



Triathlon Training

Olympic Weekly Training Plan
BASE 1, WEEK 1 OF 4
Mar 3 to Mar 9

Summary	MON 3	TUE 4	WED 5	THUR 6	FRI 7	SAT 8	SUN 9
Swim 1:00 Bike 2:00 Run 1:00 Hours 4:00	<p>Swim :20-1:00 Join coach Kyle and Antonio at the DT YMCA for these technique and endurance focused workouts. Great for new swimmers, with workouts provided for experienced swimmers. Expect 1-2 kilometers of swimming. Bike :30 After a 10 min warmup, practice "Spin-Ups" as 3min recovery pace then 30sec fast cadence. Try to hold 100 rpm (rotations per minute). Drill for a total of 3 spinups, then warmdown for 10 min. Stretch.</p>	<p>Swim :20 Drill work only for new swimmers, practice the drills explained during Monday's practice. Experienced swimmers swim a 500 meter Time Trial (TT), record your time in your journal. Run :20-1:00 Coach Rob Thiry will take athletes out on the Boise 70.3 run course for a recovery paced run. Meet at his office at 12:30pm. Keep this run 'conversational pace'. All Zone 1 to lower Zone 2. Stretch well.</p>	<p>Bike :30 After a 10 min warmup, practice "Spin-Ups" as 3min recovery pace then 45sec fast cadence. Try to hold 100-110 rpm . Drill for a total of 3 spinups, then warmdown for 10 min. Stretch.</p>	<p>Swim (:20)/Run (:30) Brick Brick workouts are the key to racing triathlons well. For this brick, drill for :10, then swim for :10 without rest. As soon as you finish, dress down and jump on the treadmill for an easy run similar to Tuesday. No need to rush the transition, just try to be on the treadmill within 10min of leaving the pool. Finish the run up with at least :10 stretching. Bike 1:15 Coach Trish will lead athletes through a trainer ride at George's cycles on Fairview Ave. Mix of strength and technique pedal drills. Main set 10x :03 as :01 low cadence, :01 high cadence and 30 seconds per leg of single leg drill. All zone 1 and Zone 2.</p>	Rest/Flexibility	<p>Run :30 2-3 mile run leaving from Fort Boise. Running drills included after warmup. Return to Fort Boise for discussion with Harold.</p>	Rest/Flexibility