

MON	TUE	WED	THU	FRI	SAT	SUN	WEEK
BIKE Build 1 of 3 Endurance Specificity Bio: Trainer Progressive 175, 300 Duration (H): 1:00:00 Workout Description 20 min easy spin, 10 min TT (20W) 20 min easy Bio: TT (20W) 5 min easy Bio: TT (20W) 5 min easy 4 min interval (100W) easy spin 4 min interval Rest 1 min	SWIM Swim: 2000 (200) Duration (H): 1:00:00 Distance (M): 2000 m Workout Description 400 warm-up by 100 400 rest 20' breathing pattern by 100 10x 25 m or 10x 50 m (100) rest 1:30 or 2:00 rest 20' swim 100 smoothly 4x 75 pull w/ 15 rest 1:30 interval strong 8x 50 pull free, smooth perfect technique 200 easy cool-down	RUN Run: Treadmill/Track Duration (H): 0:45:00 Workout Description 15 min easy warm-up 11x 400 repeats 1:30 rest 1:30 @ 10:00 pace @ 2.5% down the 1% then recover on the 2.5%	SWIM Swim: 1000 (100) Duration (H): 0:30:00 Workout Description 1000 warm-up 2 repeats of 2 x 200 rest 1:30 200 fast pace 200 pull 400 swim 200 kick rest 2:00 swim 100 smoothly 4x 75 pull w/ 15 rest 1:30 interval strong 8x 50 swim free, smooth perfect technique	STRENGTH Strength: Total Body Duration (H): 0:30:00 Workout Description 10 push-ups, 10 row plants 10 row + 2 pull plants 10 push-ups, 100 rest 10 push-ups, 10 row plants 10 row + 2 pull plants 10 push-ups Monster Blinks, 3 x 15 pieces in each direction Squats w/ 10 lbs, 3 x 15 row and row	BIKE Bio: 40 min steady w/ fast finish Duration (H): 0:40:00 Workout Description Steady riding with your feet 30 @ row effort	RUN Run: Steady Duration: 1:00:00 Post Run Recovery Swim 400C with five warm-up 400C Pull warm-up 400C with five warm-up Bio: 20W as 4 x ("Fast" / "Easy") 20' @ 30 Bio: 100PC Interval 1 x 400C, 75L, 85L, 95L x 20 Bio: 50PC "Endurance" ... focus on technique x 10	7
BIKE Bio: Steady Duration: 1:00:00 40 min 40 min w/ 10 @ 10:00 Bio: 100PC Interval 1 x 400C, 75L, 85L, 95L x 20 Bio: 50PC "Endurance" ... focus on technique x 10	SWIM Swim: 2000 (200) Duration: 1:00:00 Distance: 2000 m Workout Description 400 400 fast 200 easy 400 single arm 400, 200 pull 400 fast 400 easy 200 pull 400 rest on your side, 200 pull 400 400 easy	RUN Run: Steady Duration (H): 1:00:00	SWIM Swim: Easy/Interval pull Duration (H): 1:00:00 Distance (M): 2000 m Workout Description 20 1000 warm-up 20 rest 200 row with five Row on rollers breathing smooth strokes, streamline off the wall - 100' Sprint	STRENGTH Strength: Total Body Duration (H): 0:30:00 Workout Description 10 push-ups, 10 row plants 10 push-ups, 100 rest 10 push-ups, 10 row plants 10 row + 2 pull plants 10 push-ups Monster Blinks, 3 x 15 pieces in each direction Squats w/ 10 lbs, 3 x 15 row and row	BIKE Bio: Easy Duration: 1:00:00 T Row 20' of steady rowing within 10' of completing row	RUN Run: Easy Duration: 1:00:00 Post Run Recovery Swim 400C with five warm-up 400C Pull warm-up 400C with five warm-up Bio: 20W as 4 x ("Fast" / "Easy") 20' @ 30 Bio: 100PC Interval 1 x 400C, 75L, 85L, 95L x 20 Bio: 50PC "Endurance" ... focus on technique x 10	8
BIKE Build 1 of 3 Endurance Specificity Bio: Trainer Progressive 175, 300 Duration (H): 1:00:00 Workout Description 20 min easy spin, 10 min TT (20W) 20 min easy Bio: TT (20W) 5 min easy Bio: TT (20W) 5 min easy 4 min interval (100W) easy spin 4 min interval Rest 1 min	SWIM Swim: 1000 Duration (H): 1:00:00 Distance (M): 1000 m Workout Description 1000 warm-up 2 x 200 fast 200 rest 1:30 200 rest 200 fast 10x 25 m or 10x 50 m (100) rest 1:30 or 2:00 rest 20' swim 100 smoothly 4x 75 pull w/ 15 rest 1:30 interval strong 8x 50 swim free, smooth perfect technique 200 easy cool-down	RUN Run: Treadmill/Track Duration (H): 0:45:00 Workout Description 15 min easy warm-up 11x 400 repeats 1:30 rest 1:30 @ 10:00 pace @ 2.5% down the 1% then recover on the 2.5%	SWIM Swim: 1000 Duration (H): 1:00:00 Distance (M): 1000 m Workout Description 1000 1000 as warm pull 200 pull team 400 rest 1:30 or 2:00 rest 1:30 Strength 1000 for time 10 4x 100 easy	STRENGTH Strength: Total Body Duration (H): 0:30:00 Workout Description 10 push-ups, 10 row plants 10 row + 2 pull plants 10 push-ups, 100 rest 10 push-ups, 10 row plants 10 row + 2 pull plants 10 push-ups Monster Blinks, 3 x 15 pieces in each direction Squats w/ 10 lbs, 3 x 15 row and row	BIKE Bio: 20' @ 10 Duration (H): 0:30:00 Workout Description Steady riding with 20' 10 minutes of strong effort rowed in to the session. Rate steady for 75-20 between each strong effort.	RUN Run: Steady Duration: 1:00:00 Post Run Recovery Swim 400C with five warm-up 400C Pull warm-up 400C with five warm-up Bio: 20W as 4 x ("Fast" / "Easy") 20' @ 30 Bio: 100PC Interval 1 x 400C, 75L, 85L, 95L x 20 Bio: 50PC "Endurance" ... focus on technique x 10	9

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