

Bolton 6 - 6 sessions a week - 2011- Dynamic : 2/14/2011 - 2/20/2011

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|--|--|--|---|--|
| 14/2 | 15/2 | 16/2 | 17/2 | 18/2 | 19/2 | 20/2 |
| <p>Day Off : Recovery Day</p> <p>Workout Description: Actively focus on recovery today:</p> <p>Pre Activity Comments: Focus on consistency of training this week</p> | <p>Swim : Drill based session - Drill 1</p> <p>Planned Time: 0:50:00</p> <p>Distance (P): 1554 meters</p> <p>Workout Description: WU:Flexibility/mobility poolside then 100 easy full stroke</p> <p>All drills to be done as 25 drill 25 Full Stroke(FS) i.e, 100 CU means 25 Catch Up, 25 FS, 25 CU, 25 FS</p> <p>Drills:</p> <p>100 CU, 100 Drill 1, 100 CU, 100 Drill 1</p> <p>100 kicking with float</p> <p>Repeat</p> <p>MS:</p> <p>5 x 100 with 20 s R focus on quality of your swimming - count strokes and log in diary</p> <p>WD: 100 cool down any stroke</p> <p>Pre Activity Comments: Relax and focus on length of each stroke. Drill 1 will be Thigh Touch where you touch your thigh at the end of the push phase every stroke. OR perform a drill that a coach has suggested.</p> | <p>Bike : ILT 60min</p> <p>Planned Time: 1:00:00</p> <p>Workout Description: WU:Easy pedalling cadence 90 rpm 5 min Increase HR into Zone 2, RPE 8-11 5 min SET 1: Isolated Leg Training (ILT) Single leg right 50 s – recover 40 s Single leg left 50 s – recover 40 s Repeat 4 times SET 2: Development of leg speed and aerobic endurance.Small chain ring eg 52 x 20 for 2 min at 95-100 rpm. Recover on small chain ring 1 min at 60 rpm – effort should still be RPE 6-8 Perform each repeat in a different position, i.e., sitting up, on hoods, on drops/tri bars. Repeat 7 times SET 3: Maintain effort in Zone 2 RPE 8-11: 90 rpm 1 mins 30s then 30s spin up.Repeat 4 times SET 4: ILT Accelerations Single leg right – spin up! 30s recovery 1 min 30 s Single leg left – spin up! 30s recovery 1 min 30 s WD:Easy pedalling cadence 90 rpm 5 min use gears to allow HR to drop into Zone 1 RPE 6-8</p> <p>Pre Activity Comments: Pedaling and stroke efficiency</p> | <p>Run : Base building</p> <p>Planned Time: 0:40:00</p> <p>Workout Description: Base building run</p> <p>Pre Activity Comments: On soft but firm surface, heart rate in zone 1, RPE 6-8 only. Pretty form and quick cadence.</p> | <p>Swim : 75s descending</p> <p>Planned Time: 0:55:00</p> <p>Distance (P): 1760 meters</p> <p>Workout Description: WU:</p> <p>50 pull, 50 kick, 50 swim done 3 times.</p> <p>MS: 4 x 75 descending times 30s R 50 pull with pull buoy easy 4 x 75 descending times 30s R 50 pull with pull buoy easy 4 x 75 descending times 30s R 50 pull with pull buoy easy</p> <p>1 x 75 fastest of workout (easy 25 swim).</p> <p>CD:100 easy swim.</p> <p>Pre Activity Comments: Make note of time achieved for the 75s</p> | <p>Bike : Easy ride</p> <p>Planned Time: 2:00:00</p> <p>Workout Description: Ride easy RPE 6 -8 on a flat to rolling course. Don't exceed RPE 8 for more than a few seconds at a time as when accelerating from a stop light or going up a short hill. Comfortably high rpm. This is intended to be a recovery and aerobic maintenance ride.</p> <p>Pre Activity Comments: Enjoy the ride. SCR only</p> | <p>Run : Zone 1-2, RPE 6-8, check cadence</p> <p>Planned Time: 1:00:00</p> <p>Workout Description: Long aerobic run of 60mins with 8x30secs fast 30secs easy. RPE 6-11.</p> <p>Pre Activity Comments: Check cadence: count left foot strikes 15 seconds. Goal is 22 or higher.</p> |

Planned: Swim: 1:45:00 / 3315 meters Bike: 3:00:00 Run: 1:40:00 Total: 6:25:00