



**USA**  
**TRIATHLON®**

# SPRINT / SUPER-SPRINT TRAINING PLAN INTERMEDIATE (12 WEEKS)

TRAINING PLAN PROVIDED BY  
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**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**

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<p>Bike: 45 min easy spin with 3x (10, 20, 30 sec. seated sprints with 20, 40 and 60 sec. rests)</p>	<ul style="list-style-type: none"> <li>• Swim: 2600 yards               <ul style="list-style-type: none"> <li>• 300 your choice of stroke</li> <li>• 2x                   <ul style="list-style-type: none"> <li>• 2x100 freestyle @ 2:00</li> <li>• 2x150 individual medley/non freestyle @ 3:20</li> <li>• 1x200 freestyle @ 3:40</li> <li>• 5x50 your choice of stroke @ :55 (odd FAST, even EASY)</li> <li>• 3x50 kick @ 1:20</li> </ul> </li> <li>• 50 easy</li> </ul> </li> <li>• Run: 35 min aerobic</li> </ul>	<p>Bike: Trainer session 20 min. warm with skills: 3 x 1 min. standing big gear 1 min. seated fast spin (100+ cadence) &amp; 5 x 1 min. single leg drill circular pedaling 3 x 3 min. at strong aerobic level 1 min. easy spin between. 10 min. cooldown light resistance high cadence</p>	<ul style="list-style-type: none"> <li>• Swim: 2550 yards               <ul style="list-style-type: none"> <li>• 200 freestyle, 200 your choice of stroke</li> <li>• 2x                   <ul style="list-style-type: none"> <li>• 2x50 kick @ 1:15</li> <li>• 2x100 your choice of stroke @ 2:05</li> <li>• 3x150 freestyle @ 2:45 desc 1-3</li> <li>• 2x100 your choice of stroke @ 2:05</li> <li>• 2x50 rb/dps @ 1:15)</li> <li>• 50 easy</li> </ul> </li> </ul> </li> <li>• Run: 40 mins aerobic w/ 5x2 mins at 80% effort easy 2mins between</li> </ul>	<p>Bike: 1:15 aerobic find a few hills and do them as efficiently as you can- mostly seated and controlled (simulated if inside)</p>	<ul style="list-style-type: none"> <li>• Swim: 2550 yards               <ul style="list-style-type: none"> <li>• 200 your choice of stroke</li> <li>• 3x150 kick-drill-swim @ 3:15</li> <li>• 3x150 drill-swim @ 3:00</li> <li>• 3x150 your choice of stroke @ 2:50</li> <li>• 3x150 freestyle @ 2:40</li> <li>• 1x500 freestyle @ 8:45 (1:45)</li> <li>• 50 easy</li> </ul> </li> <li>• Run: 45 mins aerobic</li> </ul>	<p>Run: 20-30 minutes easy jog</p>

**WEEK 2**

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<p>Day off: Rest and recover</p>	<ul style="list-style-type: none"> <li>• Bike: 30 minutes easy aerobic spin</li> <li>• Run: 35 mins aerobic w/ 6x1 min STRONG AEROBIC pace hi cadence w/ 1 min easy between</li> </ul>	<ul style="list-style-type: none"> <li>• Swim: 2600 yards               <ul style="list-style-type: none"> <li>• 100 freestyle, 100 non freestyle, 100 your choice of stroke</li> <li>• 4x50 your choice of stroke @ 1:05 desc x4</li> <li>• 3x                   <ul style="list-style-type: none"> <li>• 1x200 FAST @ 3:10,</li> <li>• 2x50 easy your choice of stroke @ 1:20</li> </ul> </li> <li>• 3x100 your choice of stroke @ 2:30</li> <li>• 3x                   <ul style="list-style-type: none"> <li>• 1x200 FAST @ 3:10</li> <li>• 2x50 easy your choice of stroke @ 1:20</li> </ul> </li> </ul> </li> <li>• Bike: 1 hour aerobic               <ul style="list-style-type: none"> <li>• Warm up</li> <li>• 4x20sec sprint 40 sec. rest.</li> <li>• 3 x 5 min. @ build to strong aerobic by 2 min. and hold 3 min. easy between.</li> </ul> </li> </ul>	<p>Run: 45 mins aerobic- 8x30 sec hill repeats w/ good form- these are not super hard efforts- just jogging pace</p>	<ul style="list-style-type: none"> <li>• Swim: 2850 yards               <ul style="list-style-type: none"> <li>• 300 your choice of stroke</li> <li>• 4x50 your choice of stroke @ 1:05</li> <li>• 4x100 your choice of stroke @ 2:00</li> <li>• 1x1500 freestyle @ 26:15 (1:45)</li> <li>• 4x100 kick @ 2:15</li> <li>• 50 easy</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Blke: 30 min. aerobic spin w 3 x ( 1 min. single leg, 1 min. fast spin, 1 min. standing) 2 min. easy between</li> <li>• Run: 60 mins aerobic on a hilly course</li> </ul>	<p>Bike: 1:10 easy aerobic bike at higher rpm. Catch up on your Netflix list</p>

