MON	TUE	WED	THU	FRI	SAT	SUN
	Week 17					
Day 113	114	115	116	117	118	119
Day Off Relax... Day Off Enjoy the down time! Enjoy the down time!	Bike 1:10:00 Bike Bike Z2 w/ 5 x 2' Z4 - fast, hard efforts standing the first 1 min then seated. 90" easy spinning in b...more... P: 1:10:00 Z2 w/ 5 x 2' Z4 - fast, hard efforts standing the first 1 min then seated. 90" easy spinning in between. Swim 1:00:00 Swim Swim W/U: 300 FR EZ every 3rd length Zipper Drill, r10s 4 x 25 Tarzan Drill, r10s Main Set: 10...more... P: 1:00:00 W/U: 300 FR EZ every 3rd length Zipper Drill, r10s 4 x 25 Tarzan Drill, r10s Main Set: 1000 FR z2 (include 4 x 50 non-free mixed in), r30s 4 x 50 (25 Zipper Drill, 25 FR), r10s 4 x 200 FR w/ PADS start steady Z2 then each 200 gets 2-3s faster per 100, r20s C/D: 200 easy CHOICE View swim drill videos: http://www.enduranceworks.net/resources/swim-drill-videos/	Strength OPTIONAL Strength Core routine focusing on abs, back and hips. Core routine focusing on abs, back and hips. Run 1:00:00 Run Run Z2. Include 10 min Z3 in the first half and 10 min Z3 in the second half. P: 1:00:00 Z2. Include 10 min Z3 in the first half and 10 min Z3 in the second half.	Bike 1:00:00 Bike Bike Z2. Use small chain ring in front and keep cadence 90+ rpm. P: 1:00:00 Z2. Use small chain ring in front and keep cadence 90+ rpm. Swim 1:00:00 Swim Pacing Swim W/U: 200 easy CHOICE 4 x 25 Double Entry Drill, r10s 4 x 50 FR (Fast, EZ), r15s Main Set:...more... P: 1:00:00 W/U: 200 easy CHOICE 4 x 25 Double Entry Drill, r10s 4 x 50 FR (Fast, EZ), r15s Main Set: 1 x 1000 FR steady, r60s 4 x 25 Double Entry Drill, r10s 1 x 100 easy CHOICE, r30s 1 x 1000 FR faster than the first 1k C/D: 200 easy CHOICE View swim drill videos: http://www.enduranceworks.net/resources/swim-drill-videos/	Run 0:50:00 Hill Repeats Run Warm up 10' easy with 6 x 30" strides mixed in (quick, fast accelerations but not sprints) - 30" ...more... P: 0:50:00 Warm up 10' easy with 6 x 30" strides mixed in (quick, fast accelerations but not sprints) - 30" easy jog in between. Hill repeats on moderate hill or 4-6% on treadmill: 3 x 2" up Z4 fast, jog down easy + 15" rest 6 x 30" up Z5 very fast, jog down easy + 15" rest Finish Z1/Z2 Swim 1:00:00 Swim Swim W/U: 600 FR every 3rd length Fingertip Drag Drill Main Set: 500 FR steady, r20s 300 FR Z...more... P: 1:00:00 W/U: 600 FR every 3rd length Fingertip Drag Drill Main Set: 500 FR steady, r20s 300 FR Z3 (fast), r30s 500 FR steady, r20s 300 FR build up to Z4 (very fast), r20s C/D: 300 FR with pull buoy focusing on hip rotation View swim drill videos: http://www.enduranceworks.net/resources/swim-drill-videos/	Bike 3:00:00 Long Ride Bike W/U 10' to Z2. Include 6 x 15-20" fast spinning (easy gear at 100+ rpm) mixed in. Z2. Include ...more... P: 3:00:00 W/U 10' to Z2. Include 6 x 15-20" fast spinning (easy gear at 100+ rpm) mixed in. Z2. Include 2 x 25' Z3 (with 3 x 2' standing each interval). Practice nutrition and hydration as if in a race. Make a note of what you eat and drink during your ride. OPTIONAL: Add 30 minutes to the ride if you feel strong today. Run 0:30:00 BRICK Run Z2 off the bike (within 5 minutes of finishing ride) and build up to Z3. P: 0:30:00 Z2 off the bike (within 5 minutes of finishing ride) and build up to Z3.	Run 1:45:00 Long Run Run Warm up 10' easy with 6 x 20" strides mixed in (quick, fast accelerations but not sprints) - 30" ...more... P: 1:45:00 Warm up 10' easy with 6 x 20" strides mixed in (quick, fast accelerations but not sprints) - 30" easy jog in between. Z2 with 3 x 3' Z3 mixed in. Run on softer surfaces (e.g. dirt, grass, etc.) if possible. Practice nutrition and hydration. Make a note of what you eat and drink during your run. Strength OPTIONAL Strength Whole body strength exercising with focus on core Whole body strength exercising with focus on core