


## Viewing Half Ironman - 20 Week

Week #1

Day: 1	R:	B: 1h 00m	S:
Bike Hill Repeats Strength 70 WU: 15' MS: Then 10x2' up a hill at 65-70 RPMS. Recover on the downhills. HR on the uphills can hit low Z4. Keep HR in Zone 1-2 otherwise. CD: 15'			
Day: 2	R: 45m	B:	S: 1h 00m - 3100 yards
Pretty Running - lean forward, roll off your big toes, keep hand above your waist, look about 6 feet in front of you with your eyes, drive your elbows back and never cross your midline with your hands.  Run Base Endurance 45 Run 45' on a flat course or treadmill. Keep HR in Zone 1-2. Think about form and running pretty. Stretch when done.  Swim Endurance Form 60 3100 WU: 300 yds of different strokes. MS: 5x300 Z1 (easy) - except laps 4, 8, 12 are fast. RI: 45". 10x 100 on 20" rest. 25 hard, 75 cruise. CD: 300			
Day: 3	R:	B: 1h 00m	S:
 Trainer High RPM Spin 60 60' at 105+ RPMS average.			
Day: 4	R: 1h 00m	B:	S: 1h 00m - 3500 yards
Pull Drill - Focus will be on learning to 'catch' the water with your forearm and pull yourself through the water. If you feel your lats (the muscles under your arm pits that go down the side of your back) engage, then you are starting to get it. If your shoulders are tired, then you are still using too much shoulder and not enough lats.  Kick (Regular) - regular kickboard kick or kick on back with hands over head, fingers locked.  Speed Strength 60 WU: 10' includes 4x20" strides. MS: 40' tempo run at LT or 10k could be substituted. CD: 10' Stretch when done and add in Core 1, 2 or 3.  Swim Endurance Endurance 60 3500 WU: 300 MS: Pulling: 4x250 on 30". 10x100 Pace @75% effort w/ 20" rest. Kicking: 200 Choice. 8x100 Pace 85% 25" rest. CD: 200			
Day: 5	R:	B: 1h 15m	S: 45m - 1700 yards
FTD - Finger Tip/Drag Drill - With each arm recovery, drag your fingertips through the water close to your body. This helps you really rotate your torso to get your elbow high enough to keep your fingertips in the water.  SAD - Single Arm Drill - Push off the wall with both arms extended in front of you with your hands touching, one on top of the other. Rotate to your side so that you are lying on your left side with your left arm in front on you. Now, swim down the pool, using only your right arm - once you get to the other end, try the same thing, this time lying on your right side and swimming with your left arm only. Keep a strong kick going and focus on the pull portion of the stroke.			

CUD - Catch Up Drill - Push off the wall with both arms extended in front of you touching each other. Start with the right arm and take a full stroke, coming to rest in the forward position, before the left arm starts its pull. Repeat this all the way to the other side of the pool. Keep a strong kick going and focus on the pull portion of the stroke.

Mixed Swim

Easy

45

1700

WU: 200 easy swimming. 4x50 swim golf.

MS: 8x50 drills, all on 20" rest:

- 2x50 are FTD (finger tip drag)

- 2x50 are SAD (Single arm drill)

- 2x50 are CUD (Catch up drill)

- 2x50 are Swim.

Swim an easy 100 focusing on your biggest weakness of the drills.

Now repeat the set again, 8x50.

Swim another 100 easy focusing on your weakness.

Last set is 4x50 Swim golf. How does your score compare to the first go-around?

CD: 100

Bike Strength

Strength

75

75' ride on a hilly course. Push the uphill and recover on the downhill. HR on the uphill can hit low Z4. Keep HR in Zone 1-2 otherwise.

Day: 6	<b>R: 45m</b>	<b>B: 2h 00m</b>	<b>S:</b>
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Strength:

Race Day Specific - 45 min

Off the bike, start out easy - get your bearings and pick up the pace gradually. After 10' you should be at race pace - remember to hydrate and run even paced. Try to run race pace for at least 25-35 minutes.

Bike ME

Muscular Endurance

120

Race simulation - start out easy and at the start of hour 2 you should be in high Zone 2, the last 30' are Zone 3. Go right into the run brick.

Day: 7	<b>R: 1h 20m</b>	<b>B:</b>	<b>S:</b>
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Run Base

Strength

80

Run 80' on a hilly course or treadmill. Let the HR get up to high Z3/low Z4 on the uphill and keep HR in Zone 1-2 otherwise. Stretch when done and add in Core 1, 2 or 3.

Week #2

Day: 8	<b>R: 1h 00m</b>	<b>B:</b>	<b>S: 1h 00m - 3200 yards</b>
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Run Base

Strength

60

Run 60' on a hilly course or treadmill. Let the HR get up to high Z3/low Z4 on the uphill and keep HR in Zone 1-2 otherwise. Stretch when done and add in Core 1, 2 or 3.

Speed

Strength/Speed

60

3200

WU: 600

MS:

4x200 on 20" rest.

800 swim, descend at 400. Rest 30"

8x100@ 90% on 10" rest.

CD: 200

Day: 9	<b>R:</b>	<b>B: 1h 20m</b>	<b>S:</b>
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Bike Hill Repeats

Strength

80

WU: 15'

MS: Then 4x5' up a hill at 65-70 RPMs. Recover on the downhill. HR on the uphill can hit low Z4. Keep HR in Zone 1-2 otherwise.

CD: 15'

Day: 10	<b>R:</b>	<b>B:</b>	<b>S: 30m - 2300 yards</b>
<p>Pull Drill - Focus will be on learning to 'catch' the water with your forearm and pull yourself through the water. If you feel your lats (the muscles under your arm pits that go down the side of your back) engage, then you are starting to get it. If your shoulders are tired, then you are still using too much shoulder and not enough lats.</p> <p>Kick (Regular) - regular kickboard kick or kick on back with hands over head, fingers locked.</p> <p>Swim Form Form 30 2300 WU: 400 easy. Then 'swim golf' = 6 x 50 on 15" rest &amp; count strokes. What combination of time and strokes gives you the lowest 'score?' (Ex: 43 strokes + 45" = 88).</p> <p>MS: Swim a moderate effort using the same stroke count in WU set. 12 x 100 (10") moderate. 4 x 50 kick (20") moderate.</p> <p>CD: 200 easy alternating 50 pull, 50 swim.</p>			
Day: 11	<b>R: 40m</b>	<b>B: 1h 15m</b>	<b>S:</b>
<p> Run Hill Repeats Strength/Speed 40 WU: 15' MS: Then run 8x30" up a steep hill. Do not worry about HR. Just run as hard as you can for 30" - try to go a little farther up the hill each time. Keep HR in Zone 1-2 otherwise. CD: 15' Stretch when done and add in Core 1, 2 or 3.</p> <p>Bike Base Endurance 75 75' ride on a flat course. Keep HR in Zone 1-2.</p>			
Day: 12	<b>R:</b>	<b>B:</b>	<b>S: 1h 00m - 3300 yards</b>
<p>Speed 60 3300 WU: 300 &amp; 6x50 on 10" rest. MS: 25x100: - 10 on 2:15 - 10 on 2:20 - 5 on 2:30 CD: 200</p>			
Day: 13	<b>R:</b>	<b>B: 2h 30m</b>	<b>S:</b>
<p>Bike Base Endurance 150 150' ride on a flat to rolling course. Keep HR in Zone 1-2.</p>			
Day: 14	<b>R: 1h 30m</b>	<b>B: 1h 00m</b>	<b>S:</b>
<p>Run Strength Strength 90 60' at Zone 1-2, last 30' at Z3. Stretch when done and add in Core 1, 2 or 3.</p> <p>Recovery Very Easy 60 Easy spin for 60' in small chain ring. Do this after a long run or race if one is scheduled.</p>			
Week #3			
Day: 15	<b>R:</b>	<b>B:</b>	<b>S:</b>
Off Day!			
Day: 16	<b>R:</b>	<b>B: 1h 15m</b>	<b>S:</b>
Recovery Very Easy			

75  
Easy spin for 75' in small chain ring.

Day: 17

R: 45m	B:	S: 40m - 2000 yards
<p>Pretty Running - lean forward, roll off your big toes, keep hand above your waist, look about 6 feet in front of you with your eyes, drive your elbows back and never cross your midline with your hands.</p> <p>Pull Drill - Focus will be on learning to 'catch' the water with your forearm and pull yourself through the water. If you feel your lats (the muscles under your arm pits that go down the side of your back) engage, then you are starting to get it. If your shoulders are tired, then you are still using too much shoulder and not enough lats.</p> <p>Run Base Endurance 45 Run 45' on a flat course or treadmill. Keep HR in Zone 1-2. Think about form and running pretty. Stretch when done and add in Core 1, 2 or 3.</p> <p>Easy swim Recovery 40 2000 WU: 500 MS: 500 pull, then 10x50 on 1:05 CD: 500 easy swim.</p>		