**WEEK 3**

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<p>Bike: 1:00 aerobic on trainer with last 30 min. having 3 x 3 min. STRONG AEROBIC to Lactate Threshold pace 5 min. between</p>	<ul style="list-style-type: none"> <li>• Swim: 2500 yards               <ul style="list-style-type: none"> <li>• 300 freestyle, 200 non freestyle, 100 your choice of stroke</li> </ul> </li> <li>• 2x               <ul style="list-style-type: none"> <li>• 2x50 kick @ 1:20</li> <li>• 2x100 your choice of stroke/non freestyle @ 2:15</li> <li>• 3x100 fast @ 2:20</li> <li>• 2x100 your choice of stroke @ 2:15</li> <li>• 2x50 drill/swim @ 1:10</li> <li>• 50 easy</li> </ul> </li> <li>• Run: 35 mins easy aerobic if you feel rested enough- or else skip</li> </ul>	<p>Bike: 1:00 hr easy spin cadence at 90</p>	<ul style="list-style-type: none"> <li>• Swim: 2550 yards</li> <li>• 200 freestyle, 200 your choice of stroke</li> <li>• 4x100 kick-swim @ 2:05</li> <li>• 2x               <ul style="list-style-type: none"> <li>• 1x300 freestyle @ 5:15</li> <li>• 1x200 freestyle @ 3:20</li> <li>• 1x100 freestyle @ 1:35</li> <li>• 50 easy</li> </ul> </li> <li>• 4x100 kick @ 2:15</li> <li>• 50 easy</li> <li>• Run: 40 mins aerobic w/ 6x90 secs at an incline of 3-4% on treadmill with 2 mins easy between</li> </ul>	<p>Bike: 1:30 aerobic 10 min., 20 min., 30 min. strong aerobic with 10 min. aerobic between</p>	<ul style="list-style-type: none"> <li>• Swim: 2750 yards               <ul style="list-style-type: none"> <li>• 300 your choice of stroke</li> <li>• 3x100 kick-swim @ 2:20</li> <li>• 7x100 your choice of stroke @ 2:10</li> <li>• 7x100 your choice of stroke @ 2:00</li> <li>• 7x100 freestyle @ 1:50</li> <li>• 50 easy</li> </ul> </li> <li>• Run: 60 mins aerobic w/ 4x5 mins at 75-80% effort w/ 5 mins easy between- keep quick feet</li> </ul>	<p>Bike: 30 minute easy cooldown ride</p>

**WEEK 4**

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<p>Day off: Rest and recover</p>	<ul style="list-style-type: none"> <li>• Swim: 2700 yards               <ul style="list-style-type: none"> <li>• 200 freestyle, 200 your choice of stroke</li> <li>• 3x100 kick @ 2:20</li> <li>• 3x200 your choice of stroke @ 3:30</li> <li>• 3x100 kick @ 2:10</li> <li>• 3x150 your choice of stroke @ 2:30</li> <li>• 3x100 kick @ 2:00</li> <li>• 3x100 your choice of stroke @ 1:45</li> <li>• 50 easy</li> </ul> </li> <li>• Run: 30 minutes easy jog</li> </ul>	<p>Bike: 1:00 hour easy spin with 3x (10, 20, 30 sec. seated sprints with 20, 40 and 60 sec. rests)</p>	<ul style="list-style-type: none"> <li>• Swim: 2700 yards               <ul style="list-style-type: none"> <li>• 200 freestyle, 100 your choice of stroke</li> <li>• 3x                   <ul style="list-style-type: none"> <li>• 100 kick @ 2:20,</li> <li>• 50 drill/swim @ 1:05</li> <li>• 100 your choice of stroke @ 1:55)</li> </ul> </li> <li>• 3x</li> <li>• 3x50 non freestyle @ 1:05</li> <li>• 2x50 distance per stroke (dps) @ :55</li> <li>• 1x250 freestyle @ 3:50</li> <li>• 50 easy</li> </ul> </li> <li>• Bike: Trainer session 20 min. warm with skills: 5 x 1 min. standing big gear 1 min. seated fast spin (100+ cadence) &amp; 5 x 1 min. single leg drill circular pedaling 10 min. at strong aerobic pace 15 min. cooldown light resistance high cadence</li> <li>• Run: 45 mins aerobic w/ last 5 mins at 85% effort</li> </ul>	<p>Day off: Rest and recover</p>	<ul style="list-style-type: none"> <li>• Swim: 2750 yards               <ul style="list-style-type: none"> <li>• 300 your choice of stroke</li> <li>• 8x50 @ 1:00 (odd non freestyle)</li> <li>• 16x100</li> <li>• 4x100 @ 1:40</li> <li>• 4x100 @ 1:50</li> <li>• 4x100 @ 1:40</li> <li>• 4x100 @ 1:50</li> <li>• 2x                   <ul style="list-style-type: none"> <li>• 1x75 kick-drill-swim @ 1:30)</li> <li>• 1x125 your choice of stroke @ 2:15)</li> </ul> </li> <li>• 50 easy</li> </ul> </li> <li>• Bike: 1:30 hr. aerobic 5 x 3 min. big gear seated and controlled</li> </ul>	<p>Run: 60 minutes aerobic</p>

