

R: 45minutes very easy run, RPE 3.

S: long day
wu: 200swim, 200kick, 200pull, 200swim
main: 1 x 1500, RPE 4 (alternate 1 x 1000)
cd: 4 x 50, each slower than last

Monday

S:	40	B:	0	R:	45	W:	0	O:	0	Total:	85
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S: speed day
wu: 400 continuous. last 50 in each 100 is kick
main: 8 x 100 EBEH (each 100 = 25Easy, 25Build, 25Easy, 25 Hard)
cd: 6 x 25, each slower than last

B: 15 warm up, warm down with easy spinning in the small ring. 30 middle minutes in big ring, but still not a hard effort. If on the road, concentrate on constant pedaling with minimal freewheeling.

Friday

S:	30	B:	45	R:	0	W:	0	O:	0	Total:	75
----	----	----	----	----	---	----	---	----	---	--------	----

R: 45 minutes at easy pace, RPE 2-3

B: 60 minutes road or trainer, all small chainring 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 75, last 25 in each is backstroke.
main: 3 x 400, 1 is RPE 3, 2 is RPE4, 3 is RPE 5
cd: 150 easy

Wednesday

S:	30	B:	0	R:	0	W:	0	O:	0	Total:	30
----	----	----	---	----	---	----	---	----	---	--------	----

B: 90 minute ride. Only go further if you easily completed all the other workouts this week. We're only getting started on a long 20 weeks...

Sunday

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

R: 90 minutes long run, easy pace. RPE 3.


Thursday

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

Week Goals

Starting our journey to Ironman, our primary target is to get the body used to a high frequency of workouts--the training won't be overly long or hard here, just day after day consistency.

I'll be using RPE (Rate of Perceived Exertion) to indicate intensity for the workouts. Back on the main sheet for this training program is a RPE10 chart showing the range of values and description of what you should be feeling at each level. If you use heart rate data, you can fill in bike and run values next to RPE values.


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Week: 20 Period: Prep

(hrs) S:	1.7	B:	3.3	R:	3.0	W:	0.0	O:	0.0	Total:	7.9
----------	-----	----	-----	----	-----	----	-----	----	-----	--------	-----

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
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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 chainring 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
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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 run "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!


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

Week: 19 Period: Prep

R: 60 minutes. 10 minute warm up, then do 20 second strides before returning to RPE 3 pace. Repeat strides every 5 minutes until the end of the workout.

*S: long day-mental toughness day!
6 x 500, odds are RPE3, evens RPE 5*

Monday

S:	60	B:	0	R:	60	W:	0	O:	0	Total:	120
----	----	----	---	----	----	----	---	----	---	--------	-----

*S: speed day
wu: 300 continuous. slowly increasing pace each 100
main: 20 x 50, odds at RPE 4, evens at RPE 9!
cd: 150 easy, hold form*

B: solid 90 minutes at RPE3. Middle 30 minutes on aero bars if you have them, but keep easy effort. Notice if the position is comfortable to hold and if you can output the same speed for the same effort as when out of the bars.

Friday

S:	30	B:	90	R:	0	W:	0	O:	0	Total:	120
----	----	----	----	----	---	----	---	----	---	--------	-----

R: easy pace, RPE 3

B: 60 minutes, easy pedaling on mixed terrain, overall effort still low. Warm up and cooldown 10:00 in low ring, spinning easy. Use big ring for middle 40.

Tuesday

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

OFF--rest well--no workouts!

Saturday

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

*S: race-specific
wu: 250 easy
5 x 50, odds are 100%, evens recovery. 10sec rest between
main: 4 x 400, 1 is RPE 3, 2 and 3 are RPE4, 4 is RPE 5
cd: 200 easy*

Wednesday

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

B: 120 minutes long bike again this week.

Sunday

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

R: 90 minute long run, easy pace. Strides begin at the 40 minute mark. Just like Monday, go for 20 seconds, then return to normal pace. Repeat every 5 minutes until run is finished. Stretch well!

Thursday

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

Week Goals

You've probably noticed by now that we have been keeping the same workouts structure week. Use this repetition to get your daily patterns and consistency organized. We'll increase hours slightly from last week but mostly it's just about clocking in and out every day.


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(hrs) S: 2.2 B: 4.5 R: 3.3 W: 0.0 O: 0.0 Total: 9.9

Week: 18 Period: Prep

R: 45minutes very easy run, RPE 3.

S: long day
wu: 200swim, 200kick, 200pull, 200swim
main: 1 x 1500, RPE 4 (alternate 1 x 1000)
cd: 4 x 50, each slower than last

Monday

S:	40	B:	0	R:	45	W:	0	O:	0	Total:	85
----	----	----	---	----	----	----	---	----	---	--------	----

S: speed day
wu: 400 continuous. last 50 in each 100 is kick
main: 8 x 100 EBEH (each 100 = 25Easy, 25Build, 25Easy, 25 Hard)
cd: 6 x 25, each slower than last

B: 15 warm up, warm down with easy spinning in the small ring. 30 middle minutes in big ring, but still not a hard effort. If on the road, concentrate on constant pedaling with minimal freewheeling.

