



Triathlon Training

Olympic Weekly Training Plan

BASE 3, WEEK 3 OF 4

MAY 12 - 18

Summary	MON 12	TUE 13	WED 14	THUR 15	FRI 16	SAT 17	SUN 18
<p>Swim 3:00 Bike 3:30 Run 2:20 Hours 8:50</p>	<p>Swim 1:00, Set will be 7 x 200 meter on variable interval depending upon ability. Drill work for those who prefer to work on technique. Bike :45 Recovery ride in small chainring with a comfortably high cadence. Zone 1.</p>	<p>Run :50 Coach Rob Thiry will take athletes out on the Boise 70.3 run course. Run 3 x 10 minutes in lower Zone 3, which should be just below 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!</p>	<p>Swim 1:00 Warmup 500 meters with some kick work and backstroke. Main set: 11 x 150 yrds w/ :20sec rest. Then 11x100 yrds w/15sec rest. Finish with some backstroke.</p>	<p>Run :50 Warmup 10min. Stretch for 5min. Main Workout: 'Cadence Drills' 14 x 30sec pickups to at least 90strides per minutes with 1min rest inbetween. Recommend complete this on a treadmill as it helps with leg turnover speed. Goal is to ultimately run at 90spm comfortably. Bike 1:45 Coach Trish will lead athletes through a group ride leaving George's cycles on Fairview Ave at 6pm. Focus is Time Trial skills and intensity work. Work hard during the 10mile TT and try to hold a firm pace back to the shop. Complete entire ride if you have a strong cycling background. If not, ride solo and complete a 5 mile effort at Zone 3 intensity.</p>	<p>Recovery</p>	<p>Splash N' Dash: <i>Tentative Start Time 9am. ClocTower Pond near Idaho River Sports.</i> Course will be mass start w/ 1k swim followed by 5k run. Timers will be on hand to gauge pacing. Check Forum for updates throughout week.</p>	<p>Open Water Swim: Meet at 8am at Clocktower pond for an easy paced group swim. Approx 2 laps.</p>

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