**WEEK 5**

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<p>Day off: Rest and recover</p>	<ul style="list-style-type: none"> <li>• Bike: 30 min. easy aerobic spin</li> <li>• Run: 30 mins easy aerobic low heart rate</li> </ul>	<ul style="list-style-type: none"> <li>• Swim: 3000 yards               <ul style="list-style-type: none"> <li>• 400 your choice of stroke</li> <li>• 6x100 kick/swim @ 2:00</li> <li>• 3x600 freestyle @ 10:00, 9:30, 9:00</li> <li>• 6x25 your choice of stroke @ :30</li> <li>• 50 easy</li> </ul> </li> <li>• Run: 45 mins aerobic w/ 8x20 sec strides (90%) efforts w/ 40 sec easy between</li> </ul>	<p>Bike: 1:00 hour aerobic with 4x20sec sprint 40 sec. rest. 3 x 8 min. builds aerobic to strong aerobic the last 3 min. 2 min. between</p>	<ul style="list-style-type: none"> <li>• Swim: 2500 yards               <ul style="list-style-type: none"> <li>• 300 your choice of stroke</li> <li>• 2x                   <ul style="list-style-type: none"> <li>• 3x50 kick @ 1:20 (1:25),</li> <li>• 2x100 freestyle @ 1:45 (1:55)</li> <li>• 1x400 freestyle @ 6:20 (7:00)</li> <li>• 2x100 non freestyle @ 2:00 (2:10)</li> <li>• 3x50 stroke count/drill @ 1:20 (1:25)</li> </ul> </li> </ul> </li> <li>• Run: 30 min. aerobic</li> </ul>	<ul style="list-style-type: none"> <li>• Bike: 30 min. aerobic spin with               <ul style="list-style-type: none"> <li>• 3 x ( 1 min. single leg, 1 min. fast spin, 1 min. standing) 2 min. easy between</li> </ul> </li> <li>• Run: 75 mins aerobic on a hilly course- go up each hill at 85-90% effort and recover on way down easy</li> </ul>	<ul style="list-style-type: none"> <li>• Swim: 2700 yards               <ul style="list-style-type: none"> <li>• 200 freestyle, 200 your choice of stroke</li> <li>• 2x                   <ul style="list-style-type: none"> <li>• 1x250 freestyle @ 3:50 (4:15)</li> <li>• 2x150 freestyle @ 2:30 (2:45)</li> </ul> </li> <li>• 3x100 your choice of stroke @ 1:50 (2:00),</li> <li>• 4x50 drill @ 1:00 (1:05)</li> <li>• 4x25 stroke count @ :35 (:40)</li> </ul> </li> <li>• Bike: 1:00 Hour easy aerobic bike outside. Mountain Bike?</li> </ul>



