



– Triathlon Training

Weekly Training Plan - Olympic

BASE 2, WEEK 3 OF 4

April 14 to 20

Summary	MON 14	TUE 15	WED 16	THUR 17	FRI 18	SAT 19	SUN 20
Swim 1:30 Bike 3:30 Run 2:00 Hours 7:00	<p>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.</p>	<p>Run :40-1:00 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.</p>	<p>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.</p>	<p>Swim (:30)/Run (:40) 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 30min 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.</p>	<p>Rest/Flexibility</p>	<p>Bike 1:00 Meet at CamelsBack at 9am. Group ride West on Hill Road for approx. 10miles. Return to Camels Back and begin run. Run :30 Transition run from Camels. Drop bikes off in cars. Complete "WaterTower Loop" (Spring Sprint Run loop). Regroup at park and finish with 3x strides. Stretch well. Robie Creek-Race starts at noon from Fort Boise. Please cheer on your TriBOISE partners if you're not racing!</p>	<p>Rest/Flexibility</p>