






# Apr 11<sup>th</sup> – Mar 22<sup>nd</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.



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## Apr 11<sup>th</sup> – Apr 17<sup>th</sup>

<u>Mon</u>			<p>Speed Endurance 4100 500 as 200 free long and strong/150as 25drill and 25free/100as 25 kick and 25free/50pickup fastER.</p> <p>2 rounds of... (4x50 minipower rack on 50. 5x100 desc 1-3 to threshold pace, hold 4&amp;5 at 3's pace on 1:30.) 100 easy.</p> <p>MS: 2x100 as 50FAST/50ez back on 1:45. 5x100 on 2' FAST. 2x100 as 50FAST/50ez back 1:45. 4x100 fast, open turn at 100 then 25 ez on 2'.</p> <p>After MS, 300, 200, 100 with paddles on 1:25 base aerobic, sighting every 6th stroke. 100 w/d. ** 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 If you did not swim: 8-9 miles LE</p>
<u>Tue</u>			<p>30 min @ LE-ME (Long build to race pace) 5 min @ SE 10 min @ ME (Race pace) 1 min @ SE 10 min @ ME (Race pace) 5 min @ SE</p>
			<p>15 min @ LE</p>
<u>Wed</u>			<p>Threshold 3700</p> <p>400 every 4th 50 paddlehead. 200 as 25drill/25swim. 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. 400 on 5:20.. 2x200 on 2:40. ** Put paddles on and take extra 20-30"*** 300 sighting every 6th stroke on 4:10.</p>



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			2x150 on 2' 200 on 2:40. 2x100 on 1:15. 100 on 1:30. 2x50 on 40. 100 w/d.
		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>			Do your best to get outside! 15 min @ SE 7 * 90 sec @ AT + 3 min @ SE Rest 10 min @ SE
<u>Fri</u>			Race Simulation 2750 900 as 150fr/100dr/50k. 10x50 power rack on 50. MS: All out 500 3x200 on 2:40. 150 really easy choice. 100 w/d.
			2 * 1200 @ ME (10k race pace) + 1 min rest 2 * 300 @ AT + 3 min rest Non-national athletes do additional 4 * 300 + 3 min rest
<u>Sat</u>			Threshold 2850 400 every 4th 50 pull no buoy. 300 building 100's (so build 100, then start ez again and build 100...) 4x25 as 3F, 1E on 30. MS: 13x150 as 5 free cluster swim, 3 free, 1 as 25polo/50free, 2 free, 1 sighting, 1 fastest one. 100 w/d. ** Cluster swim = everyone starts at the same time to simulate race start
<u>Sun</u>		 and 	Transition practice (practice mounting and dismounting) Non-national athletes: do 7-8 miles running or 90 minutes biking (additional practice)