**WEEK 6**

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<p>Bike: 1:00 aerobic on trainer with last 30 min. having 3 x 4 min. strong aerobic to lactate threshold pace 5 min. between</p>	<ul style="list-style-type: none"> <li>• Swim: 2700 yards               <ul style="list-style-type: none"> <li>• 200 freestyle, 200 your choice of stroke</li> <li>• 3x100 kick @ 2:20/2:30</li> <li>• 3x200 your choice of stroke @ 3:30/3:45</li> <li>• 3x100 kick @ 2:10/2:20</li> <li>• 3x150 your choice of stroke @ 2:30/2:40</li> <li>• 3x100 kick @ 2:00/2:10</li> <li>• 3x100 your choice of stroke @ 1:45/1:55</li> </ul> </li> <li>• Run: 30 mins aerobic w/ 7x10 sec strides w/ 20 sec easy between</li> </ul>	<p>Bike: 45 min. easy spin HR around 120. cadence at 90</p>	<ul style="list-style-type: none"> <li>• Swim: 2950 yards               <ul style="list-style-type: none"> <li>• 300 your choice of stroke</li> <li>• 3x50 kick @ 1:10</li> <li>• 3x50 drill/swim @ 1:00</li> <li>• 3x                   <ul style="list-style-type: none"> <li>• 3x100 distance per stroke (dps) @ 1:45,</li> <li>• 1x200 freestyle @ 3:00,</li> <li>• 3x50 your choice of stroke @ 1:05)</li> <li>• 3x50 non freestyle @ 1:00</li> <li>• 3x50 freestyle @ 1:00</li> </ul> </li> <li>• 50 easy</li> </ul> </li> <li>• Run: 40 mins aerobic w/ 15 mins at 3-4% incline easy jog with quick feet</li> </ul>	<p>Bike: 2:00 hour aerobic 10 min., 20 min., 30 min. strong aerobic with 10 min. aerobic between</p>	<ul style="list-style-type: none"> <li>• Swim: 2900 yards               <ul style="list-style-type: none"> <li>• 300 your choice of stroke</li> <li>• 4x100 kick @ 2:20 (2:30)</li> <li>• 4x200 your choice of stroke @ 3:35 (3:50)</li> <li>• 9x100 freestyle @ 1:40 (1:50)</li> <li>• 9x50 freestyle @ :50 (:55)</li> <li>• 50 easy</li> </ul> </li> <li>• Run: 50 mins aerobic</li> </ul>	<p>Ride: 30 min easy cool down ride</p>

**WEEK 7**

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<p>Ride: 30 min easy cool down ride</p>	<ul style="list-style-type: none"> <li>• Swim: 2200 yards               <ul style="list-style-type: none"> <li>• 1x200 swim</li> <li>• 2x300                   <ul style="list-style-type: none"> <li>• kick/swim by 50's @ 9:10</li> <li>• pull @ 6:10</li> </ul> </li> <li>• 2x200                   <ul style="list-style-type: none"> <li>• backstroke/freestyle @ 4:25 by 25's</li> <li>• breast stroke/freestyle @ 4:25 by 25's</li> </ul> </li> <li>• 2x300 descending (getting faster). @ 6:00</li> <li>• 4x100                   <ul style="list-style-type: none"> <li>• build @ 1:55</li> <li>• F.A.P. @ 2:00</li> <li>• F.A.P. @ 2:00</li> <li>• Easy</li> </ul> </li> </ul> </li> <li>• Run: 30min easy aerobic with:               <ul style="list-style-type: none"> <li>• 4x20sec builds to fast pace with 40sec recovery wear HR on this one – keep it below HR zone 3 except for strides</li> </ul> </li> </ul>	<p>Ride: 60 min. aerobic with 8 x 10,20,30 seconds hi rpm accelerations 20 sec. easy spin between each.</p>	<ul style="list-style-type: none"> <li>• Swim: 2550 yards               <ul style="list-style-type: none"> <li>• 200 swim, 100 kick, 100 Individual Medley/your choice of stroke</li> <li>• 4x50 drill @ 1:20</li> <li>• 10x50 @ 1:15</li> <li>• 9x50 @ 1:10</li> <li>• 8x50 @ 1:05</li> <li>• 1x100 EASY</li> <li>• 2x150 Kick @ 3:50</li> <li>• 2x100 Pull @ 2:05</li> <li>• 1x100 Easy</li> </ul> </li> <li>• Run: 35min tempo run. This is just below your maximum aerobic rate (i.e. any faster and you would start to tap into your anaerobic metabolism). These workouts will turn into your speed workouts.</li> </ul>	<p>Ride: 40 min. Spin easy for 40 minutes either on your bike or a studio trainer.</p>	<ul style="list-style-type: none"> <li>• Swim: 1800 yards               <ul style="list-style-type: none"> <li>• 400 swim, 100 your choice of stroke</li> <li>• 6x50 @ 1:15 (odd:25kick/25swim, even:25drill/25swim)</li> <li>• 4x100 @ 2:00 descending</li> <li>• 1x30:00 (THIRTY MINUTE SWIM!! Count your lengths or 100's and surprise yourself.</li> <li>• You can swim further than you think.)</li> <li>• 1x100 easy</li> <li>• 4 x 50 kick @ 1:15</li> <li>• 4 x 75 pull @ 1:50</li> <li>• 100 easy</li> </ul> </li> <li>• Bike: 1:30 hour easy spin HR around 120. cadence at 90</li> <li>• Run: 30min easy aerobic with: 4x20sec builds to fast pace with 40sec recovery wear HR on this one – keep it below HR zone 3 except for strides</li> </ul>	<p>Run: 45 minute run with heart rate in zones 1-3 on trails. 'PROUD' form. Allow heart rate to rise to zone 3 on hills, but don't force it up.</p>