Day: 18

R:	B: 1h 00m	S:
<p>Trainer High RPM Spin 60 60' at 105+ RPMS average.</p>		

Day: 19

R:	B:	S: 1h 00m - 3200 yards
<p>Pull Drill - Focus will be on learning to 'catch' the water with your forearm and pull yourself through the water. If you feel your lats (the muscles under your arm pits that go down the side of your back) engage, then you are starting to get it. If your shoulders are tired, then you are still using too much shoulder and not enough lats.</p> <p>Kick (Regular) - regular kickboard kick or kick on back with hands over head, fingers locked.</p> <p>Swim Endurance Endurance 60 3200 WU: 300 &amp; then 3x100 choice (free or non free). MS: 4x200 pull with 30" rest. 8x100 with 15" rest. 200 kick. 6x100 on 10" rest. CD: 200</p>		

Day: 20

R:	B: 3h 00m	S:
<p>Bike Strength Strength 180 180' ride on a hilly course. Push the uphills and recover on the downhills. HR on the uphills can hit low Z4. Keep HR in Zone 1-2 otherwise.</p>		

Day: 21

R: 1h 45m	B:	S:
<p>Pretty Running - lean forward, roll off your big toes, keep hand above your waist, look about 6 feet in front of you with your eyes, drive your elbows back and never cross your midline with your hands.</p> <p>Run Base Endurance 105 Run 105' on a flat course or treadmill. Keep HR in Zone 1-2. Think about form and running pretty. Stretch when done and add in Core 1, 2 or 3.</p>		

Week #4

Day: 22

R:	B:	S: 1h 00m - 3200 yards
<p>IM - Individual Medley - Fly, back, breast, free.</p>		

Swim Endurance  
Endurance  
60  
3200  
WU: 300 & 3x100IM on 20" rest OR 3x100 free on 20" RI.  
MS:  
800 easy swim, alt breathe.  
10x100 w/paddles on 1:45. These are comfortable, not hard.  
Take paddles off and swim 5 x 100 fast on 1:30. These HURT!  
CD: 300

Day: 23

**R:****B: 1h 00m****S:**

Big Gear  
Raise LT  
60  
Start in big ring, easiest gear. Spend 3' in each gear gradually working your way to hardest gear (total 27'). Leaving it in big ring, hardest gear, do 10' TT. Go small ring, middle gear for 5' spinning smoothly. Go back to big ring, hardest gear, and do another 10' TT. Gradually work your back to your easiest gear by 1' for cool-down.

Day: 24

**R: 50m****B:****S: 35m - 1400 yards**

Pretty Running - lean forward, roll off your big toes, keep hand above your waist, look about 6 feet in front of you with your eyes, drive your elbows back and never cross your midline with your hands.

Speed  
Strength  
50  
WU: 10' includes 4x20" strides.  
MS: Then 30' tempo run at LT or 8k could be substituted.  
CD: 10'  
Stretch when done.

Swim TT  
Assess Fitness  
35  
1400  
WU: 200 warm up (wu). 8 x 50 on 15 sec rest.  
MS: 500 yd TT (time trial) for time.  
CD: 300

Day: 25

**R: 45m****B: 1h 00m****S:**

Run Base  
Endurance  
45  
Run 45' on a flat course or treadmill. Keep HR in Zone 1-2. Think about form and running pretty. Stretch when done and add in Core 1, 2 or 3.

Recovery  
Very Easy  
60  
Easy spin for 60' in small chain ring.

Day: 26

**R:****B: 1h 30m****S: 1h 05m - 2800 yards**

Speed/Endurance  
65  
2800  
WU: 400  
MS:  
12x25 on 20" rest - odds are easy (1,3 etc) - the evens (2,4) are fast!  
8x100 on 1:30 rest. These are fast and are Best Possible Average\*.  
200 easy.  
Swim 12x75 on 15" rest.  
CD: 200

(\* ) B.P.A. = Best Possible Average, this will be one benchmark set that you can do once every three weeks. The idea is to record the 8, 100's and average them. Keep the record and you should be slightly faster the next time.

Outside  
High RPM Spin  
90  
90' at 105+ RPMS average.

Day: 27

**R: 2h 00m****B:****S:**

Pretty Running - lean forward, roll off your big toes, keep hand above your waist, look about 6 feet in front of you with your eyes, drive your elbows

back and never cross your midline with your hands.

Run Base  
Endurance  
120

Run 2 hours on a flat to rolling course. Keep HR in Zone 1-2 for 1:30. The last 30' pick up the pace. Think about form and running pretty. Stay hydrated and eat! Stretch when done and add in Core 1, 2 or 3.

Day: 28

**R:**

**B: 3h 00m**

**S:**

Bike Base  
Endurance  
180  
180' ride on a flat to rolling course. Keep HR in Zone 1-2.

Week #5

Day: 29

**R: 45m**

**B:**

**S: 1h 10m - 3100 yards**

Pretty Running - lean forward, roll off your big toes, keep hand above your waist, look about 6 feet in front of you with your eyes, drive your elbows back and never cross your midline with your hands.

Pull Drill - Focus will be on learning to 'catch' the water with your forearm and pull yourself through the water. If you feel your lats (the muscles under your arm pits that go down the side of your back) engage, then you are starting to get it. If your shoulders are tired, then you are still using too much shoulder and not enough lats.

Run Base  
Endurance  
45

Run 45' on a flat course or treadmill. Keep HR in Zone 1-2. Think about form and running pretty. Stretch when done and add in Core 1, 2 or 3.

Easy swim  
Endurance  
70

3100

WU:

2x200 on 20" rest.

3x100 on 10" rest.

4x50 on 10" rest.

MS:

6x100 on 10" rest - bi-lateral breathe.

8x75 on 10" rest - breathe every 4th stroke.

12x50 on 10" rest - breathe every 5th stroke.

CD: 2x200 pull bi-lateral breathe on 20" rest.

Day: 30

**R:**

**B: 1h 10m**

**S:**



Bike Hill Repeats  
Strength  
70

WU: 15'

MS: 10x2' up a hill at 65-70 RPMS. Recover on the downhills. HR on the uphills can hit low Z4. Keep HR in Zone 1-2 otherwise.

CD: 15'

Day: 31

**R: 1h 00m**

**B:**

**S: 45m - 2000 yards**

Run Pacing  
Pace  
60

WU: 10'

MS: 5x5' Z4-5a. RI: 3'. Try to run right at your LT.

CD: 10'

Pacing

LT

45

2000

WU: 400 swim then 6x50 on 15" rest.

MS: 10x100 @T-pace - 5". Your rest is 15".

CD: 300 easy

Day: 32

**R:**

**B:**

**S:**



Off Day!

Day: 33	<b>R:</b>	<b>B: 1h 30m</b>	<b>S: 1h 00m - 3100 yards</b>
<p>Swim Endurance Form 60 3100 WU: 300 yds of different strokes. MS: 5x300 Z1 (easy) - except laps 4, 8, 12 are fast. RI: 45". 10x 100 on 20" rest. 25 hard, 75 cruise. CD: 300</p> <p>Bike ME Muscular Endurance 90 WU: 15' - nice smooth spinning MS: Then shift into a the big chain ring and into a gear that allows you to spin at about 65-70 RPMs. You will spin 3x20 minutes in this gear - HR should be mid-high Z2 - recovery will be 5' easy between sets - you will probably see HR drift into Z3 - keep the cadence up - this is where you build strength. CD: 10'</p>			
Day: 34	<b>R:</b>	<b>B: 3h 30m</b>	<b>S:</b>
<p>Bike ME Muscular Endurance 210 Race simulation - start out easy and at the start of hour 3 you should be in high Zone 2, the last 30' are Zone 3.</p>			
Day: 35	<b>R: 1h 30m</b>	<b>B:</b>	<b>S:</b>
<p>Pretty Running - lean forward, roll off your big toes, keep hand above your waist, look about 6 feet in front of you with your eyes, drive your elbows back and never cross your midline with your hands.</p> <p>Run Base Endurance 90 Run 90' on a flat course or treadmill. Keep HR in Zone 1-2. Think about form and running pretty. Stretch when done and add in Core 1, 2 or 3.</p>			
Week #6			
Day: 36	<b>R:</b>	<b>B:</b>	<b>S:</b>
<p>Off Day!</p>			
Day: 37	<b>R: 30m</b>	<b>B:</b>	<b>S: 45m - 1700 yards</b>
<p>Pretty Running - lean forward, roll off your big toes, keep hand above your waist, look about 6 feet in front of you with your eyes, drive your elbows back and never cross your midline with your hands.</p> <p>FTD - Finger Tip/Drag Drill - With each arm recovery, drag your fingertips through the water close to your body. This helps you really rotate your torso to get your elbow high enough to keep your fingertips in the water.</p> <p>SAD - Single Arm Drill - Push off the wall with both arms extended in front of you with your hands touching, one on top of the other. Rotate to your side so that you are lying on your left side with your left arm in front on you. Now, swim down the pool, using only your right arm - once you get to the other end, try the same thing, this time lying on your right side and swimming with your left arm only. Keep a strong kick going and focus on the pull portion of the stroke.</p> <p>CUD - Catch Up Drill - Push off the wall with both arms extended in front of you touching each other. Start with the right arm and take a full stroke, coming to rest in the forward position, before the left arm starts its pull. Repeat this all the way to the other side of the pool. Keep a strong kick going and focus on the pull portion of the stroke.</p> <p>Run Base Endurance 30 Run 30' on a flat course or treadmill. Keep HR in Zone 1-2. Think about form and running pretty. Stretch when done</p> <p>Swim Drills Form 45 1700 WU: 200 easy swimming. 4x50 swim golf. MS: 8x50 drills, all on 20" rest: - 2x50 are FTD (finger tip drag) - 2x50 are SAD (Single arm drill) - 2x50 are CUD (Catch up drill) - 2x50 are Swim. Swim an easy 100 focusing on your biggest weakness of the drills. Now repeat the set again, 8x50.</p>			

