

The “Structured” Plan

WEEK ONE: THE BEGINNING!

It’s week one of your sprint triathlon plan and you should be pumped! As you’re getting into the groove of training make sure to take care of the details: gear, nutrition and recovery. If you haven’t already, make sure you have good running shoes, goggles and bike gear. The last thing you want is pain from running on old shoes or having to constantly play with your goggles in the pool because of leaks.

If you haven’t done so yet, figure out your HR zones and your running/swimming and biking thresholds. The calculator found at <https://runsmartproject.com/calculator/> can be useful if you have done a 5K+ running race recently. Typically bike thresholds are measured in watts, and tested in a 20 minute all-out effort. Swimming threshold can be tested in many way, the first of which you’ll get to this week.

<https://www.trainingpeaks.com/blog/threshold-tests-for-swim-bike-and-run/> offers multiple testing alternatives. Trainingpeaks.com also offers a free version of the app to track your workouts, fitness, and stress scores on a daily, weekly, monthly, and yearly basis.

PREP TIP: This week learn how to change your bike tire if you get a flat. Being self-sufficient during training and on race day will be a must throughout this program. If you’re unsure how to change a flat, visit a local bike shop.

DRILL TIP: A lot of time can be lost slowing for turns and corners. Practice this skill by taking your bike to a parking lot or riding around a roundabout where you can work on cornering over and over. Your bike will follow your head so look in the direction you want to go. Put more weight in your inside hand and outside foot (right hand/left foot if turning to the right, left hand/right foot if turning to the left)

NUTRITION TIP: Although your calories needs will increase during this 10-week plan, to avoid weight gain, make sure you understand how many more calories you’ll need to eat, and make sure you are consuming nutrient dense foods (lots of fruits and vegetables, whole grains, and lean protein). The best time to eat carbohydrates (whole grains, bread, pasta, energy bars, etc.) is right before, during, or right after your workout. This is when your body will use them most effectively as energy.

18-24NOV 2019

Week 1	Workout	Purpose
Monday	<u>Swim: 1200m</u> as 200 ez wu + 10x100 @ 75% + 20s rest (very steady and even pacing from the first to the tenth lap) <u>Core: 20 mins</u>	Easy=e Warm-up=wu Cool down=cd Heart Rate=HR
Tuesday	<u>Run: 30 mins</u> @ the slow end of “easy” <u>Strength: 30 mins</u>	Calculate your training zones using the above website and a proven distance/time (like from a 5K or 10K certified distance race). Guessing a pace you COULD do is not advised.

Wednesday	<u>Bike: 1 hr</u> as 15 mins ez wu + 3x(5 mins @80% + 5 mins @ 50%) + 15 mins ez cd	Mostly easy with some included speed intervals. If you have a bike power meter or power enabled trainer, you can complete a functional threshold power test today. Take your average watts for a 20 min max effort and multiply that number by 95% (200w x .95 = 190w FTP) to gain your FTP.
Thursday	<u>Swim- 1800m</u> 300 wu easy swim *Timed Test begins here* Running time- do not stop your watch from start to end of the 1500m test. 2 x 250 + 25s rest 2 x 200 + 20s rest 2 x 150 +15s rest 2 x 100 + 10s rest 2x 50 + 5s rest Take total running time (in seconds) and subtract 150s then divide by 15. This will give you your threshold speed per 100 yards/meters in second.	Swim test: All intervals should be done at a pace that allows you to not blow up, but leaves nothing in the tank by the final 50. Example: 1500yard test completed in 25:00 minutes. 25x60s = 1500s – 150s= 1350s 1350s/15 = 90s 90s = 1:30 pace per 100 yards 1:30s/10 yards is my threshold pace
Friday	<u>Long run: 45 mins</u> as 15 mins @ “easy” + 5x(2mins @ “marathon” + 1 min @ “threshold” + 2 mins at “easy”) + 5 mins easy cd <u>Yoga/stretching: 15 mins</u>	Builds Endurance but still focusing on easy pace.
Saturday	Brick: <u>Run 30 mins</u> all “easy” + <u>Bike: 1hr</u> as 5 mins wu + 50 mins steady at 70% + 5 mins cd	Building bike endurance and practicing the run to bike transition
Sunday	Rest day	Great for meal prep, workout prep, family time, and sleeping in!