**WEEK 8**

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<p>Ride: Spin easy for 40 minutes either on your bike or a studio trainer.</p>	<ul style="list-style-type: none"> <li>• Swim: 2600 yards               <ul style="list-style-type: none"> <li>• 300 swim</li> <li>• 1x800 @ 17:00 Break @ 300 &amp; 600 rest 10 sec. try to increase pace after each rest period.</li> <li>• 20x25 @ :35                   <ul style="list-style-type: none"> <li>• odd= drill, your choice</li> <li>• even = freestyle</li> </ul> </li> <li>• 1x800 @ 17:00 Break @ 300 &amp; 600 rest 15 sec. try to increase pace after each rest period. Goal is to be faster w/overall time than the first 1000</li> <li>• 1x150 kick @ 4:00</li> <li>• 50 easy</li> </ul> </li> <li>• Run: 30min easy aerobic with:               <ul style="list-style-type: none"> <li>• 4x20sec builds to fast pace with 40sec recovery. Wear HR on this one – keep it below HR zone 3 except for strides</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Ride: 60min aerobic with               <ul style="list-style-type: none"> <li>• 6 x 2 min standing builds to strong aerobic level , 1 min. easy between</li> <li>• Easy spin the rest 90 + cadence.</li> </ul> </li> <li>• Run: 45 minute tempo run               <ul style="list-style-type: none"> <li>• This is just below your maximum aerobic rate (i.e. any faster and you would start to tap into your anaerobic metabolism). These workouts will turn into your speed workouts.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Swim: 2500 yards               <ul style="list-style-type: none"> <li>• 300 swim as: 50 smooth/25 build/25 fast - 3x</li> <li>• 4x50 drill @ 1:15</li> <li>• 4x50 @ 1:05</li> <li>• 3x25 @ :35</li> <li>• 1x100 @ 1:50</li> <li>• 50 easy</li> <li>• 1x600 as:                   <ul style="list-style-type: none"> <li>• 300 pull @ 6:15</li> <li>• 300kick/swim by 50's @ 6:40</li> <li>• 2x25 sprint @ :30</li> <li>• 1x200 @ 4:15 (rest 10 sec. @ ea.50, hold interval)</li> </ul> </li> <li>• 200 easy as: 25 kick/25 drill/50 easy swim</li> </ul> </li> <li>• Ride: 60min easy spin with heart rate around 120. cadence at 90</li> </ul>	<p>Day off: Rest and recover</p>	<ul style="list-style-type: none"> <li>• Swim: 2400 yards               <ul style="list-style-type: none"> <li>• 300 swim, 100 non freestyle</li> <li>• 6x25 backstroke @ :35 (Alternate. 25 kick, 25 drill, 25 swim. Drills=                   <ul style="list-style-type: none"> <li>• 1) 4-COUNT KICK AND BALANCE ON SIDE</li> <li>• 2) 3-RIGHT/3-LEFT- Alternate 3 strokes with right arm/3 with left</li> </ul> </li> <li>• 1x500 @ 10:15 build by 200's</li> <li>• 5x100 @ 2:05 hold pace of 1:55</li> <li>• 1x500 @ 10:15 broken@ ea.200,10sec hold fast pace</li> <li>• 100 easy</li> <li>• 1x200 pull @ 4:10 descending stroke count by 1/100</li> <li>• 50 easy</li> </ul> </li> <li>• Ride: 2:00 hour Cruise intervals. On road or trainer. Do 4-5 x 6 minutes in heart rate 4-5a zones (2-minute recoveries). Smooth pedaling. 80-90 rpm. Aero position.</li> </ul>	<p>Run: 45 minute run with heart rate in zones 1-3 on trails. 'PROUD' form. Allow heart rate to rise to zone 3 on hills, but don't force it up.</p>

