MON	TUE	WED	THU	FRI	SAT	SUN
	Week 16					
Day 106	107	108	109	110	111	112
Day Off Relax... Day Off Enjoy the down time! Enjoy the down time!	Bike 1:00:00 Bike Bike Z2 w/ 4 x 2' Z4 - fast, hard efforts standing the first 1 min then seated. 90" easy spinning in b...more... P: 1:00:00 Z2 w/ 4 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 EZ CHOICE 4 x 25 Double Entry Drill, r10s Main Set: 1000 FR z2 (include 4 x 50 ...more... P: 1:00:00 W/U: 300 EZ CHOICE 4 x 25 Double Entry Drill, r10s Main Set: 1000 FR z2 (include 4 x 50 non-free mixed in), r40s 4 x 25 Long Arm Doggy Paddle Drill, r10s 4 x 200 FR Z3 (PADS #1, #3), r20s C/D: 200 easy CHOICE	Strength OPTIONAL Strength Core routine focusing on abs, back and hips. Core routine focusing on abs, back and hips. Run 1:05:00 Run Run Z2. Include 15 min Z3 after the halfway point. P: 1:05:00 Z2. Include 15 min Z3 after the halfway point.	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 1:10:00 Swim Pacing Swim W/U: 100 easy CHOICE 2 x 100 One Arm Drill, r10s 4 x 50 FR (Very Fast, EZ), r15s Main Se...more... P: 1:10:00 W/U: 100 easy CHOICE 2 x 100 One Arm Drill, r10s 4 x 50 FR (Very Fast, EZ), r15s Main Set: 1 x 1000 FR start easy and build up to steady, r60s 4 x 25 Fingertip Drag Drill, r10s 1 x 1000 FR - finish faster than the first 1k C/D: 200 EZ 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 90" 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: 200 easy CHOICE 4 x 25 Tarzan Drill, r10s 2 x 100 Float Kick Drill, r10s Main Set: ...more... P: 1:00:00 W/U: 200 easy CHOICE 4 x 25 Tarzan Drill, r10s 2 x 100 Float Kick Drill, r10s Main Set: Pyramid (use pull buoy on odd intervals - e.g. 100, 300): 100, 200, 300, 400 FR steady, r15s then 400, 300, 200, 100 FR Z3, r15s C/D: 200 easy CHOICE View swim drill videos: http://www.enduranceworks.net/resources/swim-drill-videos/	Bike 4:20:00 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: 4:20:00 W/U 10' to Z2. Include 6 x 15-20" fast spinning (easy gear at 100+ rpm) mixed in. Z2. Include 3 x 15' Z3 (with 4 x 1' standing mixed in each interval). Practice nutrition and hydration as if in a race. Make a note of what you eat and drink during your ride. 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 2:05:00 Long Run Run Warm up 10' easy with 6 x 20" strides mixed in (quick, fast accelerations but not sprints) - 30" ...more... P: 2:05:00 Warm up 10' easy with 6 x 20" strides mixed in (quick, fast accelerations but not sprints) - 30" easy jog in between. Z2 with 4 x 2' 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. OPTIONAL: Run an additional 10-30 min (up to 2:35 total run time) if needed as a confidence booster. Strength OPTIONAL Strength Whole body strength exercising with focus on core Whole body strength exercising with focus on core