Friday

S:	30	B:	45	R:	0	W:	0	O:	0	Total:	75
----	----	----	----	----	---	----	---	----	---	--------	----

R: 45 minutes at easy pace, RPE 2-3

B: 60 minutes road or trainer, all small chainring 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 75, last 25 in each is backstroke.
main: 3 x 400, 1 is RPE 3, 2 is RPE4, 3 is RPE 5
cd: 150 easy

Wednesday

S:	30	B:	0	R:	0	W:	0	O:	0	Total:	30
----	----	----	---	----	---	----	---	----	---	--------	----

B: 90 minute ride. Only go further if you easily completed all the other workouts this week. We're only getting started on a long 20 weeks...

Sunday

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

R: 90 minutes long run, easy pace. RPE 3.


Thursday

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

Week Goals

Just as an efficient supply chain is crucial to survival to corporations and armies, your IM success depends heavily on your ability to organize your daily training schedule with the rest of your life. Organizing things like food, equipment upkeep, and laundry are far from the glamorous elements of IM prep but failing to master these details will leave you missing workouts and eating via the drive-thru. Taking care of these details will bring you to the finish line faster on race day than other 'fun' endeavours such as searching magazines for the latest killer workout.

Here at the last Prep week, we'll repeat the first week. Try to apply the logistical lessons you've learned since then to this week.



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(hrs)	S:	1.7	B:	3.3	R:	3.0	W:	0.0	O:	0.0	Total:	7.9
-------	----	-----	----	-----	----	-----	----	-----	----	-----	--------	-----

Week: 17 Period: Prep

S: speed day
wu: 250 alternating each 50 swim and kick
main: 400, 4 x 100, 300, 3 x 100, 200, 2x100
long intervals are RPE 4, 100s are at RPE 7-8
(alternate, remove 1st 400)
cd: 3 x 75, each slower than last

Monday

S:	45	B:	0	R:	0	W:	0	O:	0	Total:	45
----	----	----	---	----	---	----	---	----	---	--------	----

R: 60 minute recovery...RPE 3-5.

Friday

S:	0	B:	0	R:	60	W:	0	O:	0	Total:	60
----	---	----	---	----	----	----	---	----	---	--------	----

B: 120 minutes, hills. Find some hills if possible
Complete stretch of legs and lower back afterwards.

S: wu: 500
main: 15 x 100, RPE 4-5, concentrate on smooth and efficient rather than
all-out speed
cd: 500

Tuesday

S:	45	B:	120	R:	0	W:	0	O:	0	Total:	165
----	----	----	-----	----	---	----	---	----	---	--------	-----

OFF -- enjoy!

Saturday

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

This swim should be the next workout you do after yesterday's swim. Since
it's low impact, I like to do these sessions back to back to help keep
technique fresh...

S: long day
wu: 200 continuous
main: 1 x 2500 at RPE 4 (alternate 1 x 1700)
cd: 4 x 50, each slower than last

R: very easy run today, constant at RPE 2-3

Wednesday

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

Try to get this ride a couple hours after breakfast in the morning. Figure
out what feels good for pre-ride nutrition and hydration. Make notes in your
log to refer back to later when preparing for race morning.

B: 80minutes out-80 minutes back. Try to ride each leg in approximatelky the
same time. Keep any pacing issues in mind for what will happen race day.

Sunday

S:	0	B:	160	R:	0	W:	0	O:	0	Total:	160
----	---	----	-----	----	---	----	---	----	---	--------	-----

R: 60 minutes with strides every 10 minutes. Finish run then add 5 more
20second strides back to back before stretching. Remember, strides should
be easy speed effort. Stop if your legs are feeling exhausted.

B: 90 minues easy spinning of RPE 3.

Thursday

S:	0	B:	90	R:	90	W:	0	O:	0	Total:	180
----	---	----	----	----	----	----	---	----	---	--------	-----

Week Goals

How is your general nutrition and body composition? Think of an extra 20 pounds on your frame as doing your IM race carrying a backpack with 2 bowling balls inside. It's easy to make adjustments this early...just don't wait until a month before racing..


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(hrs) S: 2.5 B: 6.2 R: 3.3 W: 0.0 O: 0.0 Total: 11.9

Week: 16 Period: Base 1

S: race-specific
wu: 5 x 75
main: 2 x 1000, both are RPE 4
cd: 250 easy

B: 90 minutes, easy pace, RPE3

Monday

S:	60	B:	90	R:	0	W:	0	O:	0	Total:	150
----	----	----	----	----	---	----	---	----	---	--------	-----

S: long day
wu: 6 x 50, alternate free and back
main: 2 x 1500, RPE 4 (alternate 1 x 1000)
cd: 4 x 50, each slower than last

Friday

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

R: 60 minutes easy run with strides every 5 minutes.

