

Wimbleball 6 - 6 sessions a week -2012 - Dynamic : 4/9/2012 - 4/15/2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9/4	10/4	11/4	12/4	13/4	14/4	15/4
<p>Day Off</p> <p>Workout Description: REST DAY:</p> <p>Pre Activity Comments: Next week is your rest week. You might be feeling high levels of fatigue this week. Focus on maintaining good form and technique during each session.</p>	<p>Swim</p> <p>Planned Time: 1:30:00</p> <p>Distance (P): 3658 meters</p> <p>Workout Description: WU: 400swim 400 pull 12 x 25 AS 15M SPRINT off 45 sec (or a hard effort)</p> <p>MS: Sprint (4 x) 75, 15s R, 25, 45s R 200 easy 50, 15s R, 50, 25s R 200 easy 4 x 25, 15s R 10 x 50 back stroke off 60s (leave every 60s)</p> <p>CD: 4 x 200 pull & paddles, 30R</p> <p>Pre Activity Comments: Sprint endurance</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. MS:3 x 10-minute intervals at RPE 16 with 7minutes spin recovery. Target cadence is 85-90RPM CD:5 mins easy RPE 6</p> <p>Pre Activity Comments: Lactate Threshold Training – Aerobic Capacity (% of Maximum Heart Rate82-89) (% of Maximum Aerobic Power 69 -75) RPE16. Perceived exertion Hard</p>	<p>Run</p> <p>Planned Time: 1:45:00</p> <p>Workout Description: Run how you feel. Include 15sec pick ups/strides every 5monutes</p> <p>Pre Activity Comments: Long run. Build into the run. Take on board carbs, water during run</p>	<p>Swim</p> <p>Planned Time: 1:30:00</p> <p>Distance (P): 3658 meters</p> <p>Workout Description: WU: 400s 300p 100k</p> <p>MS: 60, 60R 3x 200, 15s R 500, 60s R 5 x 100, 10s R 400 pull & paddles, 60s R 4 x 100, 10s R 300 steady</p> <p>CD:4 x 50</p> <p>Pre Activity Comments: Endurance Long reps.</p>	<p>Bike</p> <p>Planned Time: 5:00:00</p> <p>Workout Description: Ride how you feel</p> <p>Pre Activity Comments: Long ride</p> <p>Brick Planned Time: 0:45:00</p> <p>Workout Description: 20min at race pace effort 5min easy jog 20min at race pace effort</p> <p>Pre Activity Comments: Build into the run for the first 1km until you find your rhythm. Take short strides to increase your stride rate if you are feeling heavy running off the bike</p>	<p>Run</p> <p>Planned Time: 1:15:00</p> <p>Workout Description: WU: 20minutes easy jog Strides & Drills MS: Mile + 2:30 sec rec. 1200m + 90 sec rec. 1000m + 75 sec rec. 800m + 75 sec rec 600m + 60sec rec 400m + 60 sec rec then 200m to finish CD: 10</p> <p>Pre Activity Comments: Muscular endurance</p>
<p>Planned: Swim: 3:00:00 / 7315 meters Bike: 6:00:00 Run: 3:00:00 Brick: 45:00 Total: 12:45:00</p>						