Swim another 100 easy focusing on your weakness.  
Last set is 4x50 Swim golf. How does your score compare to the first go-around?  
CD: 100

Day: 38 **R:** **B: 1h 00m** **S:**



Recovery  
Very Easy  
60  
Easy spin for 60' in small chain ring. Do this after a long run or race if one is scheduled.

Day: 39 **R: 40m** **B:** **S: 1h 00m - 2800 yards**

Pretty Running - lean forward, roll off your big toes, keep hand above your waist, look about 6 feet in front of you with your eyes, drive your elbows back and never cross your midline with your hands.

Pull Drill - Focus will be on learning to 'catch' the water with your forearm and pull yourself through the water. If you feel your lats (the muscles under your arm pits that go down the side of your back) engage, then you are starting to get it. If your shoulders are tired, then you are still using too much shoulder and not enough lats.

Kick (Regular) - regular kickboard kick or kick on back with hands over head, fingers locked.

Run Base  
Endurance  
40

Run 40' on a flat course or treadmill. Keep HR in Zone 1-2. Think about form and running pretty. Stretch when done and add in Core 1, 2 or 3.

Endurance  
60  
2800

WU: 400

MS:

3 \* 200 0:45 rest

8 \* 25 kick 0:10 rest

4 \* 100 0:25 rest

8 \* 25 kick 0:10 rest

5 \* 50 0:10 rest

100 loosen easy swim

6 \* 75 pull with paddles 0:20 rest

CD: 200

Day: 40 **R:** **B:** **S:**

Off Day!

Day: 41 **R:** **B: 3h 30m** **S:**

Bike Base  
Endurance  
210

3.5 hour ride on a flat to rolling course. Keep HR in Zone 1-2.

Day: 42 **R: 2h 00m** **B:** **S:**

Run Strength  
Strength  
120

120' at Zone 1-2, last 30' at Z3. Stretch when done and add in Core 1, 2 or 3.

Week #7

Day: 43 **R:** **B:** **S:**

Off Day!

Day: 44 **R: 45m** **B:** **S: 1h 00m - 2400 yards**

Pull Drill - Focus will be on learning to 'catch' the water with your forearm and pull yourself through the water. If you feel your lats (the muscles under your arm pits that go down the side of your back) engage, then you are starting to get it. If your shoulders are tired, then you are still using too much shoulder and not enough lats.

Run Hill Repeats  
Strength



45  
 WU: 15'  
 MS: Then run 4x2' up a hill, recover on the downhills. HR on the uphills can hit low Z4. Keep HR in Zone 1-2 otherwise.  
 CD: 15'  
 Stretch when done and add in Core 1, 2 or 3.

Endurance  
 60  
 2400  
 WU: 400  
 MS:  
 8 \* 25 ez/hard  
 8 \* 100 on 1:00 rest - go thru the following set twice:  
 1.) 75ez - 25 fast  
 2.) 50ez - 50 fast  
 3.) 25ez - 75 fast  
 4.) 100 fast  
 200 loosen (easy swim)  
 6 \* 100 pull on 1' rest  
 CD: 200 warm down

Day: 45 **R:** **B: 1h 00m** **S:**



Big Gear  
 Raise LT  
 60  
 Start in big ring, easiest gear. Spend 3' in each gear gradually working your way to hardest gear (total 27'). Leaving it in big ring, hardest gear, do 10' TT. Go small ring, middle gear for 5' spinning smoothly. Go back to big ring, hardest gear, and do another 10' TT. Gradually work your back to your easiest gear by 1' for cool-down.

Day: 46 **R:** **B: 45m** **S:**

Trainer  
 High RPM Spin  
 45  
 WU: 10'  
 MS: 25' at 105+ RPMS.  
 CD: 10'

Day: 47 **R: 1h 00m** **B:** **S: 45m - 2500 yards**

Speed  
 Strength  
 60  
 WU: 10' includes 4x20" strides.  
 MS: Then 40' tempo run at LT or 10k could be substituted.  
 CD: 10'  
 Stretch when done

Swim Endurance  
 Endurance  
 45  
 2500  
 WU: 300 & 6x50 on 60".  
 MS:  
 4 x 250 on 4:15: First 2 are w/paddles, last two take paddles off.  
 Then 5 x 100 on 1:45.  
 Then 200 swim weak side breath.  
 CD: 200

Day: 48 **R: 2h 30m** **B:** **S:**

Run Base  
 Strength  
 150  
 Run 150' on a hilly course or treadmill. Let the HR get up to high Z3/low Z4 on the uphill and keep HR in Zone 1-2 otherwise. Stay hydrated and eat! Stretch when done and add in Core 1, 2 or 3.

Day: 49 **R:** **B: 4h 00m** **S:**

Bike Base  
 Endurance  
 240  
 4 hour ride on a flat to rolling course. Keep HR in Zone 1-2.

## Week #8

Day: 50	R:	B: 1h 00m	S:
Power Strength 60 On trainer if necessary. Ride in 2 gears lower than normal. Keep cadence at 75 and UNDER. Keep good form and work on bottom of stroke.			
Day: 51	R: 45m	B:	S: 1h 00m - 2800 yards
Pretty Running - lean forward, roll off your big toes, keep hand above your waist, look about 6 feet in front of you with your eyes, drive your elbows back and never cross your midline with your hands.  Pull Drill - Focus will be on learning to 'catch' the water with your forearm and pull yourself through the water. If you feel your lats (the muscles under your arm pits that go down the side of your back) engage, then you are starting to get it. If your shoulders are tired, then you are still using too much shoulder and not enough lats.  Run Base Endurance 45 Run 45' on a flat course or treadmill. Keep HR in Zone 1-2. Think about form and running pretty. Stretch when done and add in Core 1, 2 or 3.  Swim Endurance Endurance 60 2800 WU: 300 swim & then 300 drills. MS: 8x100 @75% effort. Rest is 20". Then 8x100 on your best average of the set above (if you hit 1:40 avg. then that is your goal on this set). Rest is 10". Next set is 400 pull with paddles. CD: 200  (* ) B.P.A. = Best Possible Average, this will be one benchmark set that you can do once every three weeks. The idea is to record the 8, 100's and average them. Keep the record and you should be slightly faster the next time.			
Day: 52	R: 55m	B:	S:
Run TT Assess Fitness 55 After 10 minute warm up, you are going to run for 30 minutes as hard as you can for the entire 30 minutes. After starting the run, hit your 'Lap' button so you record the average HR over the last 20 minutes. This can be run on a track or on a measured course. 15 min CD.			
Day: 53	R:	B: 45m	S:
 Recovery Very Easy 45 Easy spin for 45' in small chain ring.			
Day: 54	R:	B: 1h 00m	S: 45m - 1600 yards
Speed 45 1600 WU: 300 & 6x50 on 10" rest. MS: 8x100 on 20" rest. CD: 200  Bike Base Endurance 60 60' ride on a flat course. Keep HR in Zone 1-2.			
Day: 55	R:	B: 4h 30m	S:
Bike Base Endurance 270 4.5 hour ride on a flat to rolling course. Keep HR in Zone 1-2.			


Day: 56	<b>R: 1h 20m</b>	<b>B:</b>	<b>S:</b>
Run Base Strength 80 Run 80' on a hilly course or treadmill. Let the HR get up to high Z3/low Z4 on the uphill and keep HR in Zone 1-2 otherwise. Stretch when done and add in Core 1, 2 or 3.			

