

**Wimbledon 6 - 9 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><b>Day Off : Recovery Day</b>  <b>Workout Description:</b>                      Actively focus on recovery today:  <b>Pre Activity Comments:</b>                      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><b>Swim : Drill based session - Drill 1</b>  <b>Planned Time:</b> 0:50:00  <b>Distance (P):</b> 1554 meters  <b>Workout Description:</b>                      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  <b>Pre Activity Comments:</b>                      Relax and focus on length of each stroke  <b>Run : RJ 3-2-1</b>  <b>Planned Time:</b> 0:32:00  <b>Workout Description:</b>                      10min warm up (2 x ) 3min easy - 2min steady - 1min fast - No additional recovery, run straight through                      10 min jog down  <b>Pre Activity Comments:</b>                      Keep cadence at 90rpm+ at all times</p>	<p><b>Bike : ILT 60min</b>  <b>Planned Time:</b> 1:00:00  <b>Workout Description:</b>                      WU:Easy pedalling cadence 90 rpm 5 min Increase HR into Zone 2, RPE 8-11 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 6-8 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 8-11: 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 RPE 6-8  <b>Pre Activity Comments:</b>                      Pedaling and stroke efficiency</p>	<p><b>Run : Base building</b>  <b>Planned Time:</b> 0:40:00  <b>Workout Description:</b>                      Base building run  <b>Pre Activity Comments:</b>                      On soft but firm surface, heart rate in zone 1 only. Pretty form and quick cadence.  <b>Swim : 75s descending</b>  <b>Planned Time:</b> 0:55:00  <b>Distance (P):</b> 1760 meters  <b>Workout Description:</b>                      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 4 x 75 descending times (30").                      50 Pull easy 1 x 75 fastest of workout (easy 25 swim).                      CD:100 easy swim.  <b>Pre Activity Comments:</b>                      Make note of time achieved for the 75s</p>	<p><b>Brick : Turbo session - Force 45 min</b>  <b>Planned Time:</b> 0:45:00  <b>Workout Description:</b>                      WU: Easy pedalling cadence 90 rpm 5 min increase effort to Zone 2 RPE 8-11 5 min. Focus on smooth complete pedalling (10)                      Drills: Isolated Leg Training (ILT) Single leg right 30 s – recover 30 s Single leg left 30 s – recover 30 s Repeat 2 times (4)                      Set 1 FORCE – raise front wheel 4-6 inches 3 x (3 min seated at 70 rpm 1 min recovery easy at 90 rpm) (12) Increase effort for each interval by increasing gearing until maximal exertion by during last interval.                      Set 2 FORCE – raise front wheel 4-6 inches 2 x (3 min seated at 70 rpm - stand at 60 rpm for last 1 min and use a larger gear than Set 1, 1 min recovery easy at 90 rpm) (8)                      Set 3 SPIN UP Maintain effort in Zone 2 RPE 8-11 90 rpm for 2min 30s then 30s spin up. A drill meant to teach better efficiency and economy while pedalling. Slowly increase cadence until you start to bounce on saddle. Back off slightly from the bouncing cadence and hold for 30 sec. Repeat (6)                      WD Easy pedalling</p>	<p><b>Bike : Easy ride</b>  <b>Planned Time:</b> 2:00:00  <b>Workout Description:</b>                      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.  <b>Pre Activity Comments:</b>                      Enjoy the ride. SCR only  <b>Run Planned Time:</b> 0:30:00  <b>Workout Description:</b>                      30 minute recovery run  <b>Pre Activity Comments:</b>                      Aerobic recovery run</p>	<p><b>Run : Zone 1-2, check cadence</b>  <b>Planned Time:</b> 1:00:00  <b>Workout Description:</b>                      Long aerobic run of 60mins with 8x30secs fast 30secs easy  <b>Pre Activity Comments:</b>                      Check cadence: count left foot strikes 15 seconds. Goal is 22 or higher.</p>

				cadence 90 rpm 5 min use gears to allow HR to drop into Zone 1 RPE 6-8 (5) <b>Pre Activity                  Comments:</b> Focus on maintaining a firm but relaxed upper body. Work from the hips/glutes down.	
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Planned: Swim: 1:45:00 / 3315 meters Run: 2:42:00 Bike: 3:00:00 Brick: 45:00 Total: 8:12:00