

**Half Henley 3 - 6 sessions a week - 2012 : 6/25/2012 - 7/1/2012**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
25/6	26/6	27/6	28/6	29/6	30/6	1/7
<p><b>Day Off : Preparation for your program</b></p> <p><b>Workout Description:</b> Welcome to this 3 month training program to prepare you for the Half Henley event.</p> <p>Review this first 4 week block and ensure that you have all the kit you need and plan your schedule accordingly.</p> <p><b>Custom : Glossary</b></p> <p><b>Workout Description:</b> There is a glossary attached to this page. Click on the paper clip above.</p>	<p><b>Swim : Aerobic conditioning</b></p> <p><b>Planned Time:</b> 0:45:00</p> <p><b>Workout Description:</b> WU: 8 x 50 (10s R) MS:  2 x 200 pull (paddles optional) (45 s R) 3 x 150swim (30s R) 4 x 100 pull (20s R)  CD: 2 x 100 as 25 Drill Thigh Touch 25 swim  Total 1650</p> <p><b>Pre Activity Comments:</b> Focus on maintaining pace throughout the session. Use small paddles carefully but only if you have used paddles before.</p>	<p><b>Bike</b></p> <p><b>Planned Time:</b> 0:45:00</p> <p><b>Workout Description:</b> WU:10min progressive increase in intensity from RPE 8 to 12  MS: 5 x 3min at 70 rpm RPE 14 with 3min at 90rpm easy spin recovery RPE 8  CD: 5 min easy</p> <p><b>Pre Activity Comments:</b> Turbo Strength (this can also be done on the road)</p> <p>Over gearing. Think of maintaining a smooth cadence during the 3min efforts. Relax your upper body, the effort and movement from the hips, glutes and lower limbs</p>	<p><b>Run : Aerobic Conditioning</b></p> <p><b>Planned Time:</b> 0:35:00</p> <p><b>Workout Description:</b> WU:10min  MS:3 x (3min easy - 2min steady - 1min fast) No additional recovery, run straight through  CD:5 min</p>		<p><b>Bike : Aerobic conditioning ride</b></p> <p><b>Planned Time:</b> 2:00:00</p> <p><b>Workout Description:</b> WU: Rolling course. Up to RPE 11 for 20 mins.  MS: In general this ride is about developing pedalling skills and developing your aerobic endurance so include:  3 x 5 mins at 90 rpm 5 mins at 100 rpm - high cadence control no bouncing! 5 mins at 90 rpm 5 mins at 70 rpm - big gear  Use your gears to achieve the required cadence while maintaining an effort of up to RPE 14. Up to RPE 11 for rest of ride.  CD: Easy spin last 10 mins stretch well</p>	<p><b>Run : Aerobic - check cadence</b></p> <p><b>Planned Time:</b> 0:45:00</p> <p><b>Workout Description:</b> Long aerobic run maintain effort level up to RPE 11. Include 15 sec pick ups every 5 minutes</p> <p><b>Pre Activity Comments:</b> Check cadence: count left foot strikes 15 seconds. Goal is 22 or higher.</p>

**Swim : T Pace****Assessment****Planned Time:**

0:50:00

**Workout****Description:**

WU: 100m easy swimming

MS: Swim 3 x 300m, 30s R. Swim these at strong steady effort that you could hold for 1500m.

Average the time for the 3 reps and divide by 3 to establish your T pace. This is the pace that we will use to set your sessions.

**Drills:**

2 x  
(100 Drill 1, 100 CU, 100 Drill 2, 100 CU, 100 Drill 3  
100 kicking with float)

CD: 100m any stroke

Total 2300

**Pre Activity****Comments:**

The aim is to swim the highest average speed possible. An accurate test is when all three 300s are within 15 seconds of each other. Watch the clock and record your time on each 300. Average your time for all 300s and divide the average by three to establish a T1 pace for 100m distance.

Your T Pace is used to approximate lactate threshold pace.

Drill 1 is Slow single arm swimming  
Drill 2 is Finger Trail  
Drill 3 is Fists  
CU means Catch Up

These drills can be seen in the Drills section of the Clubhouse.

Planned: Swim: 1:35:00 Bike: 2:45:00 Run: 1:20:00 Total: 5:40:00