



Triathlon Training

Olympic Training Schedule
Build 2, WEEK 1 OF 4
July 21 to July July 27

Summary	MON 21	TUE 22	WED 23	THUR 24	FRI 25	SAT 26	SUN 27
Swim 2:00 Bike 3:30 Run 1:45 Hours 7:15	Open Water Swim-Veterans Pond. Be ready to Swim at 7pm. Recovery focused swim with technique work.	Bike 1:00 Recovery focused ride with emphasis on high cadence. Include 10x 2 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 4x 6min intervals holding best 5k pace per interval. These should be completed just 10-20sec per mile slower than 'Build 1' track work.. Recovery by jogging slowly between intervals for 6min. Do not run these on concrete.	Swim 1:00 (Endurance w/ Speed work) After a good warmup that includes some backstroke and kickboard work, complete 400 steady, then 4x 100 at T-pace (see 5 weeks past on how to calculate), then 300 steady, then 3x 100 at T-pace, then 200 steady. Finally 2x 100 at best effort. Rest 30sec between each interval.	Bike 1:00 (Hill Intervals) Find hill that takes at least 6min to climb. Complete 4x 6min climb holding 60rpm or higher. Stay seated and ride hard. Recovery by riding down the climb and spinning at the bottom for a total of 6min of rest per interval. 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 1:00, Run :30) <i>Be ready to begin workout at 8am.</i> From Camels Back park, ride to WarmSprings towards Lucky Peak, Hold best time trial pace (race pace) for 20min on wayback. Transition into 20 min run that builds to race intensity by the end.	Rest Day, Great Job!