**WEEK 9**

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<p>Ride: Spin easy for 40 minutes either on your bike or a studio trainer.</p>	<ul style="list-style-type: none"> <li>• Swim: 2600 yards               <ul style="list-style-type: none"> <li>• 200 swim, 100 non freestyle, 100 pull</li> <li>• 4x50 drill @ 1:10</li> <li>• 6x200 @ 4:10 (swim a 200 then jump out of the pool run to the other side, then jump right in and start the next 200). Rest 1 full min. after all 200's then start 100's</li> <li>• 3x100 @ 1:55</li> <li>• 100 easy</li> <li>• 2x50 kick @ 1:20</li> <li>• 4x50 hypoxic @ 1:05 focus on body rotation</li> <li>• 100 easy</li> </ul> </li> <li>• Run: 30min easy aerobic 4x20sec builds to fast pace with 40sec recovery wear HR on this one – keep it below HR zone 3 except for strides</li> </ul>	<p>Ride: 60min Keep it under control but build the middle 30 minutes to a strong aerobic pace</p>	<ul style="list-style-type: none"> <li>• Swim: 2400 yards               <ul style="list-style-type: none"> <li>• 200 swim</li> <li>• 4x75 @ 1:30 (50drill/25swim)</li> <li>• 1x200 @ 4:15</li> <li>• 6x50 @ 1:45 (w/10 push-ups, hold interval)</li> <li>• 2x200 @ 4:50 (jump out run to other side start #2)</li> <li>• 6x50 @ 1:45 (w/10 push-ups, hold interval)</li> <li>• 2x100 @ 2:25 (jump out run to other side start #2)</li> <li>• 10x25 @ 1:10 (w/10 push-ups on odds/15 sit-ups on evens, hold interval)</li> <li>• 2x100 k @ 2:40</li> <li>• 50 easy</li> </ul> </li> <li>• Run: 45min This is just below your maximum aerobic rate (i.e. any faster and you would start to tap into your anaerobic metabolism). These workouts will turn into your speed workouts.</li> </ul>	<p>Day off: Rest and recover</p>	<ul style="list-style-type: none"> <li>• Swim: 30 minute open water               <ul style="list-style-type: none"> <li>• Open water with partner/s. Steady, aerobic effort. Good form -- long stroke. Sight on landmarks and swim straight. (If open water is not available this week do the strong aerobic workout in a pool sighting on a landmark above the deck every 4th to 6th stroke.)</li> </ul> </li> <li>• Ride: 1:30 hour easy spin HR around 120. cadence at 90</li> <li>• Run: 45 minute tempo run. This is just below your maximum aerobic rate (i.e. any faster and you would start to tap into your anaerobic metabolism). These workouts will turn into your speed workouts.</li> </ul>	<p>Run: 60 min aerobic with and 10min at a strong aerobic 5 x 10sec builds to sprints with 50sec easy between</p>

**WEEK 10**

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<p>Ride: Spin easy for 40 minutes either on your bike or a studio trainer.</p>	<ul style="list-style-type: none"> <li>• Swim: 3000 yards               <ul style="list-style-type: none"> <li>• 200 swim</li> <li>• 4x50 drill @ 1:10</li> <li>• 2x100 @ 2:05 desc.</li> <li>• 4x25 non freestyle @ :40</li> <li>• 2x300 @ 6:45 (50kick/200 swim/50kick) descending.</li> <li>• 2x800 @ 16:15 descending. (2:03 base)</li> <li>• 100 easy</li> </ul> </li> <li>• Run: 30min easy aerobic 4x20sec builds to fast pace with 40sec recovery wear HR on this one – keep it below HR zone 3 except for strides</li> </ul>	<p>Ride: 60min aerobic with 6 x 90sec builds strong aerobic pace effort by 60sec and hold with 90sec easy between</p>	<ul style="list-style-type: none"> <li>• Swim: 2400 yards               <ul style="list-style-type: none"> <li>• 200 freestyle, 100 non freestyle</li> <li>• 4x25 kick @ :35</li> <li>• 2x50 drill @ 1:10</li> <li>• 2x75 kick/drill/swim @ 1:45</li> <li>• 2x100 @ 2:00 (1= smooth 2= fast)</li> <li>• 1x200 @ 4:10 (100 smooth/100 build)</li> <li>• 2x50 your choice of stroke @ 1:15 (swim race pace w/ lots of rest)</li> <li>• 1x300 @ 6:15 (150 smooth/150 build by 50's)</li> <li>• 2x50 your choice of stroke @ 1:15 (swim race pace w/ lots of rest)</li> <li>• 1x200 @ 4:10 (100 smooth/100 build)</li> <li>• 2x50 your choice of stroke @ 1:15 (swim race pace w/ lots of rest)</li> <li>• 50 easy</li> <li>• 4x100 (odds @ 2:30 = kick descending.) (evens @ 2:00 = 25 easy/25 build/25 easy/25 fast)</li> <li>• 100 easy as: 25 drill/25 swim</li> </ul> </li> <li>• Run: 60min Speed: 10 minute warm up. 4x100 pickups with 100 jog recovery. 400 easy. 8x400 with 2 minute recovery jog. 4x100 fast on grass with 10 seconds rest. Cool down: 10 minutes.</li> </ul>	<p>Bike: Spin easy for 40 minutes either on your bike or a studio trainer.</p>	<ul style="list-style-type: none"> <li>• Swim: 30 minute open water               <ul style="list-style-type: none"> <li>• Open water with partner/s. Several short race efforts. Work on sighting and swimming straight. (If open water is not possible this week do the strong aerobic type of sighting swim in a pool looking at a landmark above the deck every 4th to 6th stroke.) Ride: 1:30 hr easy spin HR around 120. cadence at 90</li> </ul> </li> <li>• Bike: 2:00 hr aerobic 10 min., 20 min., 30 min. strong aerobic with 10 min. aerobic between</li> <li>• Run: 30 minute brick run. Run right off the bike. Focus on getting into a rhythm and fight through the “brick ick”</li> </ul>	<p>Run: 60min aerobic with 5x1min strong aerobic with 2min easy between</p>