WEEK TWO: Slight RECOVERY

This week we'll taper the distance a bit to help your muscles recover from the first week of training. Keep the intensity low and have fun! This is a great week to grab a friend to train with to keep workouts relaxed and enjoyable.

PREP TIP: Do you have your race day tri kit picked out? If not, go shopping! There are lots of triathlon specific kits that will make you look great and feel even better. You want some time to test out the fit and use it for a workout or two so you know it will work during the race.

DRILL TIP: Add 5min of running drills to the beginning of your runs (after a few minutes of easy jogging). Including things like stepping over imaginary hurdles, butt kicks, high knees, and skipping, which will help you get ready for strong running and will warm up the muscles a bit more to help prevent injury.

NUTRITION TIP: Eat at home (or prepare your own meals whenever possible). This way you know what is in your food and where it comes from. This is a time consuming endeavor, so use the weekends or your rest days to prepare as much in advance as possible. Cut up vegetables for all the dinners ahead of time. Make all the salads for the week at once. Spending a couple hours one day could save several hours during the week - when you are tired from work and training and are more likely to cave and order a pizza just to avoid cooking!

25NOV-1DEC 2019

Week 2	Workout	Purpose
Monday	<u>Swim- 1500m</u> as 5x(200 slow build 60-75% + 20s rest + 2 x 50 strong swim + 30s rest) <u>Core: 15 mins</u>	Steady pacing practice
Tuesday	<u>Run: 30 mins</u> all “easy” <u>Light Strength: 30 mins</u>	Easy miles that allow for quick recovery
Wednesday	<u>Bike: 1 hr</u> all between 50-65%	Easy miles that allow for quick recovery
Thursday	<u>Swim: 2000m</u> including some pulling (buoy) and kicking sets <u>Strength: 30 mins</u>	Active recovery – helps rest and prep the body for the weekend training!
Friday	<u>Long run: 45 mins</u> on a rolling hill course. Pace easy uphill and marathon downhill- trying to steady your HR <u>Yoga/stretching: 30 mins</u>	Builds Endurance but still focuses on an easy pace. Grab a buddy and keep the pace easy and conversational. HR=Heart rate
Saturday	Brick: <u>Bike 45 mins</u> including 3 hill repeats of 90s-2 mins @ 85-95% + <u>Swim: 500m</u> as 5 x 100 all at a moderate pace + 10s and each subsequent 100 should hit the same finish time as the first 100.	First bike+ swim brick! Short easy spin followed by a very easy swim.
Sunday	Rest day	Great for meal prep, workout prep, family time, and sleeping in!

WEEK THREE: BUILD

How are you feeling? Coming off an easier week you should have a little extra pep in your step in this week’s workouts. If you’re still feeling a bit fatigued, make sure to be fueling properly before and after

your workouts and STRETCH. Static stretching after your workouts will help increase your flexibility and keep your muscles feeling pliable!

PREP TIP: Practice swimming in your race kit/outfit. Make sure you swim in it a few times before race day to get use to the feel in the water. Ensure there is as little drag as possible.

DRILL TIP: Try to incorporate race like conditions in the pool if at all possible. Take a buddy and practice swimming in the same lane. This will simulate having to swim around someone on race day.

NUTRITION TIP: It's extremely important to stay hydrated as you build your training. You will have better sessions and recover faster. Simply drinking water will not always be enough to rehydrate your body during or after long bouts of exercise. Including electrolytes in your liquid will help you replenish what you lose when you sweat. For electrolyte replacement outside of training use a low calorie option (Nuun is a great one) that will replace the minerals without a bunch of sugar and calories.

