

Wimbleball 3 - 6 sessions a week - 2012 - Dynamic : 5/28/2012 - 6/3/2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
28/5	29/5	30/5	31/5	1/6	2/6	3/6
<p>Day Off</p> <p>Workout Description: RACE WEEK REST DAY: Relax today. Good day for a massage.</p> <p>Pre Activity Comments: Taper begins today</p>	<p>Swim</p> <p>Planned Time: 1:00:00</p> <p>Distance (P): 2743 meters</p> <p>Workout Description: WU: 200 swim, 4 x 50 build (swim each 50 quicker), 20s R</p> <p>MS: 8 x 300 as 1- 4 swim, 5 build (get faster through the 300), 6-8 Pull with pull buoy & Paddles</p> <p>CD: 200choice</p> <p>Pre Activity Comments: Focus on distance per stroke. Please only use the paddles if you have used them before and are confident that you are using them correctly.</p>	<p>Bike</p> <p>Planned Time: 1:00:00</p> <p>Workout Description: WU: 10 minutes - small chain-ring. Start off in lowest gear and change up every 2 mins. Maintain 100 rpm. 4 x 30secs one-legged with 30secs spin @ 100 rpm between each leg change =</p> <p>MS: Do 3 x 8 - minute intervals at 80%MHR RPE 14 at 85rpm (increase cadence to 100rpm for the final minute of every interval) Spin 5 minutes between each interval.</p> <p>CD:5 mins easy</p> <p>Pre Activity Comments: Turbo On aero bars. We need to develop seated glute strength in the racing position. Hydrate well during the session. Stretch well post bike before showering</p>	<p>Run : Taper repeats, 4x90 seconds</p> <p>Planned Time: 0:52:00</p> <p>Workout Description: WU: 10minutes MS: 4 x 5mins at goal race pace effort. 3min easy jog recovery CD:10 easy</p> <p>Pre Activity Comments: Taper repeats. Relaxed speed! NOT all out.</p>	<p>Swim</p> <p>Planned Time: 0:50:00</p> <p>Workout Description: Warm Up: 100 swim, 30 s R 50 kick, 30 s R 100 pull, 30 s R, 50 kick, 30 s R 100 swim Main Set: 10 x 25 race effort, 20s R 3 x 100, 60 s R ss 1 easy 1 steady 1 fast Cool down: 250 easy swim</p> <p>Pre Activity Comments: 1200</p>	<p>Run : Marathon, 10M, 6M@goal pace</p> <p>Planned Time: 1:10:00</p> <p>Workout Description: BT: Race tempo practice. Run a 3-mile warm-up. Then run 6 miles at goal pace. Cool down with 1 mile easy.</p>	<p>Bike</p> <p>Planned Time: 3:00:00</p> <p>Workout Description: WU:30 minutes. MS:Then complete 4 x 20 minute intervals (in the large chain ring) at L3 75-82%MHR 12-14 RPE - Moderately hard(5 minute recoveries). Aero position. Refuel as you will do in race. CD: Remainder of the ride easy in the small chain ring</p> <p>Pre Activity Comments: Half Ironman Intervals. Intensive Aerobic Endurance</p> <p>Brick</p> <p>Planned Time: 0:35:00</p> <p>Workout Description: 35 minutes at goal 70.3 race pace effort</p>

Planned: Swim: 1:50:00 / 2743 meters Bike: 4:00:00 Run: 2:02:00 Brick: 35:00 Total: 8:27:00