B: 2 hours, mostly easy pace, find some rolling hills if possible

Tuesday

S:	0	B:	120	R:	60	W:	0	O:	0	Total:	180
----	---	----	-----	----	----	----	---	----	---	--------	-----

B: 3 hour long ride.

R: 30 min very easy run at RPE2 after the bike

Saturday

S:	0	B:	180	R:	30	W:	0	O:	0	Total:	210
----	---	----	-----	----	----	----	---	----	---	--------	-----

Mid-week respit! Tomorrow will be long and challenging...

Wednesday

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

S: 30min continuous. Long gliding, focus on form not speed.

R: 45min with strides.

Sunday

S:	30	B:	0	R:	45	W:	0	O:	0	Total:	75
----	----	----	---	----	----	----	---	----	---	--------	----

R: 100 minute long run combined with tempo effort.
75minutes at RPE3, last 25 minutes at RPE5

S: speed day--tough!
wu: 300 continuous- (alternate 25 swim, 25 kick)
main: 20 x 75 hold constant pace for each-so judge pace in the first few,
RPE 5
cd: 200 easy

Thursday

S:	45	B:	0	R:	100	W:	0	O:	0	Total:	145
----	----	----	---	----	-----	----	---	----	---	--------	-----

Week Goals

This week's hard workout will be tempo effort on the run...not all out effort but a reserved and proud cruising pace--a confidence builder!

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(hrs) S: 3.5 B: 6.5 R: 3.9 W: 0.0 O: 0.0 Total: 13.9

Week: 15 Period: Base 1

*S: long day
wu: 4 x 75
main: 500swim, 500kick, 500pull, 500swim, all RPE 4
15 x 100 (25Easy, 25Build, 25Easy, 25Hard)
cd: 100 swim, 100 back*

Monday

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

Another swim only day same as last week...

*S: race-specific
wu: 2 x 150, last 50 in each is backstroke.
main: 4 x 500, 1 is RPE 3, 2 and 3 are RPE4, 4 is RPE 5
cd: 150 easy*

Friday

S:	45	B:	0	R:	0	W:	0	O:	0	Total:	45
----	----	----	---	----	---	----	---	----	---	--------	----

*B: 2 hour small chainring only effort.
R: 50 minute solid effort at RPE 3-4*

Tuesday

S:	0	B:	120	R:	50	W:	0	O:	0	Total:	170
----	---	----	-----	----	----	----	---	----	---	--------	-----

*B: 3 hours long bike. If your breakfast routine last week worked, repeat it again here, if not, experiment with something new.
R: 30 minutes recovery at RPE2*

Saturday

S:	60	B:	180	R:	30	W:	0	O:	0	Total:	270
----	----	----	-----	----	----	----	---	----	---	--------	-----

B: 90minutes, big and small ring. Find some hills to play on...

Wednesday

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

*R: 60 minutes at RPE 3
B: 60 minutes in small ring.*

Sunday

S:	0	B:	60	R:	60	W:	0	O:	0	Total:	120
----	---	----	----	----	----	----	---	----	---	--------	-----

*S: speed day
wu: 350 continuous. last 50 in each 100 is kick
main: 10 x 200 EBEH (each 200 = 50Easy, 50Build, 50Easy, 50 Hard)
cd: 6 x 25, each slower than last*

R: 120 minute long run. Keep RPE at 3, no harder! Stretch well afterwards and have a good recovery meal.


Thursday

S:	45	B:	0	R:	120	W:	0	O:	0	Total:	165
----	----	----	---	----	-----	----	---	----	---	--------	-----

Week Goals

This week's intense effort will be in the pool and road on Thursday. Try to get them in back to back, swim then run if your schedule allows. Take fluids and gel with you on the run.

Remember the question from 2 weeks ago about nutrition? Have you made any changes yet?!


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(hrs)	S:	4.0	B:	7.5	R:	4.3	W:	0.0	O:	0.0	Total:	15.8
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Week: 14 Period: Base 1

Monday

OFF!

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

Friday

OFF!

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

Tuesday

B: 60 minutes inside or out, just easy spinning, RPE 3.
R: 30 minutes easy RPE 2-3.

S: 0 B: 60 R: 30 W: 0 O: 0 Total: 90

Saturday

S: 1000m continuous, open water if possible.
B: 2 hours, RPE4-5. Try to get this in after the swim. Try out post swim nutrition timing to see how your stomach handles the bike effort combined with the unavoidable swallowing of lake/pool water.

S: 30 B: 120 R: 0 W: 0 O: 0 Total: 150

Wednesday

S: recovery swim
5 x 200
150 easy
B: 60 minutes, same as yesterday, just spinning and lots of stretching.