2-8DEC 2019

Week 3	Workout	Purpose
Monday	<u>Swim: 1800m</u> as 200 wu ez + 4 x 50 build ez to moderate + 10 x 100 on 20s rest increasing the speed of each 100 by 1-2s. finish with 2 x 200 pull with buoy <u>Run: 30 mins</u> including 1 x 400 and 1 x 800 at threshold pace and the rest at easy	Steady pacing practice
Tuesday	<u>Run: 30 mins</u> including 4x 200 at threshold with 1 min easy run btwn <u>Strength: 30 mins</u>	Building into some short speed intervals with adequate recovery time
Wednesday	<u>Bike: 1 hr</u> as 10 mins ez wu + 4x(5 mins @85% + 5 mins @ 50%) + 10 mins ez cd	Building into some speed intervals
Thursday	<u>Swim: 2000m</u> as 200 ez wu + 4x50 build ez to strong + 2x50 kick with board + 100 ez swim + 10x50 as 1 ez/ 1 HARD + 30s rest + 200 easy swim with buoy + 6x50 all hard + 30s rest + 200 easy swim + 200 cd with buoy <u>Strength: 30 mins</u>	Building into some speed intervals with adequate recovery time
Friday	<u>Long run: 50 mins</u> as 20 mins at easy + 4x(3 mins @ marathon + 2 mins @ easy) + 10 mins easy cd <u>Yoga/core: 30 mins</u>	Builds Endurance but still focuses on an easy pace.
Saturday	<u>Brick: Run: 30 mins</u> all at easy + <u>Bike: 1hr</u> including 5 mins ez + 15 mins steady at 65% + 5 mins @ 50% + 3x(3 mins @ 85% + 2 mins @ 50%) + 15 mins @ 70% + 5 mins @ 50%	Building bike endurance and practicing the run to bike transition
Sunday	Rest day	Great for meal prep, workout prep, family time, and sleeping in!

WEEK FOUR: BUILD

Can you believe it's already week four? It's time to keep building the miles for better endurance and time for more interval training to get those fast-twitch muscles going.

As your distances increase, make sure to keep listening to your body. If you have any aches that stretching isn't taking care of, you can try foam rolling to dig deep into those tendons and smooth out any knots.

PREP TIP: This is a good week to start practicing your race day breakfast routine. Simple foods like applesauce, a banana, whey protein and a sport drink will sit well with the majority of athletes on race morning. Considerations are low fiber and easily digestible foods that won't make you run to the porta potty during the race!

DRILL TIP: Many cyclists have a really slow cadence when they first begin riding. It will keep your muscles fresher if you can ride with a cadence of AT LEAST 80rpms (revolutions per minute – basically how many times one foot makes a full pedal stroke in a minute). If you have a cadence sensor on your bike you can get this feedback easily. If you don't have the gear, just count the times that one foot goes all the way around the pedal stroke for 15 seconds. Then multiply that number by 4. See if you can maintain a cadence of 80-85 as you ride.

9-15DEC 2019

Week 4	Workout	Purpose
Monday	<u>Swim: 1500m</u> as 200 ez wu swim + 2 x 100 build ez to moderate + 10s rest + 250 ez + 200 moderate + 150 steady + 100 strong + 50 all out + 50 very very ez + 300 easy swim with buoy <u>Run: 30 mins</u> all easy	Steady pacing practice. Ensure you feel and create pace difference for each distance. As the distance gets shorter, your pace should get faster!
Tuesday	<u>Run: 45 mins</u> uphill repeats as 10 mins wu easy + 5x (3 mins uphill strong at threshold pace and 3-4% + 2 mins ez downhill recovery) + 10 mins ez cd <u>Strength: 30 mins</u>	Building into some threshold intervals
Wednesday	<u>Bike: 1 hr</u> as 10 mins ez wu + 4x(2 mins @ 85% + 1 min @ 95% + 2 mins @ 85% + 1 min @ 95% + 4 mins @ 50-55%) + 10 mins ez cd	Building into some speed intervals
Thursday	<u>Swim: 1800m</u> as 200 ez wu + 4 x 100 steady pacing finishing each a bit slower than your threshold pace + 4x(50 strong! + 10s rest + 200 at threshold pace + 1 min rest) + 200 ez cd <u>Strength: 30 mins</u>	Building into some speed intervals with adequate rest
Friday	<u>Long run: 1 hr</u> all at easy! <u>Yoga/stretching: 15 mins</u>	Builds Endurance but still focuses on an easy pace

