

Wimbleball 6 - 6 sessions a week -2012 - Dynamic : 1/2/2012 - 1/8/2012

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|--|---|--|---|--|
| 2/1 | 3/1 | 4/1 | 5/1 | 6/1 | 7/1 | 8/1 |
| <p>Day Off : Recovery Day</p> <p>Workout Description: Actively focus on recovery today:</p> <p>Pre Activity Comments: Stay off of legs all you can. Watch nutrition closely, healthy carbs, lean protein, and good fats), stretch for 10minutes in front of TV. Drink water throughout the day. Other common recovery aids include massage, napping, elevating legs.</p> | <p>Swim : Drill based session - Drill 1</p> <p>Planned Time: 0:50:00</p> <p>Distance (P): 1554 meters</p> <p>Workout Description: WU:Flexibility/mobility poolside then 100 easy full stroke All drills to be done as 25 drill 25 Full Stroke(FS) i.e, 100 CU means 25 Catch Up, 25 FS, 25 CU, 25 FS Drills: 100 CU, 100 Drill 1, 100 CU, 100 Drill 1 100 kicking with float Repeat MS: 5 x 100 with 20 s R focus on quality of your swimming - count strokes and log in diary WD: 100 cool down any stroke</p> <p>Pre Activity Comments: Relax and focus on length of each stroke</p> | <p>Bike : ILT 60min</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 SET 1: Isolated Leg Training (ILT) Single leg right 50 s – recover 40 s Single leg left 50 s – recover 40 s Repeat 4 times 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 Perform each repeat in a different position, i.e., sitting up, on hoods, on drops/tri bars. Repeat 7 times SET 3: Maintain effort in Zone 2 RPE 10-11: 90 rpm 1 mins 30s then 30s spin up.Repeat 4 times 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 s WD:Easy pedalling cadence 90 rpm 5 min use gears to allow HR to drop into Zone 1</p> <p>Pre Activity Comments: Pedaling and stroke efficiency</p> | <p>Run : Base building</p> <p>Planned Time: 0:40:00</p> <p>Workout Description: Base building run</p> <p>Pre Activity Comments: On soft but firm surface, heart rate in zone 1 only. Pretty form and quick cadence.</p> | <p>Swim : 75s descending</p> <p>Planned Time: 0:55:00</p> <p>Distance (P): 1760 meters</p> <p>Workout Description: WU: 50 pull, 50 kick, 50 swim done 3 times. MS: 4 x 75 descending times (30"). 50 Pull easy 4 x 75 descending times (30"). 50 Pull easy 4 x 75 descending times (30"). 50 Pull easy 1 x 75 fastest of workout (easy 25 swim). CD:100 easy swim.</p> <p>Pre Activity Comments: Make note of time achieved for the 75s</p> | <p>Bike : Easy ride</p> <p>Planned Time: 2:00:00</p> <p>Workout Description: Ride easy RPE 6 -8 on a flat to rolling course. Don't exceed RPE 8 for more than a few seconds at a time as when accelerating from a stop light or going up a short hill. Comfortably high rpm. This is intended to be a recovery and aerobic maintenance ride.</p> <p>Pre Activity Comments: Enjoy the ride. SCR only</p> | <p>Run : Zone 1-2, check cadence</p> <p>Planned Time: 1:00:00</p> <p>Workout Description: Long aerobic run of 60mins with 8x30secs fast 30secs easy</p> <p>Pre Activity Comments: Check cadence: count left foot strikes 15 seconds. Goal is 22 or higher.</p> |

Planned: Swim: 1:45:00 / 3315 meters Bike: 3:00:00 Run: 1:40:00 Total: 6:25:00