Week #9

Day: 57	<b>R:</b>	<b>B: 1h 00m</b>	<b>S:</b>
Bike Base Endurance 60 60' ride on a flat course. Keep HR in Zone 1-2.			

Day: 58	<b>R: 45m</b>	<b>B:</b>	<b>S: 50m - 1700 yards</b>
Pretty Running - lean forward, roll off your big toes, keep hand above your waist, look about 6 feet in front of you with your eyes, drive your elbows back and never cross your midline with your hands.			
Swim Golf = Add up your 50 yd/m time and the # of strokes for the 50 yd/m - for example: 50 seconds and 50 strokes for a 50 yard swim would give you a golf score of 100			
Right Side Kick: How: Kick on your right side, with left shoulder pointed to the sky Head: Relaxed, underwater, look at the side of the pool. Advanced it to look at the bottom, but be sure to maintain vertical shoulders when on your side: shoulders perpendicular to bottom of the pool. Arms: Right arm extended, left hand rests on left thigh. Toes: Toes pointed, ankles relaxed. Keep width of kick within "tube" created by your body: relatively narrow. Breath: Take a small sculling motion with right hand and roll head easily to breathe. Exhale slowly and smoothly. Notes: 1. Keep shoulders perpendicular to pool bottom. "Point belly to the side of the pool." 2. Relatively narrow kick. 3. Smooth breath by rolling your head up to the sky. Left Side Kick - just the opposite of above.			
Six Kick Change - Start with Right Side Kick. 6 kicks, then pull and roll over to Left Side Kick. 6 kicks left side, roll, repeat.			
FTD - Finger Tip/Drag Drill - With each arm recovery, drag your fingertips through the water close to your body. This helps you really rotate your torso to get your elbow high enough to keep your fingertips in the water.			
SAD - Single Arm Drill - Push off the wall with both arms extended in front of you with your hands touching, one on top of the other. Rotate to your side so that you are lying on your left side with your left arm in front on you. Now, swim down the pool, using only your right arm - once you get to the other end, try the same thing, this time lying on your right side and swimming with your left arm only. Keep a strong kick going and focus on the pull portion of the stroke.			
CUD - Catch Up Drill - Push off the wall with both arms extended in front of you touching each other. Start with the right arm and take a full stroke, coming to rest in the forward position, before the left arm starts its pull. Repeat this all the way to the other side of the pool. Keep a strong kick going and focus on the pull portion of the stroke.			
CFD - Closed Fist Drill - You will be swimming freestyle with your hands closed in a fist. This should get you to have a better 'feel' for the water. Unless noted otherwise, this is usually done by swimming with your hands closed in a fist for 4 strokes, and then open your hands for 4 strokes, alternating until you get to the other end.			
Run Base Endurance 45 Run 45' on a flat course or treadmill. Keep HR in Zone 1-2. Think about form and running pretty. Stretch when done and add in Core 1, 2 or 3.			
Swim Drills Form 50 1700 WU: 200 easy swim. 4x50 Swim Golf. MS: 20x50: #1 - Right side kick. #2 Left side kick. #3 Six kick change. #4-5 FTD. #6-7 SAD. #8-9 CUD. #10-11 CFD. #12-15 Swim. #16 FTD. #17 CUD. #18 CFD. #19-20 Swim. Last set is 4x50 Swim golf. How does your score compare to the first go-around? CD: Easy 100			

Day: 59	<b>R:</b>	<b>B: 1h 00m</b>	<b>S:</b>
	<p>Bike TT - KEY WORKOUT            Fitness Assessment            60            WU: 20'            MS: You are going to ride a 5 mile flat course for time. Start out at a pace you can hold for the whole 5 miles.            CD: 15'</p>		
Day: 60	<b>R:</b>	<b>B: 45m</b>	<b>S: 1h 00m - 2800 yards</b>
	<p>Pull Drill - Focus will be on learning to 'catch' the water with your forearm and pull yourself through the water. If you feel your lats (the muscles under your arm pits that go down the side of your back) engage, then you are starting to get it. If your shoulders are tired, then you are still using too much shoulder and not enough lats.</p> <p>(* ) B.P.A. = Best Possible Average, this will be one benchmark set that you can do once every three weeks. The idea is to record the 8, 100's and average them. Keep the record and you should be slightly faster the next time.</p> <p>Endurance - KEY WORKOUT            60            2800            WU: 300 swim &amp; then 300 drills.            MS:            8x100 @75% effort. Rest is 20".            Then 8x100 on your best average of the set above (if you hit 1:40 avg. then that is your goal on this set). Rest is 10".            Next set is 400 pull with paddles.            CD: 200</p> <p>Recovery            Very Easy            45            Easy spin for 45' in small chain ring.</p>		
Day: 61	<b>R: 1h 00m</b>	<b>B:</b>	<b>S:</b>
	<p>Run Speed            Speed/Efficiency            60            60' run with 8x30" strides. These are best if done on a slight downhill on a dirt path. Warm up for at least 10' before the first stride. For your recovery, you can walk back to the starting point. Strides are quick bursts that are as fast as 5k pace. You are looking to get in about 45 left foot strikes per 26-28". Stretch when done.</p>		
Day: 62	<b>R:</b>	<b>B: 2h 00m</b>	<b>S:</b>
	<p>Endurance            120            120' ride on a flat to rolling course. Keep HR in Zone 1-2.</p>		
Day: 63	<b>R: 1h 00m</b>	<b>B:</b>	<b>S: 30m - 1200 yards</b>
	<p>Pretty Running - lean forward, roll off your big toes, keep hand above your waist, look about 6 feet in front of you with your eyes, drive your elbows back and never cross your midline with your hands.</p> <p>Run Base - KEY WORKOUT            Endurance            60            Run 60' on a flat course or treadmill. Keep HR in Zone 1-2. Think about form and running pretty. Stretch when done.</p> <p>Easy swim            Recovery            30            1200            Nice, easy swim. 400 yard swim, rest 2 minutes, 400 yard swim, rest 2 minutes, 400 yard swim. Swim easy and focus on form.</p>		
Week #10			
Day: 64	<b>R:</b>	<b>B: 1h 15m</b>	<b>S:</b>
	<p>Recovery            Very Easy            75            Easy spin for 75' in small chain ring.</p>		

Day: 65	<b>R: 55m</b>	<b>B:</b>	<b>S: 1h 00m - 2900 yards</b>
<p>Pull Drill - Focus will be on learning to 'catch' the water with your forearm and pull yourself through the water. If you feel your lats (the muscles under your arm pits that go down the side of your back) engage, then you are starting to get it. If your shoulders are tired, then you are still using too much shoulder and not enough lats.</p> <p>Kick (Regular) - regular kickboard kick or kick on back with hands over head, fingers locked.</p> <p>Run TT - KEY WORKOUT Assess Fitness 55 After 10 minute warm up, you are going to run for 30 minutes as hard as you can for the entire 30 minutes. After starting the run, hit your 'Lap' button so you record the average HR over the last 20 minutes. This can be run on a track or on a measured course. 15 min CD</p> <p>Swim Endurance Endurance 60 2900 WU: 300 Free &amp; 3x100 on 20" rest. 200 Technique (drill) MS: 3x100 15" rest. 200 Kick 3x100 10" rest 200 Pull 3x100 5" rest 200 Easy. Then sprint 16x25 FAST! 30" rest. CD: 200</p>			
Day: 66	<b>R:</b>	<b>B: 1h 00m</b>	<b>S:</b>
<p> Bike Strength Strength 60 60' ride on a hilly course. Push the uphills and recover on the downhills. HR on the uphills can hit low Z4. Keep HR in Zone 1-2 otherwise.</p>			
Day: 67	<b>R: 40m</b>	<b>B:</b>	<b>S: 45m - 2500 yards</b>
<p>Pull Drill - Focus will be on learning to 'catch' the water with your forearm and pull yourself through the water. If you feel your lats (the muscles under your arm pits that go down the side of your back) engage, then you are starting to get it. If your shoulders are tired, then you are still using too much shoulder and not enough lats.</p> <p>Kick (Regular) - regular kickboard kick or kick on back with hands over head, fingers locked.</p> <p>Run Hill Repeats Strength/Speed 40 WU: 15' MS: Then run 6x30" up a steep hill, recover on the downhills. Do not worry about HR. Just run as hard as you can for 30" - try to go a little farther up the hill each time. Keep HR in Zone 1-2 otherwise. CD: 15' Stretch when done</p> <p>Swim Endurance Form 45 2500 WU: 400 swim (add drills) MS: 400 pull 400 w/paddles 300 swim 300 pull 300 w/paddles 6x50 Fast on 60" CD: 100</p>			
Day: 68	<b>R:</b>	<b>B: 1h 50m</b>	<b>S: 1h 00m - 3100 yards</b>
<p>Swim Endurance - KEY WORKOUT Form 60 3100 WU: 300 yds of different strokes. MS: 5x300 Z1 (easy) - except laps 4, 8, 12 are fast. RI: 45". 10x 100 on 20" rest. 25 hard, 75 cruise. CD: 300</p> <p>Bike ME - KEY WORKOUT</p>			

## Muscular Endurance

110

WU: 15' warm up - nice smooth spinning

MS: Then shift into a the big chain ring and into a gear that allows you to spin at about 65-70 RPMs. You will spin 3x25 minutes in this gear - HR should be mid-high Z2 - recovery will be 5' easy between sets - you will probably see HR drift into Z3 - keep the cadence up - this is where you build strength.

