

Bolton 9 - 9 sessions a week - 2011 - Dynamic : 11/22/2010 - 11/28/2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
22/11	23/11	24/11	25/11	26/11	27/11	28/11
<p>Day Off : Recovery Day</p> <p>Workout Description: Actively focus on recovery today:</p> <p>Pre Activity Comments: The aim of this block of training is to prepare you for your Ironman journey. Use the next 4 weeks you to get into your routines and make sure you have the clothing/equipment that you need.</p>	<p>Swim : Preparation Drills</p> <p>Planned Time: 0:50:00</p> <p>Workout Description: WU: Flexibility/mobility poolside then 100 easy full stroke 50 Drill means Drill for 25 m (or 20 m in a 20 m pool) and then swim full stroke (FS) for 25 m (or 20 m) Drills: Three times: 2 x 50 Drill 1 with 30 s rest in between (30s R). 2 x 50 Drill 2 with 30 s rest in between (30s R). 2 x 50 Drill 3 with 30 s rest in between (30s R). MS: 1 x 100 with 30 s R 3 x 75 with 30 s R 3 x 50 with 30 s R 3 x 25 with 30 s R WD: 100 cool down any stroke Total 1650</p> <p>Pre Activity Comments: Drill 1 is Catch Up Drill 2 is Finger Trail Drill 3 is Thigh Touch Drills can be found in thetrillife.com Clubhouse</p> <p>Run : Preparation Strides</p> <p>Planned Time: 0:30:00</p> <p>Workout Description: WU: Easy running Zone 1-2 15 mins MS: Strides. Warm up. Then 4-5x20 seconds fast on soft, gentle downhill. Approximately 400m race pace. Not all out. Relax. Walk and hop back to start point during each recovery. Hop 30 times on right leg and then 30 times on left leg (hops are to build foot/leg strength). Zone 1 cool down CD: Zone 1 cool down</p>	<p>Bike : Base 1 Cadence and Pedalling Efficiency Set 1 (45)</p> <p>Planned Time: 0:45:00</p> <p>Workout Description: WU: Easy pedalling cadence 90 rpm 5 min Increase HR into Zone 2 - this means work a bit harder until you are at a moderate effort but can still hold a conversation, RPE 10 5 min (10) SET 1: Isolated Leg Training (ILT) Single leg right 20 s – recover 70 s Single leg left 20 s – recover 70 s Single leg right 30 s – recover 60 s Single leg left 30 s – recover 60 s Repeat 2 times (12) SET 2: Development of leg speed and aerobic endurance. 1 min at 100 rpm at moderate effort. Recover easy spin 1 min at 90 rpm. 2 min at 100 rpm at moderate effort. Recover easy spin 1 min at 90 rpm. 3 min at 100 rpm at moderate effort. Recover easy spin 1 min at 90 rpm. (9) SET 3: Maintain steady effort 90 rpm 3 mins 30s then 30s spin up to RPM 120+. Repeat 2 times (8) WD: Easy pedalling cadence 90 rpm 6 min use gears to allow HR to drop into Zone 1 which is a very easy effort (5) Total 45 mins</p>	<p>Run : Base building</p> <p>Planned Time: 0:30:00</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. Good form and quick cadence.</p> <p>Swim : Preparation Skills and Kicking</p> <p>Planned Time: 0:50:00</p> <p>Workout Description: WU: 200 easy including tumble turns 2 x 100 reducing strokes by one each length MS: 3 x (25 kick on front with float 25 pull 25 kick on back with float arms extended 25 pull) 3 x (25 Drill 1, 25 FS (full stroke), 25 Drill 2, 25 FS) 3 x 25 breathe every 3 strokes 25 breathe every 4 strokes 25 breathe every 5 strokes 25 breathe every 6 strokes 3 x (25 pull 25 swim 25 pull 25 swim Total 1600</p> <p>Pre Activity Comments: Drill 1 CU Drill 2 Thigh Touch</p>	<p>Bike : Cadence#1 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 10 5 min MS: 4 x (3 mins 90 rpm, 2 mins 95 rpm, 1 min 100 rpm, 4 mins easy) Zone 1 and 2, RPE 6-8 only for rest of ride.</p> <p>Pre Activity Comments: This session can be done on road or on turbo.</p>	<p>Run</p> <p>Planned Time: 0:30:00</p> <p>Workout Description: 30 minute recovery run, RPE 6-8 or HR Zone 1</p> <p>Pre Activity Comments: Aerobic recovery run</p> <p>Bike : Easy ride</p> <p>Planned Time: 2:00:00</p> <p>Workout Description: Skills ride This is an easy ride! Ride in the HR 1-2, RPE 6-8 zones on a mostly flat course. Spend 30 mins with a focus on each activity. Repeat to end of ride. 1: Pedalling drills: Include pedaling drills such as: a) try to drive pedal straight forward from 9 to 3 o'clock, b) pedal with foot against the top inside of your shoe trying to avoid touching the insole, c) try to touch toes to end of your shoes at top of downstroke. Stay as relaxed as you can while doing these drills. No tension in feet, legs, hands, etc. 2: Cadence - 5 mins at 100 rpm very easy gear, 10 mins 90 rpm and so on. 3: Be comfortable on your bike. Spend 5 mins on drops, 10 mins on hoods and so on. CD: Easy spin last 10 mins stretch well</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: 0:45:00</p> <p>Workout Description: Long aerobic run of with 4 x30secs 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: 1:40:00 Run: 2:15:00 Bike: 3:45:00 Total: 7:40:00