S: 30 B: 60 R: 0 W: 0 O: 0 Total: 90

Sunday

R: 1.5 hour long run at RPE 2-3 steady.

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

Thursday

R: 45 minutes with strides every 5 minutes. Mostly RPE 3.
S:
8 x 300 as 2x(300 easy, 300 kick, 300 easy, 300 pull)

S: 45 B: 0 R: 45 W: 0 O: 0 Total: 90

Week Goals

Recovery week!! Still lots of sessions but short ones.
Decrease your calories to matched the reduced training.

Week: 13 Period: Base 1

(hrs) S: 1.8 B: 4.0 R: 2.8 W: 0.0 O: 0.0 Total: 8.5

S: long swim
wu: 4 x 250 (4 x swim, kick, pull, swim)
main: 1950 ladder: start with 300, then 275, 250, 225,until 25.
Cd: 200 easy

Monday

S:	80	B:	0	R:	0	W:	0	O:	0	Total:	80
----	----	----	---	----	---	----	---	----	---	--------	----

OFF!

Friday

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

S: speed day
wu: 400 continuous. last 50 in each 100 is kick
main: 10 x 100 EBEH (each 100 = 25Easy, 25Build, 25Easy, 25 Hard)
cd: 4 x 25, each slower than last

B: 1.5 hour with some climbing or low cadence work if you're on the trainer. RPE 3-4 on the flats and allow yourself some out of the saddle work of RPE 7-8 on the hills

Tuesday

S:	30	B:	90	R:	0	W:	0	O:	0	Total:	120
----	----	----	----	----	---	----	---	----	---	--------	-----

reverse tri order, back to back if you can schedule it...

R: 60 minutes easy running
B: 90 minutes easy alternating every 10 minutes from big ring to small.
S: 30 minutes nonstop at RPE 5. This should be a hard effort but only hard enough where you can maintain the pace for the whole 30 minutes.

Saturday

S:	30	B:	90	R:	60	W:	0	O:	0	Total:	180
----	----	----	----	----	----	----	---	----	---	--------	-----

S: speed day
wu: 200 swim, 200kick, 200pull, 200 swim
main: 16 x 100, descend 1-4, 5-8, 9-12, 13-16
cd: 2 x 50 easy

Wednesday

S:	45	B:	0	R:	0	W:	0	O:	0	Total:	45
----	----	----	---	----	---	----	---	----	---	--------	----

S: long day, shorten the reps on the main set if you need to...
wu: 4 x 75, last 25 in each is backstroke.
main: 4 x 1000, each 1000 as (1 x 750, 5 x 50), rest 2:00 after each
cd: 2 x 50 easy (swim, kick, swim)

Sunday

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

S: long day
wu: 300 swim, 300 kick
main: 1 x 1750, RPE 4 (alternate 1 x 1000)
cd: 4 x 50, each slower than last

R: 30 minutes with strides. RPE 3.

Thursday


S:	75	B:	0	R:	45	W:	0	O:	0	Total:	120
----	----	----	---	----	----	----	---	----	---	--------	-----

Week Goals

Here in Base 2 we will have "theme" weeks where a single sport will be focused. Now in Week 12 we're focusing on the swim with reduced time spend on the roads.

If swimming is a weakness for you, consider hiring a local coach for a video and feedback session.

Tip: If you find yourself travelling, check out the Swimmer's Guide Online at: www.swimmersguide.com to find a pool almost anywhere in the civilized world.


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(hrs)	S:	6.3	B:	3.0	R:	1.8	W:	0.0	O:	0.0	Total:	11.1
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Week: 12 Period: Base 2

B: 90 minutes mostly even paced ride. Do some 60 second accelerations (like the running strides) every 8 minutes, settle back into RPE 3 otherwise.

Monday

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

R: 60 minutes easy run.

B: 120 minutes:
wu: 15 minutes RPE 3
main: 6x (12t, 3r) 12t at RPE 5-7, 3r at RPE 2
cd: 15 minutes easy spin RPE 2

Friday

S:	0	B:	120	R:	60	W:	0	O:	0	Total:	180
----	---	----	-----	----	----	----	---	----	---	--------	-----

R: 90 minute tempo workout
wu: 10 minutes RPE 2-3
main: 7 x (7t, 3r) (7minutes tempo at RPE 7, 3min recovery at RPE 2)
cd: 10 minutes RPE 3

Tuesday

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

S: speed day
wu: 100swim, 100 pull, 100 kick, 100 swim
main: 8 x 100 EBEH (each 100 = 25Easy, 25Build, 25Easy, 25 Hard)
cd: 3 x 50, each slower than last

Saturday

S:	30	B:	0	R:	0	W:	0	O:	0	Total:	30
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S: race-specific
2 x 1500 steady at RPE 4

R: 30 minutes at RPE 3.

