






# Jan 18<sup>th</sup> – Feb 7<sup>th</sup> - Advanced Training Plan



## Sample weekly workout schedule

Jan 18 <sup>th</sup> – Feb 5 <sup>th</sup>			
<u>Mon</u>			W/U – 4 x 50 Single Arm Drill MS – 4 x 50, 150, 200, 150, 50 @ ME 15 RI C/D – 4 x 25 SE
<u>Tue</u>			1.5 hr @ LE-ME include 3 x 8 min @ ME w/1 min spin

**Acronyms:** MS – Main set, RPM – Rotations per minute, FTP – Functional Training Pace, HR – Heart Rate, RI – Rest Interval, W/U – Warm-up, C/D – Cool-down

### Workout Intensity Guide:

SE – Slow endurance or easy effort    LE – Long endurance or moderate effort  
ME – Moderately Hard (95-100% race pace)    AT – Threshold (115-130% of race pace)  
AT++ - Sprint (all you have 150%-200% race pace)

### Training Schedule Do's and Don'ts

Warm up and warm down time is implied in all you bike and run workouts. Keep the duration, sequence and number of workouts as close to the schedule above as possible. If you need to move workouts around do not bunch all the swims, runs or bike together on back to back days and do not put your long and hard workouts on back to back days. It is OK to put hard swims or bikes and runs on back to back days but do not put hard bikes and hard runs on the same day unless it is a specified hard BRick (Bike+ Run) workout.

**Base Phase:** This time is reserved for focusing on the extremities of training. You will be going slow and very long on some days. You will be going short and very fast/hard on other days. The plan will move you closer and closer to the happy in-between area that is your peak, which will be discussed below.










**Build Phase:** The build phase works differently for each sport because each breaks down your muscles differently. Swimming, we will build for all 9 weeks, then taper. Biking, we will build for 4 weeks, take 1 rest week, 3 more build, 1 rest, then taper. Running, 2 weeks build, rest 1, 3 build, 1 rest, 1 build, 1 rest, and taper.

**Taper Phase:** Some think a taper week should look like a recovery week. This would be a mistake. Using the weeks before a race to recover will only make your body used to being lazy. What you need is something more like the opposite of a build week. Each workout will be just like the workouts in the build weeks, but the volume will diminish (not the intensity). For instance, if you are used to doing 5 mile repeats @ 6 minutes a mile, in the taper, you will instead do 3 mile repeats @ 6 minutes a mile.



# Jan 18<sup>th</sup> – Feb 7<sup>th</sup> - Advanced Training Plan





<u>Jan 18<sup>th</sup> – Jan 24<sup>th</sup></u>			
<u>Mon</u> <i>Holiday</i>			No Swim
			Optional Workout: 50 min Fartlek @ LE - AT – 3 x 5 min ME-AT (last 2 min on last interval @ AT) RI 2 min at LE (Fartlek is basically a long run with paces that vary from super-slow to super-fast, so do this on a route you know well)
<u>Tue</u>			55 min @ SE-AT++. Warm-Up – 4 min SE, 7 min LE-AT build, 5 min SE Main Set – 12 * 15 second AT++ (2 min rest/SE) – After interval 6, take 8 minutes @ LE Cool-down – 10 min descend effort ME-SE
			20 min LE – Ideally on treadmill since you need a fast transition off the bike
<u>Wed</u>			400 warm up mix between free and back 8x50 kick-drill by 25 2 of each stroke :15 rest 8x75 left-right-swim by 25, work on rotating :10 rest 3x(3x200) descend 1-3 in each set. 1) 2:45 2) 2:50 3) 3:00 As the time increases your time should decrease 400 build kick on back or with board 6x100 odd- bk/fr 1:35 even- IM 1:30 200 c/d
		Weakness	This workout is done on your own time. If your weakest sport is swimming, you are done for the day. If your weakness is biking, do 30-45 min @ LE. Running, 20-30 min @ LE. Do NOT throw in any speed intervals. If you are prone to injury, do 20-30 min of stretching and weight lifting.
<u>Thur</u>			65 min @ SE-AT. Warm-up – 10 min build SE-LE Main Set – 6 x 6 min @ ME (finish the last interval with AT pace) / 2 min RI @ SE Cool-Down – 7 min descend effort ME-SE
<u>Fri</u>			2x300 50 drill 50 kick 50 swim 1. free 2. back 12x50 1:00 cycle perfect stroke, build, sprint each 50 Repeat the following three times: (4x25 :30 odd- free even- back) (3x100 1:20) 4x100 :15 rest streamline past flags 200 c/d
			60 min @ LE-AT – 2 part workout (1. Anaerobic 2. Aerobic) 15 min LE, 4 x 300m Hill repeat ME (jog back), 30 min descend ME-LE flat route



# Jan 18<sup>th</sup> – Feb 7<sup>th</sup> - Advanced Training Plan



<u>Sat</u>			600 choice. 2 rounds of... (3x100 pull + paddles on 1:30 steady. 4x50 var sprint on 45. 100 back on 1:45 easy) MS: 3 rounds of... (4x100 get out speed on 1:30, 40, 50, 20. 500 middle of race pace. 200 very easy choice.)
<u>Sun</u>			45-60 min LE (Get at least 6 miles in)