Saturday	Brick: <u>Bike 1:15hrs</u> as 10 mins wu + 45 mins steady riding @ 70% with a 10s out of the saddle spike to 110% every 5 mins + 20 mins steady at 65% / <u>Swim: 800m</u> as 4 x 200 + 10s rest with the first three sets being at threshold pace and the last set being all out	Learning pacing, focus and breathing skills for the bike to swim transition
Sunday	Rest day	Great for meal prep, workout prep, family time, and sleeping in!

WEEK FIVE: BIG WEEK BUILD

Give it your all this week! Next week is a down week, so feel confident pushing yourself in your workouts. Don't be afraid to feel the burn, the rest is right around the corner.

PREP TIP: You are working hard to prepare your body for race day, but it's just as important to prepare your mind. Start from the beginning. Think about how you are going to feel on race day. Picture a smooth and strong run, fast transition, powerful bike, another fast transition, and a fast swim! Imagine yourself crossing the finish line feeling strong, powerful, excited, and satisfied on a job well done!

DRILL TIP: A great way to end a run is with a few minutes of easy jogging followed by a few minutes of walking. Not only does it feel good to walk after a hard run, it will help the body cool down completely and avoid that post run stiffness that can sometimes set in. This will help the legs begin the recovery process to set you up for a great next workout!

NUTRITION TIP: One of the best things you can do for your body is to eat as many vegetables as possible! Put spinach and broccoli in your scrambled eggs. Add kale to yogurt and fruit for a delicious smoothie. Include a salad at dinner (or make the SALAD your dinner). Vegetables are super nutrient dense and can help keep you healthy as the training load builds.

16-22DEC 2019

Week 5	Workout	Purpose
Monday	<u>Run: 30 mins</u> as 5 mins ez wu + 15 mins @ marathon + 5 mins @ threshold + 5 mins @ easy <u>Swim: 2000m</u> as 4 x 500 with the first 500 being an easy wu, the second 500 being a build from easy to strong, the third 500 being all strong at threshold and the fourth 500 being an easy steady pace pulling with buoy	Steady pacing practice
Tuesday	<u>Run: 1hr</u> as 20 mins steady easy wu + 10x(400 at interval pace + 1 min stand/walk rest) + 2x(200 sprint + 1 min stand/walk rest) + run the remainder at easy trying to actively lower your HR back to a recovery pace.	Speed intervals

	<u>Core: 20 mins</u>	
Wednesday	<u>Bike: 1:15 hr</u> as 15 mins ez wu + 10 mins @ 70% + 5 mins @ 50% + 3x(5 mins @90% + 5 mins @ 50%) + 15 mins ez cd + <u>Run: 15 mins</u> OTB as 10 mins at marathon + 5 mins easy	Adding the run off the bike (OTB) to practice controlled pacing and breathing on dry land
Thursday	<u>Swim: 2000m</u> as 200 ez wu + 4 x 50 build easy to moderate + 4x(100 strong + 5s rest + 100 @ threshold + 30s rest) + 8x(25 all out straight into 25 very easy active swimming + 30s rest) + 200 easy swim + 200 cd pulling with buoy <u>Strength: 30 mins</u>	Practice actively regaining breathing control after hard intervals
Friday	<u>Long run: 1:15</u> mins on rolling terrain as 30 mins at easy + 2x(8 mins @ marathon + 2 mins @ threshold+ 5 mins at easy) + 15 mins at easy cd <u>Yoga/stretching: 15 mins</u>	Builds Endurance but still focuses on an easy pace. Don't go too hard. Save some energy and focus for tomorrow's big practice day!
Saturday	Brick: <u>Run: 30 mins</u> at easy + 1 hr bike steady averaging 70% + <u>Swim: 500m</u> non-stop at threshold	Building bike endurance and practicing the run to bike and bike to swim transitions! Big practice day 😊
Sunday	Rest day	Great for meal prep, workout prep, family time, and sleeping in!