Wednesday

S:	60	B:	0	R:	30	W:	0	O:	0	Total:	90
----	----	----	---	----	----	----	---	----	---	--------	----

R: 2.5hour long run include some hills, RPE 3. Try to use nutrition which will be available on race day.

Sunday

S:	0	B:	0	R:	150	W:	0	O:	0	Total:	150
----	---	----	---	----	-----	----	---	----	---	--------	-----

R: 75 minutes solid endurance of RPE 3-4. Stretch, stretch, stretch!

S: wu: 3 x 150
main: 1900 ladder (300, 275, 250...etc)
cool down: 4 x 50


Thursday

S:	45	B:	0	R:	75	W:	0	O:	0	Total:	120
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Week Goals

This week's focus is the run. Be careful to stretch well after all sessions and warm up and down completely--we don't want any injuries to creep up.

Also the 2 intense workouts this week: the run session on Tuesday and the bike session on Friday.


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(hrs) S: 2.3 B: 3.5 R: 6.8 W: 0.0 O: 0.0 Total: 12.5

Week: 11 Period: Base 2

*S: race-specific
wu: 2 x 75, last 25 in each is backstroke.
main: 3 x 600, first at RPE 4, 2 at RPE 8, 3 at RPE 4
cd: 150 easy*

B: 90minutes. Find hills, keep RPE 3-4 in flats, higher when climbing, include out of saddle and focus on constant pedaling even on downhills.

Monday

S:	45	B:	90	R:	0	W:	0	O:	0	Total:	135
----	----	----	----	----	---	----	---	----	---	--------	-----

*S:
500, 5 x 100, 400, 4 x 100, 200, 2 x 100, 100
long reps are at RPE 3, 100s are at RPE 7*

R: 1 hour, steady RPE 3-4 effort. Good stretching afterwards.

Friday

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

B: 90 minutes at RPE 4 on trainer or road. Try to maintain aero posture during middle 40 minutes. Take your tools along and stop for adjustments as necessary to keep comfortable position without sacrificing power. You'll find that this position will vary as your flexibility and strength changes. Keep notes in your log of adjustments for reference.

We'll do this again at the end of the week to test positioning.

Tuesday

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

B: long bike, if using aero bars, try to get settled in and maintain aero position throughout ride. If you can't maintain same power/speed as non-aero position, make mental notes of further adjustments to make post-ride.

R: 30 minute post ride recovery run at RPE 2

Saturday

S:	0	B:	120	R:	30	W:	0	O:	0	Total:	150
----	---	----	-----	----	----	----	---	----	---	--------	-----

*B: 120 minutes with long tempo work
wu: 15 minutes RPE 3 working to 4 by end
main: 90 minutes at RPE 5-7 steady mix of aero and non
cd: 15 minutes at RPE 2-3.*

Wednesday

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

B: 4h long bike, easy pace. In and out of aero position. Try out fuel/hydration that you plan to use during races. If weather permitting, use race clothes as well.

Sunday

S:	0	B:	240	R:	0	W:	0	O:	0	Total:	240
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OFF!


Thursday

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

This week's focus is the bike with both intense sessions spent in the saddle. Run and swim sessions are at a minimum.

Race Prep:
How you will carry fuel during the race? How much? Can you depend on race-provided calories and drink? How will you refill on the race course? Put these answers you find during these long rides into your training journal--not in today's entry but in the calendar days during race week where you'll find it.


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(hrs) S: 1.5 B: 11.0 R: 1.5 W: 0.0 O: 0.0 Total: 14.0

Week: 10 Period: Base 2

Monday

S: 10 x 200 (50 Easy, 50 Build, 50 Easy, 50Hard)
250 easy

S: 45 B: 0 R: 0 W: 0 O: 0 Total: 45

Friday

S: wu: 250
main: 1000m time trial, 1000 cruise at RPE3
cd: 4 x 75

B: 90 minute ride with some hills if available. Non climbing effort keep to RPE3.

S: 45 B: 90 R: 0 W: 0 O: 0 Total: 135

Tuesday

B: 90 min spin at RPE 2-3

R: 30 min at RPE 3 with strides.

S: 0 B: 90 R: 30 W: 0 O: 0 Total: 120

Saturday

OFF!

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

Wednesday

S: recovery
4 x 300 (300 easy, 300 kick, 300 easy, 300 pull)

R: 45 minutes at RPE3 run in reverse direction as yesterday.

S: 30 B: 0 R: 45 W: 0 O: 0 Total: 75

Sunday

R: 15k race, all out. Try to negative split each 5k, that is run the last 5k faster than the middle 5k.

If you're using a heart monitor, note the average (not max) heart rate for the race. This should correspond to somewhere around RPE 7-8.

Stretch well after racing, take in fluids afterwards.

