

Bolton 9 - 9 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
<p>Day Off</p> <p>Workout Description: Rest day</p> <p>Pre Activity Comments: Rest</p>	<p>Swim</p> <p>Planned Time: 1:30:00</p> <p>Distance (P): 3749 meters</p> <p>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</p> <p>MS: 3 x</p> <p>50 Max from dive 100 easy 2 x 400, 45s R 50 easy</p> <p>CD:200</p> <p>Run</p> <p>Planned Time: 1:30:00</p> <p>Workout Description: Run how you feel. Include 15sec pick ups/strides every 5 minutes</p> <p>Pre Activity Comments: Long run. Build into the run. Take on board carbs, water during run</p>	<p>Bike</p> <p>Planned Time: 1:30:00</p> <p>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</p> <p>Pre Activity Comments: Optional 10m or 25m Time Trial if possible. Remain seated during hill repeats</p>	<p>Swim</p> <p>Planned Time: 1:30:00</p> <p>Distance (P): 3200 meters</p> <p>Workout Description: WU: 100 swim easy. 50 kick easy. 100 swim easy. 50 kick moderate. 100 swim moderate.</p> <p>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.</p> <p>Pre Activity Comments: Breathe every 3 on every other 25m during the 300m efforts</p> <p>Run</p> <p>Planned Time: 1:00:00</p> <p>Workout Description: Recovery effort run. Include 15sec of strides every 5minutes</p> <p>Pre Activity Comments: Run off road if possible.</p>	<p>Bike</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: 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</p> <p>Pre Activity Comments: Technique turbo session. Relax and focus on 100% maintaining good technique</p>	<p>Bike</p> <p>Planned Time: 5:00:00</p> <p>Workout Description: Ride how you feel</p> <p>Pre Activity Comments: Long ride</p> <p>Brick</p> <p>Planned Time: 0:45:00</p> <p>Workout Description: 20min at race pace effort 5min easy jog 20min at race pace effort</p> <p>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</p>	<p>Run</p> <p>Planned Time: 1:45:00</p> <p>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!</p> <p>Pre Activity Comments: Long run, tempo finish.</p>

Planned: Swim: 3:00:00 / 6949 meters Run: 4:15:00 Bike: 7:30:00 Brick: 45:00 Total: 15:30:00