WEEK SIX: REST/ RECOVERY

Phew! You just put in three more fantastic weeks of training and now is the time to let your muscles re-coop as you continue to build endurance. Have fun and keep it relaxed. It's a good week to focus on your form as opposed to speed. Good form in the pool and on the roads will help you go the extra mile and be more efficient come race time.

PREP TIP: This is a great week to stock pile what you'll need for race day. Food for during the race (bars, gummies, gels), extra tires/tubes, CO2 cartridges.

DRILL TIP: Mastering transitions is a big part of a successful race. This is something that should be practiced as well. Lay out your gear like you would on race day. Practice putting on your bike shoes/helmet/sunglasses and getting on your bike to ride away quickly (don't forget to make sure you have the bike in the right gear!). Then practice jumping off your bike, and putting on your cap and goggles with a sweaty forehead! It's also important to have the nutrition you'll need for race day available so you can practice putting this in any pockets.

NUTRITION TIP: If you're hungry at night, eat a high protein snack right before bed (cottage cheese, no sugar added Greek yogurt, eggs, protein shake). This will help you sleep better and will aid in muscle building while you sleep!

23-29DEC 2019

Week 6	Workout	Purpose
Monday	<u>Swim: 1500m</u> as 5x(200 easy with buoy + 100 moderate swim + 15s rest)	Active Recovery, easy pace
Tuesday	<u>Run: 30 easy</u> <u>Stretching: 15 mins</u>	Active Recovery, easy pace
Wednesday	<u>Bike: 1 hr</u> easy all btwn 40-65% <u>Strength: 30 mins</u>	Active Recovery, easy pace
Thursday	<u>Swim: 1200m</u> as 200 easy wu + 10x100 steady moderate pace with 20s rest <u>Yoga/stretching: 30 mins</u>	Active Recovery, easy pace
Friday	<u>Run: 45 mins</u> easy on rolling hills <u>Core: 15 mins</u>	Builds Endurance but still focuses on an easy pace
Saturday	Brick: <u>Bike: 1hr</u> including 10 mins ez wu + 5x(3 mins @ 85% + 1 min @ 65% + 1 min @ 95% + 5 mins @ 55%) + <u>Swim: 600m</u> as 200 ez ez ez steady wu + 200 pushing all you got + 200 easy cd with buoy	Learning pacing, focus and breathing techniques for the bike to swim transition
Sunday	Rest day	Great for meal prep, workout prep, family time, and sleeping in!

WEEK SEVEN: BUILD

Are you ready for week seven?! Time to turn it back up with some intervals and speed work. You'll not only amp up your distance this week but your intensity as well. If you can find a 5K race to join this week/weekend definitely squeeze that in the schedule to get some practice pacing and be able to go into the Reverse Triathlon with a solid pacing plan.

PREP TIP: Get to bed early! Sleep is extremely important during big training blocks - ward off stress and help your body and mind recover. Most people THINK they are okay on 5-6 hours of sleep each night. BUT you are a TRIATHLETE now - try to get 8 hours if possible! Start your bedtime routine 8 hours and 30 minutes before you need to get up the next morning. You might not be able to fall asleep right away, but the goal should be to at least be in bed 8 hours before the alarm goes off!

DRILL TIP: This Reverse Triathlon includes a mass run start. Many athletes will run the first half mile at a pace that is well above their maintainable threshold. Your goal this week is to practice the run start. From a stop, begin running as if the start gun was just fired. Look at your watch often during practice to gauge your pace vs effort. Nailing this on race day will drastically improve your total race time!

NUTRITION TIP: After your workouts (especially your longer / harder workouts), make sure you replace as many of the calories as you can within the first 60 minutes. This is when you'll need lean protein, but mostly carbohydrate (a 4:1 carbohydrate to protein ratio is a good goal). You will replace muscle

glycogen that will rebuild your muscles. If you don't refuel right after your workout, your next workout might be compromised and you won't get the full benefit from the training. You'll also be more likely to be hungry later in the day and overeat when your metabolism is low (and your body will convert those same calories to fat). Chocolate milk is a great option!