CD: 10'

Day: 69

**R:****B: 2h 30m****S:**

Bike Base

Endurance

150

150' ride on a flat to rolling course. Keep HR in Zone 1-2.

Day: 70

**R: 1h 10m****B:****S:**

Endurance

Strength

70

Run 70' on a hilly course or treadmill. Let the HR get up to high Z3/low Z4 on the uphill and keep HR in Zone 1-2 otherwise. Stretch when done and add in Core 1, 2 or 3.

## Week #11

Day: 71

**R:****B: 45m****S: 1h 00m - 2400 yards**

Pull Drill - Focus will be on learning to 'catch' the water with your forearm and pull yourself through the water. If you feel your lats (the muscles under your arm pits that go down the side of your back) engage, then you are starting to get it. If your shoulders are tired, then you are still using too much shoulder and not enough lats.

Endurance - KEY WORKOUT

60

2400

WU: 400

MS:

8 \* 25 ez/hard

8 \* 100 on 1:00 rest - go thru the following set twice

1.) 75ez - 25 fast

2.) 50ez - 50 fast

3.) 25ez - 75 fast

4.) 100 fast

200 loosen (easy swim)

6 \* 100 pull on 1" rest

CD: 200

Recovery

Very Easy

45

Easy spin for 45' in small chain ring.

Day: 72

**R: 50m****B:****S:**

Run Hill Repeats

Strength

50

WU: 15'

MS: Then run 1x10' up a hill. HR on the uphills can hit low Z4, recover on the downhills. Keep HR in Zone 1-2 otherwise.

CD: 15'

Stretch when done.

Day: 73

**R:****B:****S:**

ST

Day: 74

**R: 45m****B:****S: 30m - 1500 yards**

Pretty Running - lean forward, roll off your big toes, keep hand above your waist, look about 6 feet in front of you with your eyes, drive your elbows back and never cross your midline with your hands.

Pull Drill - Focus will be on learning to 'catch' the water with your forearm and pull yourself through the water. If you feel your lats (the muscles under your arm pits that go down the side of your back) engage, then you are starting to get it. If your shoulders are tired, then you are still using too much shoulder and not enough lats.

Kick (Regular) - regular kickboard kick or kick on back with hands over head, fingers locked.

Run Base

## Endurance

45

Run 45' on a flat course or treadmill. Keep HR in Zone 1-2. Think about form and running pretty. Stretch when done

## Swim Form

Form

30

1500

WU: 300 easy. Then 'swim golf' = 6 x 50 on 15" rest & count strokes. What combination of time and strokes gives you the lowest 'score?' (Ex: 43 strokes + 45" = 88).

MS: Swim a moderate effort using the same stroke count in WU set. 5 x 100 (10") moderate. 4 x 50 kick (20") moderate.

CD: 200 easy alternating 50 pull, 50 swim

Day: 75

**R:****B: 1h 15m****S:**

Recovery

Very Easy

75

Easy spin for 75' in small chain ring.

Day: 76

**R: 1h 30m****B:****S:**

Pretty Running - lean forward, roll off your big toes, keep hand above your waist, look about 6 feet in front of you with your eyes, drive your elbows back and never cross your midline with your hands.

Run Base - KEY WORKOUT

Endurance

90

Run 90' on a flat course or treadmill. Keep HR in Zone 1-2. Think about form and running pretty. Stretch when done and add in Core 1, 2 or 3.

Day: 77

**R:****B: 2h 20m****S:**

Bike Base - KEY WORKOUT

Endurance

140

140' ride on a flat to rolling course. Keep HR in Zone 1-2.

## Week #12

Day: 78

**R:****B: 45m****S:**

Recovery

Very Easy

45

Easy spin for 45' in small chain ring.

Day: 79

**R: 40m****B:****S: 1h 15m - 3350 yards**

Pull Drill - Focus will be on learning to 'catch' the water with your forearm and pull yourself through the water. If you feel your lats (the muscles under your arm pits that go down the side of your back) engage, then you are starting to get it. If your shoulders are tired, then you are still using too much shoulder and not enough lats.

Kick (Regular) - regular kickboard kick or kick on back with hands over head, fingers locked.

Speed

40

WU: 10' includes 4x20" strides.

MS: Then 20' tempo run at LT or 5k could be substituted.

CD: 10'

Stretch when done and add in Core 1, 2 or 3.

Endurance

75

3350

WU: 400

MS:

4 \* 300 w/: 30 rest

- Idea here: 1st swim moderate straight

- 2nd even split 150's

- 3rd descend 100's

- 4th descend 75's

2nd should be faster than the first and 3rd fast than 2nd so on...

100 loosen ( easy)

10 \* 25 kick 0:10 RI

600 pull w/ paddles

8 \* 75 on evens (2,4 etc) middle 25 is fast and on the odds 1st and last 25 fast - rest is 15"

CD: 200

Day: 80

**R:****B: 1h 30m****S:**

Bike Hill Repeats

Strength

90

WU: 15'

MS: Then 3x10' up a hill at 65-70 RPMS. Recover on the downhills. HR on the uphills can hit low Z4. Keep HR in Zone 1-2 otherwise.

CD: 15'

Day: 81

**R: 30m****B:****S: 1h 00m - 2800 yards**

Pretty Running - lean forward, roll off your big toes, keep hand above your waist, look about 6 feet in front of you with your eyes, drive your elbows back and never cross your midline with your hands.

Pull Drill - Focus will be on learning to 'catch' the water with your forearm and pull yourself through the water. If you feel your lats (the muscles under your arm pits that go down the side of your back) engage, then you are starting to get it. If your shoulders are tired, then you are still using too much shoulder and not enough lats.

(\* ) B.P.A. = Best Possible Average, this will be one benchmark set that you can do once every three weeks. The idea is to record the 8, 100's and average them. Keep the record and you should be slightly faster the next time.

Rest

Endurance

30

Run 30' on a flat course or treadmill. Keep HR in Zone 1-2. Think about form and running pretty. Stretch when done

Swim Endurance - KEY WORKOUT

Endurance

60

2800

WU: 300 swim &amp; then 300 drills.

MS: 8x100 @75% effort. Rest is 20".

Then 8x100 on your best average of the set above (if you hit 1:40 avg. then that is your goal on this set). Rest is 10".

Next set is 400 pull with paddles.

CD: 200

Day: 82

**R:****B: 1h 15m****S:**

Very Easy

75

Easy spin for 75' in small chain ring.

Day: 83

**R: 30m****B: 3h 45m****S:**

Run Brick - KEY WORKOUT

Strength

30

Run 30' on a flat course or treadmill after bike workout. Keep HR in Zone 1-2. Stretch when done and add in Core 1, 2 or 3.

Brick - KEY WORKOUT

Strength

225

During the ride - 4x30' at Zone 3. Recovery is 10' easy spinning. I want you to simulate race effort during the 30' blocks. You must end with a hard 30' effort and go right into the BRICK.

Day: 84

**R: 1h 15m****B:****S: 30m - 1500 yards**

Pretty Running - lean forward, roll off your big toes, keep hand above your waist, look about 6 feet in front of you with your eyes, drive your elbows back and never cross your midline with your hands.

Pull Drill - Focus will be on learning to 'catch' the water with your forearm and pull yourself through the water. If you feel your lats (the muscles under your arm pits that go down the side of your back) engage, then you are starting to get it. If your shoulders are tired, then you are still using too much shoulder and not enough lats.

Run Base

Endurance

75

Run 75' on a flat course to rolling course or treadmill. Keep HR in Zone 1-2. Think about form and running pretty. Stretch when done.

Easy swim

Recovery

30


1500


WU: 500



MS: 500 pull w/paddles.  
10x50 on 20" rest. Swim easy and focus on form.