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

Thursday

B: 60 min spinning with 3x 60 second accelerations spaced 5 minutes apart.
Complete cool down

S: 0 B: 60 R: 0 W: 0 O: 0 Total: 60

Week Goals

Recovery week! This would be a good week to do an Olympic or 1/2IM race or run race if possible.


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(hrs) S: 2.0 B: 4.0 R: 2.5 W: 0.0 O: 0.0 Total: 8.5

Week: 9 Period: Base 2

Your legs are probably a bit stiff from yesterday's hard run effort. A bit of flushing today...

B: 45 minutes spinning at RPE 3.

S: long day
wu: 500 continuous, then 5 x 50
main: 1 x 1500, RPE 3
cd: 3 x 75, each slower than last

Monday

S:	45	B:	45	R:	0	W:	0	O:	0	Total:	90
----	----	----	----	----	---	----	---	----	---	--------	----

S: long day
wu: 200swim, 200kick, 200pull, 200swim
main: 2 x 1200, RPE 3, even pace on both
cd: 4 x 50, each slower than last

Friday

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

Brick:
B: 120 minutes at RPE 4 followed by...
R: 60 minute recovery run at RPE 2-3

Stretch well afterwards....

Tuesday

S:	0	B:	120	R:	60	W:	0	O:	0	Total:	180
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OFF!

Saturday

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

OFF!

Wednesday

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

B: 4:20 hours at RPE 3.
R: 30 minute recovery run at RPE 2.

Sunday

S:	0	B:	260	R:	30	W:	0	O:	0	Total:	290
----	---	----	-----	----	----	----	---	----	---	--------	-----

R: 130 minute long run. 100 minutes at RPE 3, 30 minutes finish at RPE 5-7.

If you haven't experimented with gels and drinks, start here. Take a bottle to sip from every 20mins. Or so. Consume 1 gel at the 50 minute point. Try using sports drink for hydration and note any stomach problems after the gel. If so, switch to water in future runs.

S:
6 x 400 even split for each at RPE 2-3

Thursday

S:	45	B:	0	R:	130	W:	0	O:	0	Total:	175
----	----	----	---	----	-----	----	---	----	---	--------	-----

Week Goals

This week we're back to increasing hours with a key bike session on Sunday as race prep.

Race Prep:
Can you get your wetsuit off easily?
Where are you keeping your bike shoes in transition?
Are you carrying gel or food into the run or eat while in transition?
How soon will be food/hydration be provided on the run course?


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(hrs) S: 2.8 B: 7.1 R: 3.7 W: 0.0 O: 0.0 Total: 13.5

Week: 8 Period: Base 3

Monday

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

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

Friday

S: race-specific
 wu: 6 x 75, last 25 in each is backstroke.
 main: 3 x 700, 1 is RPE 3, 2 is RPE4, 3 is RPE 5
 cd: 150 easy

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

S:	60	B:	0	R:	150	W:	0	O:	0	Total:	210
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Tuesday

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

S: continuous 30 minutes at RPE 4, open water if possible.
 B: 60 outside or on trainer. RPE 3. Again, practice food and hydration timing that you plan to use during race.

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

S:	30	B:	60	R:	45	W:	0	O:	0	Total:	135
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Saturday

OFF!

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

Wednesday

R: 75 minutes with strides at RPE 3-4

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

Brick:

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

S:	0	B:	300	R:	20	W:	0	O:	0	Total:	320
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Thursday


B: 90 minutes spinning at RPE 3 .

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

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

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



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(hrs)	S:	3.0	B:	7.5	R:	4.8	W:	0.0	O:	0.0	Total:	15.3
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Week: 7 **Period:** Base 3

*S: long day-mental toughness day!
8 x 500, odds are RPE3, evens RPE 5*

Monday

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

*S: open water continuous swim, practice sighting and swimming straight.
R: 1 hour at RPE 3.*

Friday

S:	75	B:	0	R:	60	W:	0	O:	0	Total:	135
----	----	----	---	----	----	----	---	----	---	--------	-----

Another mixed session. This time we're doing the bike and run together. Work in the swim either early or late but not within several hours of the brick session.

S: 12 x 100 (alternate each 100 with normal breathing and bilateral)

*B: 60 minutes with first 30 minutes at RPE4, last 30 minutes at RPE 7.
R: 30 minutes after bike. First 10 minutes at RPE 3, last 20 minutes at RPE 5.*

Strong stretch!

Tuesday

S:	30	B:	60	R:	30	W:	0	O:	0	Total:	120
----	----	----	----	----	----	----	---	----	---	--------	-----

OFF!

