



Triathlon Training

Olympic Training Schedule
Base 4 , WEEK 3 OF 4 (RECOVERY WEEK)
June 16 to June 22

Summary	MON 16	TUE 17	WED 18	THUR 19	FRI 20	SAT 21	SUN 22
Swim 2:00 Bike 3:30 Run :20 Hours 6:00	<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 Rich will take athletes through an endurance oriented swim after the sighting clinic. 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>Bike 1:00 /Run :20 Meet Coach James at the Downtown YmCA at 6:30pm. Be fueled and ready to roll by 6:30pm. Being our recovery week, this will be an easy pace group ride and run.</p>	<p>Swim :20 Recovery swim. Focus on primary swimming limiters. Recommended balance drills and drills that focus on 'catching' the water. Stretch shoulders, triceps, and back afterwards.</p>	<p>Rest Day</p>	<p>Swim :20 Recovery swim. Focus on primary swimming limiters. Recommended balance drills and drills that focus on 'catching' the water. Stretch shoulders, triceps, and back afterwards.</p>	<p>REDFISH LAKE TRIATHLON. Best of luck to those who are competing. If you are not racing this weekend, the group will meet at Shoreline Park (end of 13th St. in Boise along the Greenbelt) for an easy paced 1.5hr ride towards East Boise. Details will be announced during the week.</p>	<p>Rest Day, Great Job!</p>