



Triathlon Training

<b>Olympic Training Schedule</b>
<b>Build 1, WEEK 3 OF 4</b>
<b>July 7 to July 13</b>

Summary	MON 7	TUE 8	WED 9	THUR 10	FRI 11	SAT 12	SUN 13
Swim 2:00 Bike 4:30 Run 2:30 <b>Hours 9:00</b>	<p><b>Open Water Swim-Clocktower Pond.</b>  <b>Be ready to Swim at 7pm.</b> Recovery focused swim with technique work.</p>	<p><b>Bike 1:00</b> 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. <b>Run 1:00</b> Preferrably on a track (or treadmill) complete 6x 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 2 week.</p>	<p><b>Swim 1:00 (Endurance w/ Speed work)</b> 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)</p>	<p><b>Bike 1:30 (Threshold Ride)</b>            Find a flat course with little or no stop signs. After warmup, ride 40min 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 40min. <b>Run :30</b> Complete at a very comfortable pace after bike workout. Focus on quick leg turnover.</p>	<p><b>Bike (Recovery) :30</b>            All easy paced with focus on a high cadence.</p>	<p><b>Spudman Triathlon!</b>            Race if you're feeling up to it. Remember we do not taper for this race as Emmett is our primary goal. Focus on nutrition and good pacing. Alternative workout is 1hr30min bike followed by 1hr easy paced run. Complete as 5x (2mile ride up bogus followed by 1mile transition run at camels back park). Compare results to that of 2 weeks ago.</p>	<p>Rest Day, Great Job!</p>