**WEEK 11**

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<p>Day off: Rest and recover</p>	<ul style="list-style-type: none"> <li>• Swim: 2500 yards               <ul style="list-style-type: none"> <li>• 200 freestyle, 50 non freestyle, 100 k</li> <li>• 10x25 @ :35 (1-7 = FAST1, 8-10 = smooth)                   <ul style="list-style-type: none"> <li>• 1x300 pull @ 6:15 (alt 100's w/3-4-5 breaths)</li> <li>• 3x</li> <li>• 1x100 freestyle @ 1:55</li> <li>• 2x75 sprint kick @ 2:05</li> <li>• 3x50 non freestyle @ 1:30</li> <li>• 4x25 drill @ :40</li> </ul> </li> <li>• 100 swim down</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Ride: 40min Spin easy for 40 minutes either on your bike or a studio trainer.</li> <li>• Run: 30 minute brick run. Run right off the bike. Focus on getting into a rhythm and fight through the "brick ick"</li> </ul>	<ul style="list-style-type: none"> <li>• Swim: 2400 yards               <ul style="list-style-type: none"> <li>• swim-200 kick-100                   <ul style="list-style-type: none"> <li>• 12 X 75 @ 1:45 (4 SETS OF 3) WITHIN EACH SET: ***3 OF THE SETS ARE FREESTYLE, 1 IS NON FREESTYLE</li> <li>• 1) 25 KICK/25 DRILL/25 SWIM</li> <li>• 2) 25 DRILL/25 SMOOTH/25 BUILD-UP</li> <li>• 3) ALL SWIM BUILD-UP</li> </ul> </li> <li>• 3X (1x25-1x25-1x50)                   <ul style="list-style-type: none"> <li>• 1st 25: 6-COUNT FREESTYLE @ :35</li> <li>• 2nd 25: 6-COUNT BACKSTROKE @ :35</li> <li>• 50: ALTERNATE 3 STROKES FREESTYLE WITH 4 STROKES BACK @ 1:10</li> </ul> </li> <li>• 1 X 300 p @ 6:15 WITHIN EACH 100:                   <ul style="list-style-type: none"> <li>• 1st 25 DRAG FINGERTIPS UP YOUR SIDE TO FORCE A HIGH ELBOW RECOVERY</li> <li>• 2nd 25 LIMIT BREATHING AND FOCUS ON LOOKING MORE DOWN THAN FORWARD</li> <li>• LAST 50 IS BUILD-UP</li> </ul> </li> <li>• 4 X 125 @ 2:15 WITHIN EACH 125:                   <ul style="list-style-type: none"> <li>• ALT 25 DRILL /25 SMOOTH (REST 10) 25 SPRINT/50EASY</li> </ul> </li> <li>• 100 EASY</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Bike: 60 min easy spin with 5,4,3,2,1 min in a big gear with low rpms plus 4 x 1min hills with 1min easy between</li> <li>• Run: 65 minute Speed 2. 10 minute warm up. 4x15 second pickups on 10 seconds rest. 2 minutes easy. 4x3 minutes on 1 minute rest. 2x6 minutes on 2 minutes rest. 6x1 minute on 30 seconds rest. Cool down: 10 minutes.</li> </ul>	<ul style="list-style-type: none"> <li>• Swim: 30 minute open water, aerobic sighting               <ul style="list-style-type: none"> <li>• Open water with partner/s. Steady, aerobic effort. Good form -- long stroke. Sight on landmarks and swim straight. (If open water is not available this week do the strong aerobic workout in a pool sighting on a landmark above the deck every 4th to 6th stroke.)</li> </ul> </li> <li>• Ride: 60 min aerobic with               <ul style="list-style-type: none"> <li>• 6x2min in a Big Gear w/ 60sec easy between.</li> <li>• 6x90 sec in a Bigger Gear w/ 30 sec between</li> <li>• 6x60 sec in a Biggest gear w/ 60 sec between</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Check out the race swim venue if possible. Do several very short accelerations to race-start pace. Be sure to see what the finish area looks like from the water. This is best done in the morning near race time.</li> <li>• Run: 45 minutes. Heart rate in zones 1-3 on trails. 'PROUD' form. Allow heart rate to rise to zone 3 on hills, but don't force it up.</li> </ul>

