



- Triathlon Training

Weekly Training Plan - Olympic

BASE 2, WEEK 2 OF 4

Apr 7 to 13

Summary	MON 7	TUE 8	WED 9	THUR 10	FRI 11	SAT 12	SUN 13
Swim 1:30 Bike 3:00 Run 1:30 Hours 6:00	Swim 1:00 7pm @ DT YMCA for group workout. Bike :45 After a 10 min warmup, practice "Spin-Ups" as 3min recovery pace then 45sec fast cadence. Try to hold 100 rpm (rotations per minute). Drill for a total of 5 spinups. Then complete 4 sets of single leg spin drills (4x per leg). Try to spin with only one leg for 45sec. Make smooth circles without any 'catches' in the stroke. Recover with an easy spin with both legs for 2min between intervals. Warmdown for the remaining time.	Run :40 Coach Rob Thiry will take athletes out on the Boise 70.3 run course for a recovery paced run. Meet at his office at 12:30pm. Keep this run 'conversational pace'. All Zone 1 to lower Zone 2. Stretch well.	Bike :45 This is a recovery ride. The primary goal is to put some time on the bike and actively help your body recovery from the last two days of exercise. Keep the bike in the small chainring, and spin a high cadence (90-100rpm) for the duration of the ride. This entire ride should be at a conversational pace. Stretch well.	Swim (:30)/Run (:30) Brick For this brick, warmup and drill for 10min, then swim for 20min without rest. As soon as you finish, dress down and jump on the treadmill. Take 5min to ease into the run, then run the next 20min at a steady pace, just faster than conversational pace. Warmdown for the remaining time. Finish the run up with at least 10min stretching. Bike 1:00 Coach Trish will lead athletes through a trainer ride at George's cycles on Fairview Ave. Mix of strength and technique pedal drills. Main set 14x :04 as :01 low cadence, :02 high cadence and 30 seconds per leg of single leg drill. All zone 1 and Zone 2.	Rest/Flexibility	Bike :30 Meet at CamelsBack park at 9am. Transition racks will be setup for use. A 4 mile bike course will be laid out along with a 1 mile run course. Group will complete 3 bike-run bricks with complete transitions. Bring all necessary bike and run equipment.	Rest/Flexibility