30DEC 2019 - 5JAN 2020

Week 7	Workout	Purpose
Monday	<p><u>Run: 40 mins</u> all easy <u>Swim: 2200m</u> as 300 wu easy swim *Timed Test begins here* Running time- do not stop your watch from start to end of the 1500m test. 2 x 250 + 25s rest 2 x 200 + 20s rest 2 x 150 + 15s rest 2 x 100 + 10s rest 2x 50 + 5s rest **Test ends** Cd with 2 x 200 ez swim with buoy + 10s</p>	<p>Retest /recalculate swim threshold Take total running time (in seconds) and subtract 150s then divide by 15. This will give you your threshold speed per 100 yards/meters in second.</p>
Tuesday	<p><u>Run: 35 mins</u> as 10 mins easy wu +2 mins @ threshold + 3 mins ez + 3x(4 mins @ threshold + 1 min ez/walk) + 5 mins ez cd <u>Strength: 30 mins</u></p>	<p>Short sustained threshold work with pacing closer to race day efforts. Intervals stay short</p>
Wednesday	<p><u>Bike: 90 mins</u> as 20 mins wu build + 3x(2 mins @ 85% + 3 mins @ 70% + 2 mins @ 90% + 3 mins @ 70% + 5 mins @ 60%) + 20 mins @ 75% + 5 mins ez cd</p>	<p>Short sustained threshold work with pacing closer to race day efforts. Intervals stay short</p>
Thursday	<p><u>Swim: 1800m</u> as 200 ez wu + 4 x 50 build easy to moderate + 2x(300 at threshold + 30s rest + 200 easy with buoy) + 200 ez cd <u>Core: 15 mins</u></p>	<p>Short sustained threshold work with pacing closer to race day efforts.</p>
Friday	<p><u>Long run: 1hr + 20 mins</u> as all easy on rolling hills <u>Yoga/stretching: 10 mins</u></p>	<p>Builds Endurance but still focuses on an easy pace</p>
Saturday	<p><u>Brick: Run: 30 mins</u> as 10 mins wu build + 20 mins @ your expected race day pacing/ <u>Bike: 1:15hrs</u> as 15 mins to settle in to pacing averaging 70% + 30 mins steady at 80% + 4x(2 mins @ 90% + 3 mins @ 70%)+ 10 mins ez cd</p>	<p>Building bike endurance and practicing the run to bike transition. If you didn't race a 5K this week/weekend, use this run as a test for pacing.</p>
Sunday	<p>Rest day</p>	<p>Great for meal prep, workout prep, family time, and sleeping in!</p>

WEEK EIGHT: PEAK WEEK

This week you'll be leveling off your distance. Race day is drawing closer so it's time to really push it in your workouts. This is peak week and your distances and intensity will be tapering from here, so make sure to give it your all. Don't forget to do plenty of stretching and foam rolling this week. These recovery activities will help keep you feeling fresh.

PREP TIP: In your biggest training weeks you will be really pressed for time. Getting all your gear for the next day ready the night before, will set you up for a much better flow to the day. It's much easier to remember all of your swim gear and nutrition at 7PM at night than it is at 4:30AM in the morning.

DRILL TIP: The shortest distance between two points is a straight line - so you definitely want to ride as straight as possible. Once you have mastered riding straight with both hands on the bars, try to hold your line while you grab food or water, look behind you, or vary the speed.

NUTRITION TIP: Caffeine can boost performance. It can lower the perceived intensity of an effort so you can work harder for longer! If you decide you want to race with caffeine (caffeinated blocks or gels) make sure you practice with it in training (NEVER try anything new on race day!). Caffeine can have adverse effects like causing jitters, the urge to urinate, or increase your heart rate. Practice, practice, practice.

