TriBOISE Triathlon Training

Olympic Training Schedule
Build, WEEK 2 OF 4
June 2 to June 8

Summary	MON 2	TUE 3	WED 4	THUR 5	FRI 6	SAT 7	SUN 8
Swiim 3:00 Bike 4:00 Run 2:15 **Hours 9:15**	**Swim 1:00,** Set will be 6 x 200 meter on variable interval depending upon ability. Drill work for those who prefer to work on technique. ***Alternative to swim open water at 7pm, Clocktower Pond.*** Coach Antonio will take Athletes through a swim/bike workout if you bring your bike trainers. **Bike 1:00** Recovery ride in small chainring with a comfortably high cadence. Zone 1. Bring your trainers to the pond tonight participate in a swim/bike workout.	**Run 1:00** Run 5 x 5 minutes in Zone 3, which should be close to goal race pace. Record average pace during each interval. Goal is to finish last interval at same or better pace than first interval. Perfect Pacing!	**Swim 1:00** Warmup 500 meters with some kick work and backstroke. Main set: 10 x 150 yrds w/ :20sec rest. Then 10x100 yrds w/15sec rest. Finish with some backstroke.	**Run :40** Warmup 20min. Stretch for 5min. Main Workout: "Tempo Run" Run at goal race pace (or Zone 3) for 20min on a flat course or treadmill. Warmdown for remainder of workout. Recommend doing this run in the A.M. **Bike 1:15** Tempo Ride. After :20min warmujp, hold goal race pace for :40min. Warmdown remainder of time.	**Swim 1:00** Option to swim masters if you're feeling strong. Warmup 300 meters with some backstroke. Main set:8 x 150 yrds w/ :20sec rest. Then 8x100 yrds w/15sec rest. Finish with some backstroke. Try to hold 2-5 sec per interval faster pace than Wednesday workout.	**Bike 1:45/ Run :35** Meet at Camels Back at 8am. After 20-30min warmup, complete 12x 1mile pickups with 1mile recovery between intervals. Try to finish last interval as strong as first. Easy spin for remainder of ride. Transition into an easy :35min run, slowly picking up pace over the first 15min until you reach goal race pace. Easy run for remainder of time.	Rest Day, Great Job!