Week #13

Day: 85	R:	B:	S: 1h 00m - 2400 yards
	<p>Pull Drill - Focus will be on learning to 'catch' the water with your forearm and pull yourself through the water. If you feel your lats (the muscles under your arm pits that go down the side of your back) engage, then you are starting to get it. If your shoulders are tired, then you are still using too much shoulder and not enough lats.</p> <p>Endurance 60 2400 WU: 400 MS: 8 * 25 ez/hard 8 * 100 on 1:00 rest - go thru the following set twice: 1.) 75ez - 25 fast 2.) 50ez - 50 fast 3.) 25ez - 75 fast 4.) 100 fast 200 loosen (easy swim) 6 * 100 pull on 1" rest CD: 200</p>		
Day: 86	R:	B: 1h 20m	S:
	<p>Raise Bike LT LT 80 WU: 10' MS: 10' hard (at LT), 2' easy (zone 2). Do this 5x. CD: 10'</p>		
Day: 87	R: 55m	B: 1h 00m	S:
	<p>Run TT Speed 55 After 10 minute warm up, you are going to run for 30 minutes as hard as you can for the entire 30 minutes. After starting the run, hit your 'Lap' button so you record the average HR over the last 20 minutes. This can be run on a track or on a measured course. 15 min CD</p> <p>Spinning High RPM Spin 60 60' at 105+ RPMS average.</p>		
Day: 88	R:	B:	S: 45m - 1000 yards
	<p> Right Side Kick: How: Kick on your right side, with left shoulder pointed to the sky Head: Relaxed, underwater, look at the side of the pool. Advanced it to look at the bottom, but be sure to maintain vertical shoulders when on your side: shoulders perpendicular to bottom of the pool. Arms: Right arm extended, left hand rests on left thigh. Toes: Toes pointed, ankles relaxed. Keep width of kick within "tube" created by your body: relatively narrow. Breath: Take a small sculling motion with right hand and roll head easily to breathe. Exhale slowly and smoothly. Notes: 1. Keep shoulders perpendicular to pool bottom. "Point belly to the side of the pool." 2. Relatively narrow kick. 3. Smooth breath by rolling your head up to the sky.</p> <p>Left Side Kick - just the opposite of above.</p> <p>Six Kick Change - Start with Right Side Kick. 6 kicks, then pull and roll over to Left Side Kick. 6 kicks left side, roll, repeat.</p> <p>Swim Drills - KEY WORKOUT Form 45 1000 WU: 200 easy swimming. Then 2 x 50 Swim Golf. MS: 8 x 50yd/m w/: 20 rest: #1-3: Right Side Kick #4-6: Left Side Kick #7-8: Six Kick Change.</p> <p>*Mastery of a drill determines progression, not yardage. 2x 50 Swim Golf. Did you improve your swim golf score? CD: 200</p>		

Day: 89	<b>R:</b>	<b>B: 45m</b>	<b>S:</b>
Recovery Very Easy 45 Easy spin for 45' in small chain ring.			
Day: 90	<b>R: 2h 00m</b>	<b>B:</b>	<b>S: 30m - 1500 yards</b>
Pull Drill - Focus will be on learning to 'catch' the water with your forearm and pull yourself through the water. If you feel your lats (the muscles under your arm pits that go down the side of your back) engage, then you are starting to get it. If your shoulders are tired, then you are still using too much shoulder and not enough lats.  Run Base - KEY WORKOUT Strength 120 Run 120' on a hilly course or treadmill. Let the HR get up to high Z3/low Z4 on the uphill and keep HR in Zone 1-2 otherwise. Stay hydrated and eat! Stretch when done and add in Core 1, 2 or 3.  Easy swim Recovery 30 1500 WU: 500 MS: 500 pull w/paddles. 10x50 on 20" rest. Swim easy and focus on form.			
Day: 91	<b>R: 15m</b>	<b>B: 4h 30m</b>	<b>S:</b>
Run Brick Strength 15 Run 15' on a flat course or treadmill after bike workout. Keep HR in Zone 1-2. Stretch when done  Bike Base - KEY WORKOUT Endurance 270 4.5 hour ride on a flat to rolling course. Keep HR in Zone 1-2.			
Week #14			
Day: 92	<b>R:</b>	<b>B:</b>	<b>S:</b>
Off Day!			
Day: 93	<b>R: 40m</b>	<b>B:</b>	<b>S: 1h 05m - 3150 yards</b>
Run Speed Speed/Efficiency 40 40' run with 8x30" strides. These are best if done on a slight downhill on a dirt path. Warm up for at least 10' before the first stride. For your recovery, you can walk back to the starting point.  Strides are quick bursts that are as fast as 5k pace. You are looking to get in about 45 left foot strikes per 26-28". Stretch when done and add in Core 1, 2 or 3.  Speed/Endurance - KEY WORKOUT 65 WU: 400 MS: 6x50 builds (each one gets faster) on 30" rest. Then 4x(4x100): #1 RI = 20" #2 RI = 15" #3 RI = 10" #4 RI = 5" Swim 200 ez. Then swim 6x75 20" rest. On the odds (1,3,5) the last 25 is sprint. On the evens, the last 50 is sprint. CD: 200			
Day: 94	<b>R:</b>	<b>B: 1h 20m</b>	<b>S:</b>
 Bike ME Muscular Endurance 80 WU: 15' nice smooth spinning MS: Then shift into a the big chain ring and into a gear that allows you to spin at about 65-70 RPMs. You will spin 4x10 minutes in this gear - HR			

should be mid-high Z2 - recovery will be 5' easy between sets - you will probably see HR drift into Z3 - keep the cadence up - this is where you build strength.  
CD: 10'

Day: 95 **R: 45m** **B:** **S:**

Pretty Running - lean forward, roll off your big toes, keep hand above your waist, look about 6 feet in front of you with your eyes, drive your elbows back and never cross your midline with your hands.

Endurance

45

Run 45' on a flat course or treadmill. Keep HR in Zone 1-2. Think about form and running pretty. Stretch when done

Day: 96 **R:** **B: 1h 00m** **S: 1h 10m - 3100 yards**

Pull Drill - Focus will be on learning to 'catch' the water with your forearm and pull yourself through the water. If you feel your lats (the muscles under your arm pits that go down the side of your back) engage, then you are starting to get it. If your shoulders are tired, then you are still using too much shoulder and not enough lats.

Easy swim

Endurance

70

3100

WU:

2x200 on 20" rest

3x100 on 10" rest

4x50 on 10" rest

MS:

6x100 on 10" rest: bi-lateral breathe

8x75 on 10" rest: breathe every 4th stroke

12x50 on 10" rest: breathe every 5th stroke

CD:

2x200 pull bi-lateral breathe on 20" rest

Trainer

High RPM Spin

60

60' at 105+ RPMS average.

Day: 97 **R:** **B: 2h 30m** **S:**

Bike Base - KEY WORKOUT

End

150

150' ride on a flat to rolling course. Keep HR in Zone 1-2.

Day: 98 **R: 1h 30m** **B:** **S:**

Pretty Running - lean forward, roll off your big toes, keep hand above your waist, look about 6 feet in front of you with your eyes, drive your elbows back and never cross your midline with your hands.

Run Base - KEY WORKOUT

Endurance

90

Run 90' on a flat course or treadmill. Keep HR in Zone 1-2. Think about form and running pretty. Stretch when done and add in Core 1, 2 or 3.

Week #15

Day: 99 **R:** **B:** **S:**

Off Day!

Day: 100 **R:** **B: 1h 00m** **S: 45m - 1100 yards**

Swim Golf - Add up your 50 yd/m time and the # of strokes for the 50 yd/m - for example: 50 seconds and 50 strokes for a 50 yard swim would give you a golf score of 100

Right Side Kick:

How: Kick on your right side, with left shoulder pointed to the sky

Head: Relaxed, underwater, look at the side of the pool. Advanced it to look at the bottom, but be sure to maintain vertical shoulders when on your side: shoulders perpendicular to bottom of the pool.

Arms: Right arm extended, left hand rests on left thigh.

Toes: Toes pointed, ankles relaxed. Keep width of kick within "tube" created by your body: relatively narrow.

Breath: Take a small sculling motion with right hand and roll head easily to breathe. Exhale slowly and smoothly.

Notes:

1. Keep shoulders perpendicular to pool bottom. "Point belly to the side of the pool."
2. Relatively narrow kick.
3. Smooth breath by rolling your head up to the sky.

Left Side Kick - just the opposite of above

Stomach Kick - Push off the wall with hands by your side, pressing head and chest into water, helping the legs come up. Kick steady for the length of the pool, rotating your body to the side to get a breath when needed.

Six Kick Change - Start with Right Side Kick. 6 kicks, then pull and roll over to Left Side Kick. 6 kicks left side, roll, repeat

Six/Three - Start with Right Side Kick. 6 kicks, then pull three arms strokes, ending up on your left side. Kick 6 kicks on your left side, then take 3 arm pulls to rotate over to your right side. Repeat.

Form

45

1100

WU: 200 easy swimming. Then 2 x 50 Swim Golf.

MS: 10x50 yd/m w/:20 rest:

#1-2: Stomach kick

#3-4: Right Side Kick

#5-6: Left Side Kick

#7-8: Six Kick Change

#9-10: Six/Three Swim Transition.

