



Triathlon Training

<b>Olympic Schedule</b>
<b>Build, WEEK 1 OF 4</b>
<b>May 26 to June 1</b>

Summary	MON 26	TUE 27	WED 28	THUR 29	FRI 30	SAT 31	SUN 1
Swim 2:30 Bike 3:45 Run 2:00 <b>Hours 8:15</b>	<p><b>Swim 1:00</b>, Set will be 5 x 200 meter on variable interval depending upon ability. Drill work for those who prefer to work on technique. Alternative to swim open water at 7pm, Clocktower Pond.</p> <p><b>Bike 1:00</b> Recovery ride in small chainring with a comfortably high cadence. Zone 1.</p>	<p><b>Run 1:00</b> Coach Rob Thiry will take athletes out on the Boise 70.3 run course. Run 4 x 5 minutes in Zone 3, which should be close to 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><b>Swim 1:00</b> Warmup 500 meters with some kick work and backstroke. Main set: 8 x 150 yds w/ :20sec rest. Then 8x100 yds w/15sec rest. Finish with some backstroke.</p>	<p><b>Run :40</b> Warmup 20min. Stretch for 5min. Main Workout: "Tempo Run" Run at goal race pace (or Zone 3) for 15min on a flat course or treadmill. Warmdown for remainder of workout. Recommend doing this run in the A.M. <b>Bike 1:00</b> Coach Trish will not be able to lead cyclist on a ride this Thursday due to the 70.3 race this weekend. Complete a tempo ride with 1x 30min best pace. Record average Heart rate for this workout.</p>	<p><b>Swim :30</b> Option to swim masters if you're feeling strong. Warmup 300 meters with some backstroke. Main set: 6 x 150 yds w/ :20sec rest. Then 6x100 yds w/15sec rest. Finish with some backstroke. Try to hold 2-5 sec per interval faster than Wednesday workout.</p>	<p><b>Bike 1:45/ Run :20</b> Coaches will be helping with the 70.3 race prep today. After 20-30min warmup, complete 10x 1mile pickups with 1mile recovery between intervals. Try to finish last interval as strong as first. Easy spin for remainder of ride. Transition into an easy :20min run, slowly picking up pace over the first 15min until you reach goal race pace. Easy run for remainder of time.</p>	<p>Rest Day- Great Job! Please come out and cheer on the 70.3 athletes!</p>