

Wimbleball 6 - 9 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 Workout Description: REST DAY: 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 Planned Time: 1:30:00 Distance (P): 3658 meters Workout Description: WU: 400swim 400 pull 12 x 25 AS 15M SPRINT off 45 sec (or a hard effort) 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) CD: 4 x 200 pull & paddles, 30R Pre Activity Comments: Sprint endurance Run Planned Time: 1:45:00 Workout Description: Run how you feel. Include 15sec pick ups/strides every 5monutes Pre Activity Comments: Long run. Build into the run. Take on board carbs, water during run</p>	<p>Bike Planned Time: 1:00:00 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 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>Swim Planned Time: 1:30:00 Distance (P): 3658 meters Workout Description: WU: 400s 300p 100k 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 CD:4 x 50 Pre Activity Comments: Endurance Long reps. Run Planned Time: 1:15:00 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 Pre Activity Comments: Muscular endurance</p>	<p>Bike : ILT 60min Planned Time: 1:00:00 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 Pre Activity Comments: Technique session. Focus on form not effort</p>	<p>Bike Planned Time: 5:00:00 Workout Description: Ride how you feel Pre Activity Comments: Long ride Brick Planned Time: 0:45:00 Workout Description: 20min at race pace effort 5min easy jog 20min at race pace effort 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>Bike Planned Time: 2:00:00 Workout Description: Recovery spin Pre Activity Comments: Optional session Run Planned Time: 0:45:00 Workout Description: Recovery jog Pre Activity Comments: Focus on technique (cadence, pawback, foot lift, or your limiter).</p>

Planned: Swim: 3:00:00 / 7315 meters Run: 3:45:00 Bike: 9:00:00 Brick: 45:00 Total: 16:30:00