skiing and or snow shoeing. 90 to 150 min. easy to moderate effort. * Make sure to keep intensity low as this is your endurance workout of the week. * Keep Cadence between 75-85rpm * Alternate terrain (hills, rollers, flat, etc.) * If you get good weather go outside and ride or limit to 90 min. easy on trainer. * If X Country Skiing or Snow shoeing, make sure you go easy and build as you will be using different muscles. * If you get good weather go outside and ride or limit to 90 min. easy on trainer. * If X Country Skiing or Snow shoeing, make sure you go easy and build as you will be using different muscles. Comments - This is your endurance workout of the week. Preferably on the bike (road or MTB) but it can be done while skiing (X Country or Snow Shoeing). Make sure you control intensity, not letting be too arduous.</p> <p>02h:15m</p> <p>Running Run: Off The Bike - Efficiency OD Int</p> <p>5 x 30s accelerations to FAST with 30s very easy jog + 10' easy</p> <p>Run - This run will teach your body to "function" after a long slow bike. The more you practice, the more your body will react quicker and run efficiently.</p> <p>00h:15m</p>

WEEK 8

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Cycling Bike: Leg Strength OD 2 Warm up - 15 min. Main Set: 3 sets of 1,1,1,2,2,2 min. with 1 min. easy spin recovery. * Alternate standing, seated and Aero * Keep Cadence at 40-50rpm * Effort is Moderate/Hard Cooldown - 10 min. Bike - Strength/LT This workout combine two important components to improve your bike: Strength and Lactate Tolerance. High quality is need it here so focus on the effort and cadence asked. * When riding, make sure you keep upper body relaxed and core engaged.</p> <p>01h:10m</p> <p>Running Run: Off the Bike Race Sim. Od 2 Run : This running session will help you to build Lactate Tolerance as you get fit. The fitter you get, the longer and faster you will run. This session can be done on the road or treadmill (preferred) : 3 x 10 min. build effort EACH interval at every 2 min. (First 2' easy-Last 2' HARD) with 5 min. easy jog between intervals 3 min. easy jog, 2 min. walk . Stretching : Focus on hamstring, hip flexors,quads and calves (in that order)</p> <p>00h:40m</p>	<p>Swimming Swim: Endurance OD Int 5 Warm up - 4 x 100m (or yds) with 15s rest (no paddles or buoys). Very easy and relaxed, don't worry about form here.</p> <p>Main Set: 1,800yds/m (all with 10s rest)</p> <p>18 x 100 with paddles and buoy</p> <p>Cooldown - 200m (or yds) choice no gear</p> <p>Swim : This session will increase your endurance and strength while working on your swim technique (the use of the ankle band will force you to have proper catch and to keep head and chest down so your legs won't "sink"). Make sure you go easy enough on the set and focus on your form taking proper rest.</p> <p>Note : Make sure you use paddles that are no bigger than your hand. It's important NOT to change your stroke rate and "save" your shoulders as you will be doing a lot of swimming with paddles.</p> <p>00h:50m</p>	<p>Running Run: Strength + Speed OD Int 5 Warm up : 20 min. easy</p> <p>Strength - 4 x 3' Hill Repeats on road at 80% Effort with jogging down recovery. (or at 5% grade and 3' easy recovery on flat, if Treadmill)</p> <p>Speed: 6 x 30s accelerations (0-90% of max speed) with 30s very easy jog</p> <p>10 min. cooldown easy but STILL focus on form, don't get sluggish!!!</p> <p>Stretching : Focus on hamstring, hip flexors,quads and calves (in that order)</p> <p>01h:00m</p>	<p>Swimming Swim: Race Specific OD Int 3 Warm Up - 3 x (150 Swim, 50 Form) 200 Kick</p> <p>Main Set 9 x 100:</p> <p>5 x 100 (30s rest) Flat Out! Do above race pace. 3 x 100 (40s) Flat Out! Do above race pace. 1 x 100 (50s) Flat Out! Do above race pace.</p> <p>Cooldown : 200 Easy choice</p> <p>00h:45m</p> <p>Cycling Bike: LT Intervals OD Int 1 Warm up - 10 to 15 min. easy spin with cadence 70-90rpm</p> <p>12 x 1 min . HARD w/ 1 min. Easy</p> <p>10 min. cooldown</p> <p>* All on aeroposition</p> <p>00h:45m</p>	<p>Race Taper - Day Off Taper - Day Off Day Off ! This is the day to relax and to organize all you need for race. Make sure you stay out of your feet , eat "clean" and avoid sugars and alcohol.</p> <p>I also recommend you to stay away from the triathlon "hype" , websites and magazine. This is a great time to be close to loved ones, watch a movie and relax. Go to bed EARLY!</p>	<p>Race Taper - Day Before Taper - Day Before Swim - 10 min. easy on course with wetsuit (if course allows you). Make sure you visualize the buoys and try to understand course fully</p> <p>Bike - 30 to 40 min. of VERY easy spin to check equipment before checking in. Make sure all is working and any nutrition or hydration gadgets is secure (not fall during race)</p> <p>Make sure you organize your bags as indicated by race organizers.</p> <p>00h:40m</p>	<p>Race Race - Good Luck and Have fun ! You are now ready to shine !</p> <p>Most important is to have fun and enjoy the experience. Make sure you BUILD effort during all 3 (swim,bike and run). Hydrate well during the bike and take a gel or eat a banana before the race and a gel or two during the bike !</p> <p>02h:30m</p>