

**Bolton 6 - 6 sessions a week - 2011- Dynamic : 4/18/2011 - 4/24/2011**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
18/4	19/4	20/4	21/4	22/4	23/4	24/4
<b>Day Off</b> <b>Workout</b> <b>Description:</b> Rest day <b>Pre Activity</b> <b>Comments:</b> Rest	<b>Swim</b> <b>Planned Time:</b> 1:30:00 <b>Distance (P):</b> 3749 meters <b>Workout</b> <b>Description:</b> Wu: 100swim 8 x 25 off 30s 100 back stroke 4 x 25 max off 30s 100 KWF (kick with fins) 4 x 25 max off 30s  MS: 3 x  50 Max from dive 100 easy 2 x 400, 45s R 50 easy  CD:200	<b>Bike</b> <b>Planned Time:</b> 1:30:00 <b>Workout</b> <b>Description:</b> WU: 20min warm up MS: Find a hill 4% and ride 6 x 5mins up it. As odds @ 65-70rpm evens @ 90rpm. Free wheel back down as recovefry CD: Cycle home <b>Pre Activity</b> <b>Comments:</b> Optional 10m or 25m Time Trial if possible. Remain seated during hill repeats	<b>Run</b> <b>Planned Time:</b> 1:30:00 <b>Workout</b> <b>Description:</b> Run how you feel. Include 15sec pick ups/strides every 5 minutes <b>Pre Activity</b> <b>Comments:</b> Long run. Build into the run. Take on board carbs, water during run	<b>Swim</b> <b>Planned Time:</b> 1:30:00 <b>Distance (P):</b> 3200 meters <b>Workout</b> <b>Description:</b> WU:  100 swim easy. 50 kick easy. 100 swim easy. 50 kick moderate. 100 swim moderate.  MS: Start slow and decrease times for each 300. 4 x 300,30s R at aerobic effort (slower than race pace) Kick 50 easy. 3 x 300, 30s R at aerobic effort (less than race pace). Kick 50 easy. 2 x 300, 30s R at aerobic effort (less than race pace). CD: 100 drill of your choice, 300 swim. <b>Pre Activity</b> <b>Comments:</b> Breathe every 3 on every other 25m during the 300m efforts	<b>Bike</b> <b>Planned Time:</b> 5:00:00 <b>Workout</b> <b>Description:</b> Ride how you feel <b>Pre Activity</b> <b>Comments:</b> Long ride <b>Brick</b> <b>Planned Time:</b> 0:45:00 <b>Workout</b> <b>Description:</b> 20min at race pace effort 5min easy jog 20min at race pace effort <b>Pre Activity</b> <b>Comments:</b> Build into the run for the first 1km until you find your rhythm. Take short strides to increase your stride rate if you are feeling heavy running off the bike	<b>Run</b> <b>Planned Time:</b> 1:45:00 <b>Workout</b> <b>Description:</b> The first part of this run is warm-up in heart rate 1-2 zones. The last 30 minutes at Goal race pace. Relax! <b>Pre Activity</b> <b>Comments:</b> Long run, tempo finish.

Planned: Swim: 3:00:00 / 6949 meters Bike: 6:30:00 Run: 3:15:00 Brick: 45:00 Total: 13:30:00