



Triathlon Training

Olympic Training Schedule
Build 1, WEEK 2 OF 4
June 30 to July 5

Summary	MON 30	TUE 1	WED 2	THUR 3	FRI 4	SAT 5	SUN 6
Swim 2:00 Bike 4:40 Run 2:00 Hours 8:30	Open Water Swim-Clocktower Pond. Be ready to Swim at 7pm. Recovery focused swim with technique work. Great workout to aid recovery after the Redfish triathlon.	Bike 1:00 Recovery focused ride with emphasis on high cadence. Include 10x 1 min pickups to a high cadence, just below the point when your butt starts to bounce around on the saddle. Recovery for at least 2min between intervals. Run :45 Preferrably on a track (or treadmill) complete 5x 3min intervals holding best 5k pace per interval. These should be aerobically challenging. Recovery by jogging slowly between intervals for 3min. Do not run these on concrete. Compare this weeks results to last week.	Swim 1:00 (Endurance w/ Speed work) After a good warmup that includes some backstroke and kickboard work, complete this set 4x (300yrd moderately hard, then 2x 75yrd moderately hard with :30sec rest each interval, then 200 easy)	Bike 1:10 (Threshold Ride) Find a flat course with little or no stop signs. After warmup, ride 30min at a hard pace (Zone 4-5) by building up to an anerobic effort over 2min then dropping back down slowly to just below your anaerobic level over 2min. Crisscross the intensity like this for the full 20min. Run :30 Complete at a very comfortable pace after bike workout. Focus on quick leg turnover.	Bike (Recovery) :30 All easy paced with focus on a high cadence.	Bike/Run Brick (Bike 2:00, Run :45) <i>Be ready to begin workout at 8am.</i> From Camels Back park, ride towards Discovery Park at Lucky Peak or until you reach the 1hr mark. Return same route. Complete 45min transition run at comfortable pace.	Rest Day, Great Job!