

Bolton 6 - 9 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 Workout Description: Actively focus on recovery today: Pre Activity Comments: Focus on consistency of training this week</p>	<p>Swim : Drill based session - Drill 1 Planned Time: 0:50:00 Distance (P): 1554 meters Workout Description: WU:Flexibility/mobility poolside then 100 easy full stroke 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 Drills: 100 CU, 100 Drill 1, 100 CU, 100 Drill 1 100 kicking with float Repeat MS: 5 x 100 with 20 s R focus on quality of your swimming - count strokes and log in diary WD: 100 cool down any stroke 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. Run : RJ 3-2-1 Planned Time: 0:32:00 Workout Description: WU: 10min warm up MS: (2 x) 3min easy - 2min steady - 1min fast - No additional recovery, run straight through CD: 10 min jog down Pre Activity Comments: Keep cadence at 90rpm+ at all times</p>	<p>Bike : ILT 60min Planned Time: 1:00:00 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 Pre Activity Comments: Pedaling and stroke efficiency</p>	<p>Swim : 75s descending Planned Time: 0:55:00 Distance (P): 1760 meters Workout Description: WU: 50 pull, 50 kick, 50 swim done 3 times. 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 1 x 75 fastest of workout (easy 25 swim). CD:100 easy swim. Pre Activity Comments: Make note of time achieved for the 75s Run : Base building Planned Time: 0:40:00 Workout Description: Base building run Pre Activity Comments: On soft but firm surface, heart rate in zone 1, RPE 6-8 only. Pretty form and quick cadence.</p>	<p>Bike : Cadence#3 60min Planned Time: 1:00:00 Workout Description: WU: Easy pedalling cadence 90 rpm 5 min Increase HR into Zone 2, RPE 10 5 min MS: 10minutes @ 15rpm above normal cadence - 15minutes @ 15rpm below normal cadence - 20minutes @ normal cadence WD:Easy pedalling cadence 90 rpm 5 min use gears to allow HR to drop into Zone 1, RPE 6-8 Pre Activity Comments: Focus on relaxing during the pedal stroke, this will help improve economy by improving the movement at the top and bottom of the pedal stroke.</p>	<p>Bike : Easy ride Planned Time: 2:00:00 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. Pre Activity Comments: Enjoy the ride. SCR only Run Planned Time: 0:30:00 Workout Description: 30 minute recovery run, RPE 6-8 or HR Zone 1 Pre Activity Comments: Aerobic recovery run</p>	<p>Run : Zone 1-2, RPE 6-8, check cadence Planned Time: 1:00:00 Workout Description: Long aerobic run of 60mins with 8x30secs fast 30secs easy. RPE 6-11. Pre Activity Comments: Check cadence: count left foot strikes 15 seconds. Goal is 22 or higher.</p>

Planned: Swim: 1:45:00 / 3315 meters Run: 2:42:00 Bike: 4:00:00 Total: 8:27:00