6-12JAN 2020

Week 8	Workout	Purpose
Monday	<u>Run: 30 mins</u> as 10 mins easy wu + 2x(4 mins @ threshold + 6 mins @ easy) + 10 mins easy cd <u>Swim: 2000m</u> as 400 ez wu + 2 x 200 steady with buoy + 4 x 100 build mod to strong + 400 at expected race pace + 400 cd ez with buoy	Race simulation
Tuesday	<u>Run: 45 mins</u> as 15 mins flat and easy + 15 mins marathon pace on slight uphill terrain of 2% + 15 mins downhill run at threshold pace <u>Core: 15 mins</u>	Race simulation
Wednesday	<u>Bike: 1:15 hr</u> as 5 mins @ 50% + 5 mins @ 60% + 3x(5 mins @ 70% + 4 mins @ 75% + 3 mins @ 80% + 2 mins @ 85% + 1 min @ 90%) + 5 mins @ 50% + 5 mins all out + 10 mins easy riding cd	Race simulation
Thursday	<u>Swim: 1500m</u> all easy as 15 x 100 with every 3 rd 100 building to very strong Strength: 30 mins	Active recovery – helps rest and prep the body for the weekend training!
Friday	<u>Long run: 1 hr</u> as 20 mins @ easy + 6x (1 min hard + 4 mins easy) + 10 mins @ easy <u>Yoga/stretching: 15 mins</u>	Builds Endurance but still focuses on an easy pace.
Saturday	Brick: <u>Run: 30 mins</u> as 10 mins @ easy + 4x (1 min @ marathon + 2 mins @ threshold + 2 mins @ easy) + <u>Bike: 1hr</u> as 5 mins @ 65% + 15 mins @ 85% + 10 mins	Building bike endurance and practicing the run to

	easy + 3x(2 mins @ 90% + 3 mins easy) + 15 mins quick cadence and 70% steady effort + <u>Swim: 500m</u> all easy and consistent around 5-7s slower per 100 than your threshold pace. Take only 1-2s per hundred to check your pacing on the clock, but no structured rest intervals	bike and bike to swim transitions
Sunday	Rest day	Great for meal prep, workout prep, family time, and sleeping in!

WEEK NINE: PEAK WEEK 2

Time to start thinking about the details of race day. You should know your nutrition plan, what you're going to wear, and how you'll be getting to your race in the morning. Hammering out the race details now will help keep stress at bay during race week.

PREP TIP: Bike tune up time! This is a great week to take your bike into the shop for a pre-race tune up. Make sure your ride is in great working order for race day. The bike shop might need your bike for a couple days, so call in advance to schedule an appointment. Then try to take your bike in when you know you won't need to ride it for 2-3 days.

DRILL TIP: Focus on making all your runs progression style (i.e. get faster as time goes on). This will help you build into the run on race day and focus on having a strong first leg. You'll be amazed at how many people you can pass in the later stages of the race if you pace well on the run! You will feel stronger at the finish AND get a little extra motivation from passing by people towards the finish line.

NUTRITION TIP: Don't be afraid of saturated fat. Saturated fat is a key element in improved cardiovascular and brain function as well as bone health. This is extremely important for women, who are typically more likely than men, to restrict saturated fat when being mindful of calorie intake (or dieting). The best sources for your body come from avocados, nuts, seeds, and whole fat dairy.

13-19JAN 2020

Week 9	Workout	Purpose
Monday	<u>Run: 30 mins @ easy</u> <u>Swim: 2000m</u> as 300 ez wu + 3x(100 at threshold + 15s rest) + 6x(50 kick with kickboard + 50 strong swim + 5s rest + 50 very ez swim + 20s rest) + 2x(200 with buoy, ez pace and good form) + 100 cd	Race simulation
Tuesday	<u>Run: 45 mins</u> as 10 mins ez wu + 3x(6 mins @ desired 5k race pace + 4 mins ez running) + 5 mins ez cd Core: 15 mins	Race simulation

