

Bolton 9 - 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
Day Off Workout Description: Rest day Pre Activity Comments: Rest	Swim Planned Time: 1:30:00 Distance (P): 3749 meters Workout Description: 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	Bike Planned Time: 1:30:00 Workout Description: 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 Pre Activity Comments: Optional 10m or 25m Time Trial if possible. Remain seated during hill repeats	Run Planned Time: 1:30:00 Workout Description: Run how you feel. Include 15sec pick ups/strides every 5 minutes Pre Activity Comments: Long run. Build into the run. Take on board carbs, water during run	Swim Planned Time: 1:30:00 Distance (P): 3200 meters Workout Description: 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. Pre Activity Comments: Breathe every 3 on every other 25m during the 300m efforts	Bike Planned Time: 5:00:00 Workout Description: Ride how you feel Pre Activity Comments: Long ride Brick Planned Time: 0:45:00 Workout Description: 20min at race pace effort 5min easy jog 20min at race pace effort Pre Activity Comments: 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	Run Planned Time: 1:45:00 Workout Description: The first part of this run is warm-up in heart rate 1-2 zones. The last 30 minutes at Goal race pace. Relax! Pre Activity Comments: 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