

May 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29 Swim: 500 100 warm up 50 kick 4 x 50 (evens swim, odds pull) 50 kick 100 cool down	30 Bike: 45 min 10 min warm up 3 x 8 min of high zone 2 w/ 2 min easy 5 min cool down	31 OFF			

June 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Run: 30 min 5 min warm up (low zone 2) 5 x 1 min high zone 2 with 2 min walking 10 min easy run	2 Swim: 500 50 warm up 50 kick 50 pull 2 min rest 200 straight swim (don't stop) 50 kick 50 pull 50 cool down	3 Bike: 1 hour Solid, steady state biking (low-mid zone 2)

<p>4 Run: 35 min Solid, steady state biking (low zone 2)</p>	<p>5 Swim: 750 100 warm up 2 x 50 kick; 30 sec rest Main set: 4 x 50 pull; 20 sec. rest 3 x 100 negative split; 1 min rest. 50 easy cool down</p>	<p>6 Bike: 40 min 10 min warm up (low zone 2) Main set: Pyramid On/Off 1,2,3,4,5,4,3,2,1 5 min cool down</p>	<p>7 OFF</p>	<p>8 Run: 30 min 5 min warm up (low zone 2) 5 x 1 min high zone 2 with 2 min walking 10 min easy run</p>	<p>9 Swim: 600 100 warm up 50 kick 50 pull 2 min rest 200 straight swim (don't stop) 50 kick 50 pull 100 cool down</p>	<p>10 Bike: 1 hour Solid, steady state biking (low-mid zone 2)</p>
<p>11 Run: 40 min Solid, steady state (low zone 2)</p>	<p>12 Swim: 800 100 warm up 2 x 50 kick; 30 sec rest Main set: 4 x 50 pull; 20 sec. rest 3 x 100 negative split; 1 min rest. 100 easy cool down</p>	<p>13 Bike: 50 min 10 min warm up low zone 2 5 x alt. leg pedal 30 sec on/30 sec both Main set: 3 x 6 min low z3 70 rpm 4 min easy 5 min cool down</p>	<p>14 OFF</p>	<p>15 Run: 30 min 5 min warm up (low zone 2) 5 x 1 min high zone 2 with 2 min walking 5 min easy run 5 min easy walk</p>	<p>16 Swim: 750 100 warm-up 50 kick, 50 pull x 2 30 sec rest 300 straight 2 min rest 50 cool down</p>	<p>17 BRICK Bike: 1 hour Solid, steady state (low-mid zone 2) Run: 15 min easy</p>
<p>18 OFF</p>	<p>19 Swim: 800 100 warm up 2 x 50 kick; 30 sec rest Main set: 4 x 50 pull; 20 sec. rest 3 x 100 negative split; 1 min rest. 100 easy cool down</p>	<p>20 Bike: 50 min 10 min warm up low zone 2 5 x Alt. leg pedal 30 sec on/30 sec both Main set: 3 x 6 min low z3 70 rpm 4 min easy 5 min cool down</p>	<p>21 OFF</p>	<p>22 Run: 30 min 5 min warm up (low zone 2) 6 x 1 min high zone 2 with 2 min walking 5 min easy run 2 min easy walk</p>	<p>23 Swim 30 min steady</p>	<p>24 Run 25 min steady</p>

25 BRICK Bike: 50 min Solid, steady state (low-mid zone 2) Run: 20 min	26 Swim: 750 100 warm-up 6 x 50 fast (30 sec rest) 300 steady 50 cool down	27 Bike 1 hr, 10 min w/up, 8 min alt leg: 4 ea side 30 sec one leg, 30 sec both, 2 min easy pedal, 4 x 5 min high zone 2 lower cadence, 5 min very easy pedal in between recovery, 10 min cool-down	28 OFF	29 Run: 30 min 5 min warm up (low zone 2) 5 x 1 min high zone 2 with 2 min walking 10 min easy run	30 Swim: 750 100 warm-up 50 kick, 50 pull x 2 30 sec rest 400 straight 2 min rest 50 cool down	
July 2017						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 BRICK Bike: 40 min Solid, steady state (mid zone 2) Run: 15 min
2 30 min run steady pace	3 Swim: 750 100 warm-up 50 kick, 50 pull x 2 30 sec rest 400 straight 2 min rest 50 cool down	4 Bike: 1 hr, 10 min warm-up, 8 min alt leg, 2 min easy pedal, 2 x 10 min high zone 2 low cadence, 5 min very easy pedal, 10 min high cadence little resistance	5 OFF	6 Bike: 45 min Solid, steady state (low-mid zone 2)	7 Swim: 750 100 warm-up 6 x 50 fast (30 sec rest) 300 steady 50 cool down	8 30 min run steady pace

<p>9 OFF</p>	<p>10 Swim: 650 100 warm up 50 kick 2 min rest 400 straight rest 2 min 50 kick 50 cool down</p>	<p>11 40 min bike: 10 min warm up 6 min alt leg pedal (30 on/40 off) 4 min easy pedal 3x5 min as: 3 min hard effort 2 min easy/high cadence 5 min cool down 10 min easy jog</p>	<p>12 25 min easy run Stay steady and monitor breathing.</p>	<p>13 45 easy spin</p>	<p>14 OFF</p>	<p>15 Bike: 20 min easy Go through gears Practice clipping in and out Run: 10 min to just get legs moving</p>
<p>16 RACE DAY</p>						