



Triathlon Training

<b>Olympic Weekly Training Plan</b>
<b>BASE 3, WEEK 4 OF 4</b>
<b>MAY 19 TO 25</b>

Summary	MON 19	TUE 20	WED 21	THUR 22	FRI 23	SAT 24	SUN 25
Swim 2:30 Bike 1:00 Run 1:00 <b>Hours 4:30</b>	<b>Swim :20-1:00</b> 7pm @ DT YMCA for group workout.	<b>Run :30</b> Coach Rob They 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.	<b>Rest/Flexibility</b>	<b>Bike 1:00</b> 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.	<b>Rest/Flexibility</b>	<b>Splash N' Dash:</b> <i>Tentative Start Time</i> <i>9am. Clocktower Pond</i> <i>near Idaho River</i> <i>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.	<b>Open Water</b> <b>Swim:</b> Meet at 8am at Clocktower pond for an easy paced group swim. Approx 2 laps.

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