



Triathlon Training

Olympic Weekly Training Plan
BASE 1, WEEK 4 OF 4
Mar 24 to Mar 30

Summary	MON 24	TUE 25	WED 26	THUR 27	FRI 28	SAT 29	SUN 30
Swim 1:00 Bike 1:30 Run 1:00 Hours 3:30	Swim :20-1:00 7pm @ DT YMCA for group workout.	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.	Rest/Flexibility	Swim :30 Experienced swimmers swim Masters at the YMCA, new swimmers focus on drills from last Saturday. New swimmers complete 15x 50meters as 25meters drill, 25meters freestyle. Rest for as long as needed between intervals. Bike 1:00 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 :04 as :01 low cadence, :02 high cadence and 30 seconds per leg of single leg drill. All zone 1 and Zone 2.	Rest/Flexibility	Bike 1:00 Both 1/2 Ironman and Olympic groups will meet at Camels Back Park at 8am for a review of the Spring Sprint Triathlon course. We'll ride and run the entire course. Race tips and transition practice after the workout. Run :30 See above. Run Spring Sprint Triathlon course.	Rest/Flexibility