2x 50 Swim Golf. Did you improve your golf score?

CD: 200 easy

Recovery

Rest

60

Easy spin for 60' in small chain ring. Do this after a long run or race if one is scheduled.

Day: 101	<b>R: 30m</b>	<b>B: 1h 15m</b>	<b>S:</b>
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Run Speed

Speed/Efficiency

30

30' run with 4x30" strides. For your recovery, you can walk back to the starting point. Strides are quick bursts that are as fast as 5k pace. You are looking to get in about 45 left foot strikes per 26-28". Stretch when done.

Bike Base

Endurance

75

75' ride on a flat course. Keep HR in Zone 1-2.

Day: 102	<b>R:</b>	<b>B: 1h 30m</b>	<b>S: 45m - 1800 yards</b>
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Pull Drill - Focus will be on learning to 'catch' the water with your forearm and pull yourself through the water. If you feel your lats (the muscles under your arm pits that go down the side of your back) engage, then you are starting to get it. If your shoulders are tired, then you are still using too much shoulder and not enough lats.

Speed

45

1800

WU: 400

MS:

12 \* 50 on 1:30 ez/FAST

300 pull

12 \* 25 1:00

CD: 200 loosen

Bike Base

Endurance

90

90' ride on a flat course. Keep HR in Zone 1-2.

Day: 103	<b>R: 1h 00m</b>	<b>B:</b>	<b>S:</b>
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Pretty Running - lean forward, roll off your big toes, keep hand above your waist, look about 6 feet in front of you with your eyes, drive your elbows back and never cross your midline with your hands.

Run Base

Endurance

60

Run 60' on a flat course or treadmill. Keep HR in Zone 1-2. Think about form and running pretty. Stretch when done and add in Core 1, 2 or 3.

Day: 104	<b>R:</b>	<b>B: 3h 30m</b>	<b>S: 1h 15m - 4000 yards</b>
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## Endurance - KEY WORKOUT

75

4000

WU: 300 &amp; 8x50 on 10" rest.

MS: All are done on a 1' recovery. 1x each:

1000 70% effort

800 75% effort

600 80% effort

400 85% effort

200 85% effort

100 100% effort

CD: 200

## Bike Strength - KEY WORKOUT

Strength

210

210' ride on a hilly course. Push the uphill and recover on the downhill. HR on the uphill can hit low Z4. Keep HR in Zone 1-2 otherwise.

Day: 105

**R: 2h 00m****B:****S:**

Run Strength - KEY WORKOUT

Strength

120

90' at Zone 1-2, last 30' at Z3. Stretch when done and add in Core 1, 2 or 3.

Week #16

Day: 106

**R:****B:****S:**

Off Day!

Day: 107

**R: 1h 00m****B:****S: 1h 00m - 2000 yards**

Raise LT

Race Specific

60

WU: 10'

MS: 5x5' at LT w/3' recovery.

CD: 10'

Speed

60

2000

WU: 300 &amp; 6x50 on 10" rest.

MS: 12x100 w/ 20" rest.

CD: 200

Day: 108

**R:****B: 1h 30m****S:**

Bike Strength

Strength

90

90' ride on a hilly course. Push the uphill and recover on the downhill. HR on the uphill can hit low Z4. Keep HR in Zone 1-2 otherwise.

Day: 109

**R: 45m****B:****S: 1h 10m - 2900 yards**

Pretty Running - lean forward, roll off your big toes, keep hand above your waist, look about 6 feet in front of you with your eyes, drive your elbows back and never cross your midline with your hands.

Pull Drill - Focus will be on learning to 'catch' the water with your forearm and pull yourself through the water. If you feel your lats (the muscles under your arm pits that go down the side of your back) engage, then you are starting to get it. If your shoulders are tired, then you are still using too much shoulder and not enough lats.

Kick (Regular) - regular kickboard kick or kick on back with hands over head, fingers locked.

Run Base

Endurance

45

Run 45' on a flat course or treadmill. Keep HR in Zone 1-2. Think about form and running pretty. Stretch when done and add in Core 1, 2 or 3.

Swim Endurance

Endurance

70

2900

WU: 300

MS:

4x200 pull with 30" rest

8x100 with 15" rest

200 kick  
6x100 on 10" rest  
CD: 200

Day: 110 **R:** **B: 1h 00m** **S:**

Recovery  
Very Easy  
60  
Easy spin for 60' in small chain ring. Do this after a long run or race if one is scheduled.

Day: 111 **R: 20m** **B: 3h 30m** **S:**

Run Brick  
Strength  
20  
Run 20' on a flat course or treadmill after bike workout. Keep HR in Zone 1-2. Stretch when done.

Raise Bike LT - KEY WORKOUT

Strength  
210  
Long easy ride. During the ride - 3x30' at Zone 3. Recovery is 10' easy spinning. I want you to simulate race effort during the 30' blocks. You must end with a hard 30' effort and go right into the BRICK.

Day: 112 **R: 1h 20m** **B:** **S: 1h 05m - 3600 yards**

Run Base - KEY WORKOUT

Strength  
80  
Run 80' on a hilly course or treadmill. Let the HR get up to high Z3/low Z4 on the uphill and keep HR in Zone 1-2 otherwise. Stretch when done and add in Core 1, 2 or 3.

Speed/Endurance - KEY WORKOUT

65  
3600  
WU:  
500  
3x100 on 20" rest - build each 25 to go faster.  
3x100 on 25" rest.  
MS:  
5x300 on 30" rest. Try to make each one faster from 1-3, then 4-5.  
200 easy  
6x100 w/paddles on 20" rest. Make each one faster again with #6 being faster than #3.  
CD: 200

Week #17

Day: 113 **R:** **B: 45m** **S:**

Recovery  
Very Easy  
45  
Easy spin for 45' in small chain ring.

Day: 114 **R: 31m** **B:** **S: 1h 05m - 3250 yards**

Kick (Regular) - regular kickboard kick or kick on back with hands over head, fingers locked.

Run Speed  
Speed/Efficiency  
31

WU: 10'  
MS: 4x2 minute sprint, with 2' recovery.  
CD: 5'  
Stretch when done and add in Core 1, 2 or 3.

Speed - KEY WORKOUT

Speed/Endurance  
65  
3250  
WU: 400  
MS:  
6x75 on 20" rest - moderate pace.  
12x100 on 10" rest.  
200 easy.  
8x100 on 30" rest. The 100 is swum as follows:

- 1st 25 is drill.  
 - 2nd 25 is kick (no board).  
 - 3rd 25 is swim.  
 - 4th 25 is sprint.  
 CD: 200

Day: 115	<b>R:</b>	<b>B: 45m</b>	<b>S:</b>
Bike Strength Strength 45 45' ride on a hilly course. Push the uphill and recover on the downhill. HR on the uphill can hit low Z4. Keep HR in Zone 1-2 otherwise.			
Day: 116	<b>R: 30m</b>	<b>B:</b>	<b>S:</b>
Pretty Running - lean forward, roll off your big toes, keep hand above your waist, look about 6 feet in front of you with your eyes, drive your elbows back and never cross your midline with your hands.  Strength/Pacing Endurance 30 Run 30' on a flat course or treadmill. Keep HR in Zone 1-2. Think about form and running pretty. Stretch when done.			
Day: 117	<b>R:</b>	<b>B:</b>	<b>S: 30m - 2300 yards</b>
Pull Drill - Focus will be on learning to 'catch' the water with your forearm and pull yourself through the water. If you feel your lats (the muscles under your arm pits that go down the side of your back) engage, then you are starting to get it. If your shoulders are tired, then you are still using too much shoulder and not enough lats.  Kick (Regular) - regular kickboard kick or kick on back with hands over head, fingers locked.  Swim Form Form 30 2300 WU: 400 easy. Then 'swim golf' = 6 x 50 on 15" rest & count strokes. What combination of time and strokes gives you the lowest 'score?' (Ex: 43 strokes + 45" = 88).  MS: Swim a moderate effort using the same stroke count in WU set. 12 x 100 (10") moderate. 4 x 50 kick (20") moderate.  CD: 200 easy alternating 50 pull, 50 swim.			
Day: 118	<b>R:</b>	<b>B: 3h 30m</b>	<b>S:</b>
Bike Base - KEY WORKOUT End 210 3.5 hour ride. Try to do this on a course that simulates the race course. Use your planned race day nutrition. Start steady and build into it. During the ride do 3x20' at race effort, about 10-15 beats under LT. Make sure to drink and eat after this to recover well.			
Day: 119	<b>R: 1h 30m</b>	<b>B:</b>	<b>S:</b>
Pretty Running - lean forward, roll off your big toes, keep hand above your waist, look about 6 feet in front of you with your eyes, drive your elbows back and never cross your midline with your hands.  Run Base - KEY WORKOUT Endurance 90 Run 90' on a flat course or treadmill. Keep HR in Zone 1-2. Think about form and running pretty. Stretch when done and add in Core 1, 2 or 3.			
Week #18			
Day: 120	<b>R: 45m</b>	<b>B:</b>	<b>S:</b>
Pretty Running - lean forward, roll off your big toes, keep hand above your waist, look about 6 feet in front of you with your eyes, drive your elbows back and never cross your midline with your hands.  Run Base Endurance 45 Run 45' on a flat course or treadmill. Keep HR in Zone 1-2. Think about form and running pretty. Stretch when done and add in Core 1, 2 or 3.			
Day: 121	<b>R:</b>	<b>B: 1h 10m</b>	<b>S: 1h 20m - 3200 yards</b>

Endurance  
80  
3200  
WU: 300 Free  
MS:  
12x25 on 10" rest.  
400 easy  
4x100 on 10" rest.  
4x100 RI (rest interval): 20"  
2x200 RI: 30"  
8x50 RI: 20"  
400 easy  
CD: 200

## Bike Hill Repeats

## Strength

70

WU: 15'

MS: Then 3x5' up a hill at 65-70 RPMS. Recover on the downhill. HR on the uphill can hit low Z4. Keep HR in Zone 1-2 otherwise.

