

Wimbleball 3 - 9 sessions a week- 2012 - Dynamic : 3/26/2012 - 4/1/2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
26/3	27/3	28/3	29/3	30/3	31/3	1/4
<p>Day Off</p> <p>Workout Description: REST DAY: Monday is often good for recovery being after a big weekend of of training or a race.</p> <p>Pre Activity Comments: Rest day</p>	<p>Swim :</p> <p>Planned Time: 0:45:00</p> <p>Workout Description: Warm Up: 200 easy swimming 30 s R 100 pull buoy 20 s R 4 x 50 easy swimming 15 s R 8 x 25 one steady, one easy 10 s R A round of swim golf (see description in comments.) Main Set: 3 x 100 15 s R On the last length of each 100 perform a stroke count S/C Cool Down: 200 other stroke</p> <p>Pre Activity Comments: Swimming Golf: Swim 50 m count strokes and time how long your swim took add the strokes to the time in seconds. The objective is to reduce your "golf score"! 1200</p> <p>Run : Drills Planned Time: 0:33:00</p> <p>Workout Description: WU: EZ jog 5mins</p> <p>MS: Set 1: 3 x 20s (+20s R) 2mins HIGH KNEES - short steps, high knee lift, land on midfoot then drop heel</p> <p>Set 2: 3 x 20s (+20s R) 2mins BUTT KICKS - short steps, kick heel to butt, knees point down, land on midfoot</p> <p>Set 3: 4 x 20s (+20s R) 3mins LATERAL SHUFFLES - wide steps, do not bring feet together, land on midfoot</p> <p>Set 4: 3 x 20s (+20 Rs) 2mins HiGH KNEES SKIPS - As 1 but</p>	<p>Bike : Indoors- Isolated Leg Training</p> <p>Planned Time: 0:59:00</p> <p>Workout Description: Warm Up: Easy pedalling cadence 90 rpm 5 min Increase HR into Zone 2, RPE 10 5 min SET 1: Isolated Leg Training (ILT) Single leg right 20 s – recover 70 s Single leg left 20 s – recover 70 s Repeat 4 times (12) Single leg right 30 s – recover 60 s Single leg left 30 s – recover 60 s Repeat 3 times (12) SET 2: Development of leg speed and aerobic endurance. Big chain ring eg 52 x 20 for 2 min at 100 rpm. Recover on small chain ring 1 min at 60 rpm – effort should still be RPE 10-11. Then 3 mins at 100 rpm 1 min 60 rpm, 4 mins at 100 rpm, 1 min 60 rpm, 5 mins at 100 rpm, 1 min 60 rpm, 4 mins at 100 rpm 1 min 60 rpm, 3 mins at 100 rpm, 1 min 60 rpm, 2 mins at 100 rpm, 1 min Perform each repeat in a different position, i.e., sitting up, on hoods, on drops/tri bars.(36) SET 3: Maintain effort in Zone 2 RPE 10-11: 90 rpm 3 mins 30s then 30s spin up to RPM 120+. Repeat 3 times (12) SET 4: ILT Accelerations Single leg right – spin up! 30s recovery 1 min 30 s Single leg left – spin up! 30s recovery 1 min 30</p>	<p>Run</p> <p>Planned Time: 0:50:00</p> <p>Workout Description: 5 x (3 mins easy, 2 mins moderate, 1 min quick)</p> <p>Pre Activity Comments: Quick is not a sprint but is faster than your anticipated race pace.</p> <p>Relax during the efforts. Focus on maintaining good form throughout.</p> <p>Swim Planned Time: 0:50:00</p> <p>Distance (P): 1509 meters</p> <p>Workout Description: Warm Up: 200 swm 40 s R 2 x 50 kick 10 s R 100 pull 15 s R Main Set: 3 x (3 x 50 building , 30 s R (each 50 gets faster)) 8 x 75 pulling and paddles if available, 30 s R Cool Down: 200 alternate front and backstroke</p> <p>Pre Activity Comments: 1650</p>	<p>Bike</p> <p>Planned Time: 0:45:00</p> <p>Workout Description: WU: Easy pedalling cadence 90 rpm 5 min Increase HR into Zone 2, RPE 10 5 min MS:5 x 3minutes at RPE 18 with 3min easy spin recovery at RPE 10. Target cadence is 85-90RPM with the final minute surging up to 100+RPM WD:Easy pedalling cadence 90 rpm 5 min use gears to allow HR to drop into Zone 1</p> <p>Pre Activity Comments: Turbo The main set is to be completed in the large chain ring. This session is set at an intensity to improve your anaerobic endurance i.e Very hard effort!</p>	<p>Run</p> <p>Planned Time: 1:00:00</p> <p>Workout Description: Long run Off road if possible. Recovery run conversational pace. Take a gel at 30 mins.60-75 mins</p> <p>Pre Activity Comments: Practice taking the nutrition, gels, bars and drinks that you will be using in the race so that you know that your stomach will tolerate the products,</p>	<p>Bike</p> <p>Planned Time: 2:00:00</p> <p>Workout Description: Ride how you feel.</p> <p>40min at cadence of 95rpm 40min at cadence of 65rpm 40min normal /natural cadence.</p> <p>Pre Activity Comments: Rolling course. Refuel as in race. Drink little and often.</p> <p>Brick Planned Time: 0:10:00</p> <p>Workout Description: Easy 10minute jog off the bike</p> <p>Pre Activity Comments: Relax and take short steps to get into your rhythm</p>

	<p>skip not run</p> <p>Set 5: 3 x (5 x 20s +20s R) 14mins Run @ 3k pace. Take 2mins rest between blocks of 5</p> <p>CD: EZ jog 5mins</p> <p>Pre Activity Comments: Throughout all drills aim to run tall with a slight forward lean. Look about 6-8m in front of where feet land. Be relaxed</p> <p>Aim for cadence when normal running of 85-90 foot contacts/minute (counting one foot only L or R)</p>	<p>s</p> <p>Repeat (6) Cool Down: Easy pedalling cadence 90 rpm 5 min use gears to allow HR to drop into Zone 1</p> <p>Total 59 mins</p> <p>Pre Activity Comments: Turbo technique session</p>				
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Planned: Swim: 1:35:00 / 1509 meters Run: 2:23:00 Bike: 3:44:00 Brick: 10:00 Total: 7:52:00