



Triathlon Training

Olympic Training Schedule
Base 4 , WEEK 2 OF 4
June 9 to June 15

Summary	MON 9	TUE 10	WED 11	THUR 12	FRI 13	SAT 14	SUN 15
Swim 3:00 Bike 4:00 Run 2:10 Hours 9:10	<p>Open Water Swim-Clocktower Pond. Be ready to Swim at 7pm. First 1/2 of class will focus on sighting technique and drills. Coach James will take athletes through an endurance oriented swim after the sighting clinic.</p> <p>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.</p>	<p>Run 1:00 Meet Coach Trish at Optimist park in West Boise. Be fueled and ready to run at 6pm. Focus will be on hill running and speed work. If you cannot make this workout, run in the Boise lower foothills for a great hill workout.</p>	<p>Swim 1:00 "Swim Test Set" Swim 3x 300 yards with 30sec rest between each. Goal is to swim at the highest average speed possible. Accurate test is when all three 300's are within 15sec on one another. Get your time for each 300 and average the three intervals. Once you have your 300 average pace, divide that number by 3 to determine your 100 average pace. This is close to your lactate threshold pace, which I'll refer to as T1 pace. Record this pace as we'll retest often.</p>	<p>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 1hr-2hr Endurance ride. Considering the amount of intensity in our weekend workouts, use this workout to build your endurance engine. No hard efforts, just steady to relatively easy pace riding.</p>	<p>Swim 1:00 Option to swim masters if you're feeling strong. Warmup 300 meters with some backstroke. Main set: 4x 400 yards descend (go faster each interval). Complete interval 4 holding your T1 pace determined in Wednesday's workout. After completing entire set, take 2min bonus rest and complete 400yrd kick with a kickboard or on your back. Warmdown with remainder of time.</p>	<p>Bike 1:30/ Run :30 Meet up with Coach Trish at Camels Back at 9am. Trish will run athletes through a series of transition drills. Afterwards athletes will complete a brick workout of 3x (20min bike, 1mile run). Try to finish last interval as strong as first.</p>	<p>Rest Day, Great Job!</p>

--	--	--	--	--	--	--	--