**WEEK 12**

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<ul style="list-style-type: none"> <li>• Swim: 2250 yards</li> <li>• 300s</li> <li>• 4x50 freestyle @ 1:10               <ul style="list-style-type: none"> <li>• 1-2: drill/swim (all drill = shark fin)</li> <li>• 3-4: swim, desc., keep stroke count</li> </ul> </li> <li>• 2x75 @ 1:45</li> <li>• 25 dr (freestyle)-swim (freestyle)- swim (bk)               <ul style="list-style-type: none"> <li>• drills = ¾ catch-up, fist, R arm/L arm, triple switch</li> </ul> </li> <li>• 3x150 @ 4:00               <ul style="list-style-type: none"> <li>• 1) IM kick/swim by 25's for each (no fly)</li> <li>• 2) Freestyle drill/swim by 50's (your choice of drills)</li> <li>• 3) Freestyle swim</li> </ul> </li> <li>• 4x100 @ 2:25 odd = non freestyle, even = freestyle)               <ul style="list-style-type: none"> <li>• Alt. 25 kick/25 swim/25 drill/25 swim</li> </ul> </li> <li>• 6x125 @ 2:50               <ul style="list-style-type: none"> <li>• 1 &amp; 2= kick (1st mod, 2nd FAST!)</li> <li>• 3 &amp; 4- pull (1st mod, 2nd FAST!)</li> <li>• 5 &amp; 6- freestyle (1st mod, 2nd FAST!)</li> </ul> </li> <li>• 100 EASY</li> </ul>	<ul style="list-style-type: none"> <li>• Pre Race Brick               <ul style="list-style-type: none"> <li>• 15 min run as;                   <ul style="list-style-type: none"> <li>• 10 minute HR zone 2 warm up</li> </ul> </li> <li>• 5 minute strong race pace effort</li> </ul> </li> <li>• 30 minute bike as;               <ul style="list-style-type: none"> <li>• 10 minutes strong race pace effort</li> <li>• 10 minutes smooth HR 2 effort</li> <li>• 10 minutes strong race pace effort</li> </ul> </li> <li>• 15 minute run as;               <ul style="list-style-type: none"> <li>• 5 minute strong race pace effort</li> <li>• 10 minute HR zone 2 cool down</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Swim: 2250 yards               <ul style="list-style-type: none"> <li>• 300 swim</li> <li>• 6x50 drill @ 1:10 (25non freestyle/25freestyle)</li> <li>• 1x200 @ 4:10</li> <li>• 2x150 @ 3:05 descending</li> <li>• 4x100 @ 2:00 descending</li> <li>• 6x50 @ 1:05</li> <li>• 2x75 kick @ 1:55</li> <li>• 3x100 pull @ 2:05</li> <li>• 100 EASY</li> </ul> </li> <li>• Bike: 40 min Spin easy for 40 minutes either on your bike or a studio trainer.</li> </ul>	<p>Day off: Rest and recover</p>	<ul style="list-style-type: none"> <li>• Pre Race Bike Course Check               <ul style="list-style-type: none"> <li>• Pre ride part of the course. Do a few surges to race pace, but keep it mostly under HR 3. Save it for the race.</li> </ul> </li> <li>• Pre Race Run Course Check               <ul style="list-style-type: none"> <li>• Check out the race start and finish. Stay mainly in HR 1-3, with 3x30 second surges to race pace. Save it for the race.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Pre Race Bike Course Check               <ul style="list-style-type: none"> <li>• Pre ride part of the course. Do a few surges to race pace, but keep it mostly under HR 3. Save it for the race.</li> </ul> </li> <li>• Pre Race Run Course Check               <ul style="list-style-type: none"> <li>• Check out the race start and finish. Stay mainly in HR 1-3, with 3x30 second surges to race pace. Save it for the race.</li> </ul> </li> </ul>	<p>RACE DAY!!!!</p>