

**Wimbleball 3 - 9 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><b>Day Off</b></p> <p><b>Workout Description:</b> RACE WEEK REST DAY: Relax today. Good day for a massage.</p> <p><b>Pre Activity Comments:</b> Taper begins today</p>	<p><b>Swim</b></p> <p><b>Planned Time:</b> 1:00:00</p> <p><b>Distance (P):</b> 2743 meters</p> <p><b>Workout Description:</b> 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 &amp; Paddles</p> <p>CD: 200choice</p> <p><b>Pre Activity Comments:</b> 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><b>Run</b></p> <p><b>Planned Time:</b> 0:35:00</p> <p><b>Workout Description:</b> Easy recovery run, low effort, off road if possible.</p>	<p><b>Bike</b></p> <p><b>Planned Time:</b> 1:00:00</p> <p><b>Workout Description:</b> 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><b>Pre Activity Comments:</b> 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><b>Run : Taper repeats, 4x90 seconds</b></p> <p><b>Planned Time:</b> 0:52:00</p> <p><b>Workout Description:</b> WU: 10minutes MS: 4 x 5mins at goal race pace effort. 3min easy jog recovery CD:10 easy</p> <p><b>Pre Activity Comments:</b> Taper repeats. Relaxed speed! NOT all out.</p>	<p><b>Swim</b></p> <p><b>Planned Time:</b> 0:50:00</p> <p><b>Workout Description:</b> 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><b>Pre Activity Comments:</b> 1200</p> <p><b>Bike</b></p> <p><b>Planned Time:</b> 1:00:00</p> <p><b>Workout Description:</b> WU: Easy pedalling cadence 90 rpm 5 min Increase HR into Zone 2, RPE 10 5 min MS:2 x 20 minutes at RPE 14 with 5min easy spin recovery at RPE 10. Target cadence is 65-70RPM WD:Easy pedalling cadence 80 rpm 5 min use gears to allow HR to drop into Zone 1</p> <p><b>Pre Activity Comments:</b> Turbo Seated over gearing The main set is to be completed in the large chain ring.</p>	<p><b>Run : Marathon, 10M, 6M@goal pace</b></p> <p><b>Planned Time:</b> 1:10:00</p> <p><b>Workout Description:</b> 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><b>Bike</b></p> <p><b>Planned Time:</b> 3:00:00</p> <p><b>Workout Description:</b> 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><b>Pre Activity Comments:</b> Half Ironman Intervals. Intensive Aerobic Endurance</p> <p><b>Brick</b></p> <p><b>Planned Time:</b> 0:35:00</p> <p><b>Workout Description:</b> 35 minutes at goal 70.3 race pace effort</p>

**Planned: Swim: 1:50:00 / 2743 meters Run: 2:37:00 Bike: 5:00:00 Brick: 35:00 Total: 10:02:00**