Saturday

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

*R: 45 minutes at RPE 3 with strides every 5 minutes.
B: 90 minutes with hills*

Wednesday

S:	0	B:	90	R:	45	W:	0	O:	0	Total:	135
----	---	----	----	----	----	----	---	----	---	--------	-----

*B: 5.5 hours. Keep RPE 3-4 and include as many hills as you can find.
R: 20 minute recovery run afterwards at RPE 2*

Sunday

S:	0	B:	330	R:	20	W:	0	O:	0	Total:	350
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R: Almost 3hour long run. Maintain RPE of 3 throughout. Use nutrition/hydration you worked on in past weeks. Long stretch afterwards and hearty recovery meal of both carbs and protein.

Thursday

S:	0	B:	0	R:	175	W:	0	O:	0	Total:	175
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Week Goals

More mega hours!


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Week:	6	Period:	Base 3	(hrs)	S:	3.8	B:	8.0	R:	5.5	W:	0.0	O:	0.0	Total:	17.3
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S: long day
wu: 200swim, 200kick, 200pull, 200swim
main: 1900 ladder. Do a set of 300, then 275, 250, etc...until 25
10 x 100 (descend 1-5, 6-10)
cd: 4 x 50, each slower than last

Monday

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

S: race-specific
wu: 6 x 75, last 25 in each is backstroke.
main: 3 x 700, 1 is RPE 3, 2 is RPE4, 3 is RPE 5
cd: 150 easy

R: 180 minutes long run at RPE 3-4

Friday

S:	60	B:	0	R:	180	W:	0	O:	0	Total:	240
----	----	----	---	----	-----	----	---	----	---	--------	-----

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

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

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

Tuesday

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

OFF!

Saturday

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

Wednesday

S:	0	B:	0	R:	80	W:	0	O:	0	Total:	80
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This will be your last check of long bike nutrition. Use anything new learned today to put towards your race day plans.
B: 6 hours at RPE 3-5
R: 25minutes at RPE 3

Sunday

S:	0	B:	360	R:	25	W:	0	O:	0	Total:	385
----	---	----	-----	----	----	----	---	----	---	--------	-----


B: 120 minutes spinning at RPE 3.

Thursday

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

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



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(hrs)

S:	3.0	B:	9.5	R:	5.5	W:	0.0	O:	0.0	Total:	18.0
----	-----	----	-----	----	-----	----	-----	----	-----	--------	------

Week: 5 Period: Base 3

Monday

OFF!

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

Friday

S: recovery
4 x 300 (300 easy, 300 kick, 300 easy, 300 kick)

B: 90min at RPE 3-4

S: 30 B: 90 R: 0 W: 0 O: 0 Total: 120

Tuesday

B: 75 minutes tempo
Wu: 10 spinning at RPE 3
main: 7x (5t,3r) 3t at RPE5, 3r at RPE2
cd: continue cool down until 75 minutes are up. RPE 2

R: 45 minute easy run at RPE 3

S: 0 B: 75 R: 45 W: 0 O: 0 Total: 120

Saturday

S: 60min continuous, using wetsuit if you will be doing in race. Also do swim in morning if possible. Note nutrition habits/needs as well as details like morning toilet routines anticipated.

S: 60 B: 0 R: 0 W: 0 O: 0 Total: 60

Wednesday

S: recovery swim
5 x 200 (50 Easy, 50 Build, 50 Easy, 50Hard)
150 easy

R: 60 min at RPE 3. When finished with run, do 6 x 20 second strides.

S: 30 B: 0 R: 60 W: 0 O: 0 Total: 90

Sunday

R: 90 minutes. Remember when 90 minutes was the hard long run?!
Optional race.

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

Thursday

B: 2 hours, RPE 4-5 with some hills.

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

Week Goals

Recovery week!

Reduce food intake from last week.

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(hrs) S: 2.0 B: 4.8 R: 3.3 W: 0.0 O: 0.0 Total: 10.0

Week: 4 **Period:** Base 3

R: 60minutes, 45minutes at RPE 3, 15minutes at RPE 7

Monday

S: 0 B: 0 R: 60 W: 0 O: 0 Total: 60

OFF!

Friday

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

*S: race-specific
wu: 2 x 250, free, back
main: 3 x 750,
1 is RPE 3, 2 is RPE 9 for first 100 then RPE 5, 3 is RPE 5
cd: 2 x 125 easy*

B: 120 minutes with hills. Solid effort ranging from RPE 3 to RPE 7

Tuesday

S: 60 B: 120 R: 0 W: 0 O: 0 Total: 180

B: 3 hour bike. Keep RPE 3-4. Ride on race terrain if possible, use race clothes if possible. Use race equipment.

R: 20 minute recovery run at RPE 2

Saturday

S: 0 B: 240 R: 20 W: 0 O: 0 Total: 260

*S: speed day
wu: 3 x 200 - swim, kick, pull
main: 16 x 50 odds RPE 4, evens RPE 8-9
cd: 150 easy*

B: 90 minutes in full aero position. RPE 3

Wednesday

S: 30 B: 90 R: 0 W: 0 O: 0 Total: 120

OFF!

