

**Bolton 3 - 9 sessions a week - 2011 - Dynamic : 5/9/2011 - 5/15/2011**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9/5	10/5	11/5	12/5	13/5	14/5	15/5
<p><b>Day Off : Day Off</b>  <b>Workout Description:</b>                      Preparation Day.                      Review the program and make sure that you plan your personal schedule for the next 4 week block so that you can achieve your training. Be smart!</p> <p>A glossary of terms has been attached to this workout - please click on the paperclip shown above to take a look. If there are any terms that you do not understand please do let us know by emailing us at <a href="mailto:enquiries@thetrilife.com">enquiries@thetrilife.com</a>.</p>	<p><b>Bike</b>  <b>Planned Time:</b>                      0:45:00  <b>Workout Description:</b>                      This session may be done using short and moderate hills or on a turbo trainer with a block under front wheel. If done on road recovery will be when riding downhill.</p> <p>WU: 10 - 15 mins pedalling 90 rpm - adjust gearing to increase HR to RPE 8-11.</p> <p>MS:                      3 x 6 mins climbing done as OG (overgearing on flat) at 70 rpm, 90 s R (recovery) spinning at 90 rpm SCR (small chain ring).                      Repeats 1 and 3, to be done seated and Repeat 2 to be done standing.</p> <p>CD:                      10 mins Spin down easy effort SCR</p> <p><b>Swim :</b>  <b>Planned Time:</b>                      0:45:00  <b>Workout Description:</b>                      Warm Up:                      200 easy swimming 30 s R                      8 x 25 one steady, one easy 10 s R                      Main Set:                      8 x 25 10 s R                      5 x 50 20 s R                      4 x 75 30 s R                      2 x 100 40 s R                      Keep pace even. When reach break point increase recovery to enable to continue.                      250 steady                      Cool Down:                      200 bilateral breath or breathe every 5 strokes  <b>Pre Activity Comments:</b>                      2000</p>	<p><b>Run : Run:</b>  <b>Quality and cadence</b>  <b>Planned Time:</b>                      0:45:00  <b>Workout Description:</b>                      WU:10 min jog MS: 3 mins at RPE 14, 2 mins at RPE 15 and 1 min at RPE 16. Repeat a further 6 times.                      CD: 5 mins easy to cool down and stretch well  <b>Pre Activity Comments:</b>                      Work on improving your cadence which is the rate of turnover of your legs. You need to aim to be as efficient as possible and not waste any energy. Concentrating on your leg turnover makes the sessions more interesting and improves your running efficiency and speed. Aim to run at 85 – 90 right foot strikes per minute.</p>	<p><b>Bike : Bike:</b>  <b>Muscular Endurance</b>  <b>Planned Time:</b>                      1:20:00  <b>Workout Description:</b>                      This session may be done on a turbo trainer or can be slotted into a road ride. The main set efforts should be at RPE 13-14.</p> <p>WU: 10 mins pedalling 90 rpm - adjust gearing to increase HR to RPE 8-11. Include 3 x (30 s to 1 mins) single leg right drill and single leg left drill. (See Glossary).</p> <p>MS:                      2 x (20 mins at RPE 13-14, 10 mins recovery SCR)</p> <p>CD:                      10 mins Spin down easy effort SCR</p>	<p><b>Run : Run:</b>  <b>Medium duration</b>  <b>Planned Time:</b>                      1:00:00  <b>Workout Description:</b>                      WU: Easy run 10 mins                      MS: Build up to and hold effort at RPE 13                      CD: 5 mins jog cool down and stretch well  <b>Pre Activity Comments:</b>                      Focus on refueling at 30 minutes even if you feel you don't need too. Concentrate on maintaining a fast cadence and look at objects ahead of you and try to reduce your bouncing. If the object ahead is bobbing try to reduce it bobbing up and down and keep your running smooth and balanced.</p> <p><b>Swim</b>  <b>Planned Time:</b>                      0:50:00  <b>Workout Description:</b>                      Warm Up:                      200 swm 40 s R                      2 x 50 kick 10 s R                      100 pull 15 s R                      Main Set:                      1 x 200 steady, 45 s R                      2 x 50 as 1 fast 1 easy 20 s R                      2 x 100 swim easy 30 s R                      2 x 50 as 25 max 25 easy 20 s R                      4 x 50 steady 15 s R                      4 x 75 pulling and paddles if available, 30 s R                      1 x 300 steady                      Cool Down:                      200 alternate front and backstroke  <b>Pre Activity Comments:</b>                      2000</p>	<p><b>Bike</b>  <b>Planned Time:</b>                      3:00:00  <b>Workout Description:</b>                      Ride 3-4 hours. Divide your ride into 1 hour blocks.                      Hour 1 ride at RPE 9-10                      Hour 2 ride at RPE 9-10                      Hour 3 ride at RPE 11-12                      (Hour 4 ride at RPE 11-12)</p> <p>Fast transition then run off for 8 mins, turn and run back in 7 mins.</p> <p>All terms can be found in the Glossary in the "taster" document.</p>	<p><b>Run : Run:</b>  <b>Long duration</b>  <b>Planned Time:</b>                      1:30:00  <b>Workout Description:</b>                      Run maintaining effort level RPE 10 -13. Stretch well at end of session.  <b>Pre Activity Comments:</b>                      These sessions are to increase your endurance and practice refueling. Take a gel every 25 – 30 minutes and a mouthful of energy drink every 10 minutes.  <b>Swim : Long endurance swim</b>  <b>Planned Time:</b>                      1:00:00  <b>Distance (P):</b>                      2300 meters  <b>Workout Description:</b>                      WU:                      200 easy swimming 30 s R                      200 drill of choice swum as 25 drill followed by 25 full stroke.</p> <p>Main Set:                      4 x 400 at comfortable pace RPE 12-13, focus on good stroke, 60 s R                      1 x 200 at comfortable pace RPE 12-13, focus on good stroke, 60 s R</p> <p>CD:                      100 other stroke  <b>Pre Activity Comments:</b>                      2300</p>
<p><b>Planned: Bike: 5:05:00 Swim: 2:35:00 / 2300 meters Run: 3:15:00 Total: 10:55:00</b></p>						

