

Bolton 3 - 9 sessions a week - 2011 - Dynamic : 7/11/2011 - 7/17/2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11/7	12/7	13/7	14/7	15/7	16/7	17/7
<p>Day Off : TAPER WEEK</p> <p>Workout Description: A reduction in volume - your strength and speed will develop.</p>	<p>Swim Planned Time: 1:00:00</p> <p>Workout Description: WU: 400 own choice of strokes and drills.</p> <p>MS: 5 x 75 T Pace – 3, 20 s R 1 x 150 easy, 20 s R 4 x 75 T Pace – 4, 20 s R 1 x 150 easy, 20 s R 3 x 75 T Pace – 3, 20 s R 1 x 150 easy, 20 s R 2 x 75 T Pace – 4, 20 s R 1 x 150 easy, 20 s R 1 x 75 T Pace – 5, 20 s R</p> <p>1 x 100 steady, 10 s R 2 x 200 steady, 20 s R 1 x 300 steady, 30 s R</p> <p>CD: 250 Own choice of strokes</p> <p>Total Distance 3175</p> <p>Pre Activity Comments: 3175</p> <p>Bike : Bike: Strength Planned Time: 0:55:00</p> <p>Workout Description: 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: 4 x 6 mins climbing done on 2" block at 65 rpm, 90 s R (recovery) spinning at 90 rpm SCR (small chain ring). Repeats 1 and 3, to be done seated and Repeats 2</p>	<p>Run : Run: Quality and cadence Planned Time: 0:45:00</p> <p>Workout Description: WU:10 mins jog MS: 3 x (40 s at RPE 16, 2 min jog recovery) 3 mins RPE 14 3 x (40 s at RPE 16, 2 min jog recovery)</p> <p>CD: 15 mins easy to cool down and stretch well</p> <p>Pre Activity Comments: Focus on 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>Bike : Bike: Speed Endurance Planned Time: 1:10:00</p> <p>Workout Description: 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 15 - which is HARD!</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) Spin Ups. (See Glossary).</p> <p>MS: 5 x (5 mins at RPE 15, 5 mins recovery SCR)</p> <p>CD: 10 mins Spin down easy effort SCR</p> <p>All terms can be found in the Glossary in the "taster" document.</p>	<p>Run : Run: Medium duration Planned Time: 1:00:00</p> <p>Workout Description: WU: Easy run 10 mins MS: Build up to and hold effort at RPE 13 CD: 5 mins jog cool down and stretch well</p> <p>Pre Activity Comments: 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>Swim : Long endurance swim Planned Time: 1:00:00</p> <p>Workout Description: WU: 200 easy swimming 30 s R 200 drill of choice swum as 25 drill followed by 25 full stroke.</p> <p>Main Set: 5 x 500 at comfortable pace RPE 12-13, focus on good stroke, 60 s R</p> <p>CD: 100 other stroke</p> <p>Pre Activity Comments: 3000</p>	<p>Bike : Bike: Endurance Broken with Skills Planned Time: 3:00:00</p> <p>Workout Description: Ride 3 - 2 hours. Divide your ride into 4 parts.</p> <p>Part 1: RPE 10-11 Part 2: RPE 11-12 Part 3: Race pace practice - 30 mins at race pace and 30 mins easy, then 40 mins at race pace as time allows Part 4: Repeats of 3 mins easy, 2 mins race pace, 1 min hard, RPE 15 -16</p> <p>Fast transition then run off for 10 mins, turn and run back in 9 mins.</p> <p>All terms can be found in the Glossary in the "taster" document.</p>	<p>Swim : Open Water Swim Planned Time: 0:45:00</p> <p>Workout Description: WU: 5 mins starting easy and building in effort 10 strokes hard/10 strokes easy 20 strokes hard / 20 strokes easy 30 strokes hard / 30 strokes easy 20 strokes hard / 20 strokes easy 10 strokes hard / 20 strokes easy</p> <p>MS: Choose / find two points such as buoys or markers 300m apart. Swim at race pace effort between these two markers. Repeat for 30 mins with 30 s R</p> <p>CD: 5minute easy swim down</p> <p>Finish with exit from water and practice T1!</p> <p>Pre Activity Comments: If you cannot get to an open water venue on Thursday then take Thursday as an active recovery day and perform this session first thing on Sunday morning before your run.</p> <p>Run : Run: Long duration Planned Time: 1:30:00</p> <p>Workout Description: Run maintaining effort level RPE 10 -14. Stretch well at end of session.</p> <p>Pre Activity Comments: 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.</p>