Sunday

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

Brick: short bike and long run. Use race uniform if possible. The high intensity bike spinning will twist up your stomach a bit and provide further testing for nutrition and hydration in the run.

*B: 60 minutes at RPE 4-5
R: 2 hours at RPE 3 using race nutrition/hydration plan*

Thursday

S: 0 B: 60 R: 120 W: 0 O: 0 Total: 180

Week Goals

Welcome to tapering! We'll slowly reduce hours over the next 3 weeks, while keeping the sword sharp for race day.

This is a good week to begin making your specific race day plans. The whole day goes on 1 piece of paper. Schedule, pacing, equipment, race food, pre-race food, and other logistics are all part of your execution plan.


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(hrs) S: 1.5 B: 8.5 R: 2.3 W: 0.0 O: 0.0 Total: 13.3

Week: 3 Period: Taper

OFF!

Monday

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

OFF!

Friday

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

S: form
 wu: 250 continuous.
 main: 200, 2x100, 200, 2 x 100, 200,
 long intervals at RPE4, short at RPE 7-8
 cd: 150 easy

B: 60 minutes
 wu: 10 minute RPE3
 main: 40 minutes RPE 7
 cd: 10 minutes RPE 3

Tuesday

S: 30 B: 60 R: 0 W: 0 O: 0 Total: 90

Swim-Bike Brick

S: open water if possible.
 Continuous swim. 1st 200m at RPE 9-10, then settle into race pace

B: 180 minutes at RPE 3-4

Saturday

S: 45 B: 180 R: 0 W: 0 O: 0 Total: 225

B: 90 minutes, ladder
 10:00 RPE 3
 15:00 RPE 5
 40:00 RPE 7
 15:00 RPE 5
 10:00 RPE 3

Wednesday

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

R: 90 minutes at RPE 3

Sunday

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

R: 40 minutes at RPE 3 with strides


Thursday

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

Week Goals

Two weeks to go! Enjoy the further reduction in hours and resist the urge to go longer or harder. Also resist the urge for pizza, beers and 5AM clubbing with all your newly found extra free time.

Take your bike to the shop and get a tune up. Check your tires or better yet, get new tires/tubes. Test out thoroughly this week and early next.


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(hrs) S: 1.3 B: 5.5 R: 2.2 W: 0.0 O: 0.0 Total: 8.9

Week: 2 Period: Taper

A quick run through of all 3 sports today.

S: 4 x 5 minutes, start each fast, level out pace on each

B: 3 x 10 minutes, start each slow, build up to race pace on each.

R: 3 x 10 minutes, start each slow, build up to race pace on each.

Monday

S:	20	B:	30	R:	30	W:	0	O:	0	Total:	80
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OFF!

Friday

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

S: warm up 5 minutes, 6 x 50 fast!, cool down 5 minutes

B: warm up 5 minutes, 5 x 2 minute fast!, cool down 5 minutes

R: warm up 5 minutes, 5 x 1 minute fast!, cool down 5 minutes

Tuesday

S:	15	B:	20	R:	15	W:	0	O:	0	Total:	50
----	----	----	----	----	----	----	---	----	---	--------	----

R: 10 minutes easy continuous

B: 20 minutes easy continuous. clean and lube bike.

S: 10 minutes easy continuous

Saturday

S:	10	B:	20	R:	10	W:	0	O:	0	Total:	40
----	----	----	----	----	----	----	---	----	---	--------	----

S: 30 minutes continuous easy swimming on the race course if possible, RPE 2-3

Wednesday

S:	30	B:	0	R:	0	W:	0	O:	0	Total:	30
----	----	----	---	----	---	----	---	----	---	--------	----

RACE DAY!!

Swim: Steady and draft where possible. No pushing hard.

Bike: Execute your nutrition plan. No pushing hard. Don't push hard. And no pushing hard.

Run: Execute your nutrition plan. No pushing hard unless you're still running and fresh in the last 5k.

Sunday

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

B: warm up 10 minutes, 30minues cruise at race pace, cool down.

R: warm up 5 minutes, 15 minutes cruise at slightly faster than race pace, cool down

Thursday


S:	0	B:	60	R:	30	W:	0	O:	0	Total:	90
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Week Goals

Welcome to race week! Congrats on getting this far after many weeks of long hours.

You've practiced nutrition, done the long sessions, have this taper plan for the week, and know the race course. Follow your own plan and not what you see others doing. Much more harm than good can be done this week by training too long, not sleeping enough, experimenting with food and race equipment, and chasing the pack during the first 40miles on the bike.

Feel free to mail me with how you did and how the plan worked for you. Good luck and race strong!!
Scott



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(hrs)	S:	1.3	B:	2.2	R:	0.9	W:	0.0	O:	0.0	Total:	4.8
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Week: 1 Period: Taper/Race!