






Feb 29th – Mar 20th - Advanced Training Plan



Sample weekly workout schedule

Jan 18 th – Feb 5 th			
<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.



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Feb 29th – Mar 6th

<u>Mon</u>			<p>Speed Endurance 4600</p> <p>500 as 200 free long and strong/150as 25drill and 25free/100as 25 kick and 25free/50pickup fastER.</p> <p>2 rounds of...</p> <p>(4x50 minipower rack on 50.</p> <p>5x100 desc 1-3 to threshold pace, hold 4&5 at 3's pace on 1:30.)</p> <p>100 easy.</p> <p>MS:</p> <p>2x100 as 50FAST/50ez back on 1:45.</p> <p>5x100 on 2' FAST.</p> <p>2x100 as 50FAST/50ez back 1:45.</p> <p>4x100 fast, open turn at 100 then 25 ez on 2'.</p> <p>2x100 as 50FAST/50ez back on 1:45.</p> <p>3x100 on 2' FAST.</p> <p>After MS,</p> <p>300, 200, 100 with paddles on 1:25 base aerobic, sighting every 6th stroke.</p> <p>100 w/d.</p> <p>** Minipower rack=#1 12.5Fast/37.5Ez, #2 25F/25E, #3 37.5F/12.5E, #4 50F.</p>
			<p>If you did swim: 5-6 miles LE</p> <p>If you did not swim: 8-9 miles LE</p>
<u>Tue</u>			30 min @ LE (Just spin)
			25 min @ LE
<u>Wed</u>			<p>Threshold 4700</p> <p>400 every 4th 50 paddlehead.</p> <p>200 as 25drill/25swim.</p> <p>10x100 ODDS think dynamics of entry/finish OR IM, EVENS 25polo/fr/FAST/free on 3 red line rest.</p> <p>MS: All 1:20 base unless otherwise stated.</p> <p>500 with middle 100 back on 7'.</p> <p>2x250 on 3:20.</p> <p>400 on 5:20..</p> <p>2x200 on 2:40.</p> <p>** Put paddles on and take extra 20-30"***</p>



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			<p>300 sighting every 6th stroke on 4:10. 2x150 on 2' 200 on 2:40. 2x100 on 1:15. 100 on 1:30. 2x50 on 40. 100 w/d.</p>
		Weakness	If you are a weak runner, get in about 45-60 minutes of running. Otherwise you are done for the day.
<u>Thur</u>			60 min @ LE (Social Ride/Spin)
<u>Fri</u>			<p>Race Simulation 4500</p> <p>900 as 150fr/100dr/50k. 10x50 power rack on 50. MS: 3 rounds of... (Broken all out 250 as ... 100, 75, 50, 25, 10"rest between each. 3x200 on 2:40. 150 really easy choice.) 100 w/d.</p>
			3 * 1200 @ AT + 1 min SE recovery
<u>Sat</u>			<p>Race Simulation 5000</p> <p>900 as 100free/50drill/100free/50kick. 6x100 band + paddles on 1:30 desc 1-3. 6x50 odds 25F/25E, Evens build on 50.</p> <p>MS: 2 rounds of... (400 fast get out speed, broken 15"@ the 200, 15"@the 300, on 4 red line rest. 3x200 middle of race pace on 2:50 holding sub 2:30? 200 very easy perfect stroke. 15-30"rest.)</p> <p>After MS, 6x100 free steady on 1:30 holding 1:20. 100 w/d.</p>
<u>Sun</u>			10-12 miles @ LE