CD: 15'

Day: 122

**R: 50m****B:****S:**

## Run Pacing

## Pace

50

WU: 10'

MS: 8x400 at 10k race pace. A pacing only workout - no concern for speed. RI: 1'.

CD: 10'

Day: 123

**R:****B: 1h 00m****S: 1h 00m - 2400 yards**

Pull Drill - Focus will be on learning to 'catch' the water with your forearm and pull yourself through the water. If you feel your lats (the muscles under your arm pits that go down the side of your back) engage, then you are starting to get it. If your shoulders are tired, then you are still using too much shoulder and not enough lats.

## Endurance - KEY WORKOUT

60

2400

WU: 400

MS:

8 \* 25 ez/hard

8 \* 100 on 1:00 rest - go thru the following set twice:

1.) 75ez - 25 fast

2.) 50ez - 50 fast

3.) 25ez - 75 fast

4.) 100 fast

200 loosen (easy swim)

6 \* 100 pull on 1" rest

CD: 200

## Bike TT

## Assess Fitness

60

WU: 20'

MS: You are going to ride the 5 mile flat course for time. Start out at a pace you can hold for the whole 5 miles.

CD: 15'

Day: 124

**R:****B:****S:**

Off day!

Day: 125

**R:****B: 2h 00m****S: 45m - 1800 yards**

## Speed/Taper

45

1800

WU: 300 &amp; 6x50 on 10" rest.

MS: 10x100 on 20" rest.

CD: 200

## Bike ME - KEY WORKOUT

## Muscular Endurance

120

Race simulation - start out easy and at the start of hour 2 you should be in high Zone 2, the last 30' are Zone 3.



Day: 126	<b>R: 1h 30m</b>	<b>B:</b>	<b>S:</b>
<p>Run Strength - KEY WORKOUT Strength 90 60' at Zone 1-2, last 30' at Z3. Stretch when done and add in Core 1, 2 or 3.</p>			
Week #19			
Day: 127	<b>R:</b>	<b>B:</b>	<b>S:</b>
Off Day!			
Day: 128	<b>R:</b>	<b>B: 1h 00m</b>	<b>S: 30m - 1500 yards</b>
<p>Pull Drill - Focus will be on learning to 'catch' the water with your forearm and pull yourself through the water. If you feel your lats (the muscles under your arm pits that go down the side of your back) engage, then you are starting to get it. If your shoulders are tired, then you are still using too much shoulder and not enough lats.</p> <p>Recovery - Easy swim 30 1500 WU: 500 MS: 500 pull w/paddles. 10x50 on 20" rest. Swim easy and focus on form.</p> <p>Rest 60 Easy spin for 60' in small chain ring. Do this after a long run or race if one is scheduled.</p>			
Day: 129	<b>R: 40m</b>	<b>B:</b>	<b>S:</b>
<p>Speed Strength 40 WU: 10' includes 4x20" strides. MS: 20' tempo run at LT or 5k could be substituted. CD: 10' Stretch when done and add in Core 1, 2 or 3.</p>			
Day: 130	<b>R:</b>	<b>B: 1h 20m</b>	<b>S: 45m - 2500 yards</b>
<p>Pull Drill - Focus will be on learning to 'catch' the water with your forearm and pull yourself through the water. If you feel your lats (the muscles under your arm pits that go down the side of your back) engage, then you are starting to get it. If your shoulders are tired, then you are still using too much shoulder and not enough lats.</p> <p>Swim Endurance Form 45 2500 Long easy swim. Add drills to wu. WU: 400 swim MS: 400 pull 400 w/paddles 300 swim 300 pull 300 w/paddles 6x50 Fast on 60" CD: 100</p> <p>Raise Bike LT LT 80 WU: 10' MS: 10' hard (at LT), 2' easy (zone 2). Do this 5x. CD: 10'</p>			
Day: 131	<b>R:</b>	<b>B:</b>	<b>S:</b>
Off Day!			
Day: 132	<b>R: 15m</b>	<b>B: 2h 30m</b>	<b>S: 1h 20m - 4000 yards</b>
Brick			

Strength  
15  
Run 15' on a flat course or treadmill after bike workout. Keep HR in Zone 1-2. Stretch when done.

IM Taper - KEY WORKOUT  
80  
4000  
WU: 300 & 8x50on 10" rest.  
MS: All are down on a 1' recovery.  
1x each:  
1000 70% effort.  
800 75% effort.  
600 80% effort.  
400 85% effort.  
200 85% effort.  
100 100% effort.  
CD: 200

Bike ME - KEY WORKOUT  
Muscular Endurance  
150  
Race simulation - start out easy and at the start of hour 2 you should be in high Zone 2, the last 30' are Zone 3. Go right into the brick.

Day: 133	<b>R: 45m</b>	<b>B:</b>	<b>S:</b>
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Run Strength - KEY WORKOUT  
Strength  
45  
30' at Zone 1-2, last 15' at Z3. Stretch when done.

Week #20

Day: 134	<b>R:</b>	<b>B: 45m</b>	<b>S:</b>
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Spin  
High RPM Spin  
45  
WU: 10'  
MS: 25' at 105+ RPMS.  
CD: 10'

Day: 135	<b>R: 25m</b>	<b>B:</b>	<b>S: 1h 00m - 2000 yards</b>
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Run Speed  
Speed/Efficiency  
25  
25' run with 4x30" strides. For your recovery, you can walk back to the starting point. Strides are quick bursts that are as fast as 5k pace. You are looking to get in about 45 left foot strikes per 26-28". Stretch when done

Speed  
60  
2000  
WU: 300 & 6x50 on 10" rest.  
MS: 12x100 w/ 20" rest.  
CD: 200

Day: 136	<b>R:</b>	<b>B: 50m</b>	<b>S:</b>
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Race Prep  
30  
WU: 5'  
MS: 4x 3' Race Pace efforts w/ 2' recovery. Keep light on the pedals. This is just to spin out the legs.  
CD: 5'

Day: 137	<b>R:</b>	<b>B:</b>	<b>S:</b>
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Off Day!

Day: 138	<b>R: 20m</b>	<b>B:</b>	<b>S: 20m - 1000 yards</b>
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IM Prep  
20  
WU: 10'  
MS: 4x20" fast with a full recovery between each.

Open Water Swim  
Speed/Taper  
20  
1000

Open water swim - Do this at the time the race would start. See where the sun is, bouys, anything on the horizon that you can spot off of. Throw in 6 x 100 sprints with full recovery. Just stay loose.

Day: 139

**R:****B: 20m****S:**

Pre Race Prep  
IM Prep  
20

Warm up for 10' , make sure your bike is shifting properly and nothing is loose or rattling. Check tire pressure and make sure handlebars, stem, skewers are all tight. After wu, do 4x20" fast with a full recovery between each.

Day: 140

**R:****B:****S:**

Race Day  
1/2M Race  
120

5' wu and cd. 1/2 Marathon race. Break the race into 3 parts. First 5 miles are moderate effort, next 5 miles are up a notch on the effort level, and the last 5k are hard. Pace yourself, and think nutrition!! Especially when you are done.

Race Day  
1/2 IM Race  
40  
2500

Warm up for 10' and race a 2.1k- (warm up for at least 500 yds) - if you can - throw in a few 50s - just to get your HR up and ready to race from the get go! Pick a straight line, get on some fast feet and Good Luck!

Race Day  
1/2 IM  
180

Make sure your bike is shifting properly and nothing is loose or rattling. Check tire pressure and set your bike in the right gear for the start of the race. Take the first 10 miles out easy, and ease into the ride. Remember to eat/drink during the ride.