Wednesday	Bike: 1hr as 10 mins ez wu + 10 mins steady at 70% + 5 mins @ 50% + 2x(5 mins @87-92% + 5 mins ez riding) + 10 mins @ 70% + 5 mins @ 50%	Race simulation
Thursday	Swim: 1500m all easy as 15 x 100 with every 3 rd 100 building to very strong Strength: 30 mins	Active recovery – helps rest and prep the body for the weekend training!
Friday	Long run: 1 hr @ all easy and steady, slight rolling hills ok if you can maintain a HR in or under zone 2 Yoga/stretching: 15 mins	Builds Endurance but still focuses on an easy pace
Saturday	Brick: Run: 30 mins easy including 5x(1 min @ threshold + 2 mins ez)/ Bike: 1 hour as 5 mins to settle in ez + 5x(2 mins @ 90% + 3 mins ez) + 20 mins steady at 70% + 5 mins @ 50% + 5x(1 min @ 100% + 1 min @ 50%) + 10 min ez cd	Building bike endurance and practicing the run to bike transition
Sunday	Rest Day	Great for meal prep, workout prep, family time, and sleeping in!

WEEK TEN: RACE WEEK!

It's race week! Make sure you have your race day logistics all in order. The workouts are shorter, yet offer short intense bursts throughout the week. This is what you've been training for so make sure to get plenty of sleep this week and fuel your body well. Get excited, you're ready for this!

PREP TIP: Review the race rules and make sure you *know the course*. It will be well marked, but it's always the athlete's responsibility to know where to go. Make sure you know the time schedule for packet pickup and transition setup so you don't miss any deadlines!

DRILL TIP: As the volume in your training decreases, incorporate a few bursts of speed and power in the pool, on the bike, and while running. This will keep your body sharp, without taxing your muscles beyond quick recovery. These short bursts will be sprint-like efforts, but should be kept to short durations.

NUTRITION TIP: Be mindful of your calorie intake during this race week. You don't need as many calories to sustain your body when your training volume is significantly decreased. Don't starve yourself, but avoid overeating the week before your race. If you focus on consuming lean protein and vegetables, you can ward off hunger, without overdoing the calories.

20-26Jan 2020

Week 10	Workout	Purpose
Monday	<u>Swim: 1500m</u> as 200 easy wu + 4x(50 STRONG + 200 steady/ez) + 300 cd pulling with buoy-ez	Keep the blood flowing, and start to build up your energy reserves. Short burst to simulate what will likely happen in your first lap (Most people go out too hard) and this workout will help you pace for Saturday.
Tuesday	<u>Run: 30 mins</u> all easy zone 1 running with low HR <u>Optional swim:</u> 10 x 100 build by 25 as 50%, 60%, 70%, 80% + 15s rest	Run easy and keep the body feeling fresh and sharp for race day. Abide by the swimming efforts and rest intervals if you choose to swim today.
Wednesday Packet Pickup @ noon-7pm	<u>Bike: 1hr</u> as 10 mins easy riding wu 50-65% + 5 mins @ 70% + 5 mins @ 55% + 6x(1 min @ 95% + 2 min @ 50% + 2 mins @ 70%) + 10 mins easy cd	The “pops” will keep you feeling sharp for race day, but keep the recovery, wu and cd at an honestly easy pace to conserve energy.
Thursday Packet Pickup @ 7am-7pm	Race prep– Run + bike <u>Run: 20 mins</u> as 10 mins jog wu + 4x(1 min pickup to 5K race pace + 1 min very easy) + 2 mins easy jogging <u>Bike: 30 mins</u> as 10 mins @ 60% + 2x(2 mins @ 90% + 1 min @ 100% + 2 mins @ 50%) + 10 mins easy riding @ 50-55%	Ensure your equipment is in good working order. Start to gather your race supplies and ensure you have your wanted race nutrition and that you equipment is in good working order.
Friday	Rest day- very light and short jog of 20 mins or less if you like to stay active the day prior to a race	Check and make sure your gear is prepped and ready to go! Put your feet up, relax and HYDRATE
Saturday	RACE DAY!	5K Run 10.25 mile bike 500 m swim
Sunday	Celebrate and sleep in ;)	Recovery. You made it 😊