

Wimbleball 9 - 6 sessions a week - 2012 - Dynamic : 3/5/2012 - 3/11/2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5/3	6/3	7/3	8/3	9/3	10/3	11/3
Day Off Workout Description: Rest day Pre Activity Comments: Rest	Swim Planned Time: 1:15:00 Distance (P): 2926 meters Workout Description: WU:400swim 400 pull 12 x 25 as 15m sprint, 30s R Ms: 3 x (75, 15s R 25, 30s R 200 easy 50, 15s R 50, 20s R 200 easy 4 x 25 Fast, 20 s R) CD: 300 easy Pre Activity Comments: This is a sprint set.	Bike Planned Time: 0:55:00 Workout Description: WU: Easy pedalling cadence 90 rpm 5 min Increase HR into Zone 2, RPE 10 5 min MS:5 x 5 minutes at RPE 14 with 3min easy spin recovery at RPE 10. Target cadence is 65-70RPM (spin up to >100rpm for the final minute of each interval) WD:Easy pedalling cadence 80 rpm 5 min use gears to allow HR to drop into Zone 1 Pre Activity Comments: Turbo Seated over gearing The main set is to be completed in the large chain ring.	Run Planned Time: 1:40:00 Workout Description: Long run. Include 15sec of pick ups (slightly increase your pace) every 5minutes Pre Activity Comments: Take on board a gel and carb drink 30mins prior to run. Run with hand held water bottle if possible. Run with good form throughout. Your pace should be easy. Stretch well post run	Swim Planned Time: 1:30:00 Distance (P): 3566 meters Workout Description: WU: 400s 200KWF 12 x 50 as 1-4 first 25 fast. 5-8 middle 25fast 9-12 final25 fast MS: 800 swim, 90s R 400 swim, 45s R pull & paddles 2 x 200swim, 0s R 6 x 100, 15s R pull & paddles 6 x 50 swim, 10 R CD: 200 easy	Bike Planned Time: 4:00:00 Workout Description: Ride as you feel Pre Activity Comments: Hydrate and refuel as you would in a race Brick Planned Time: 0:30:00 Workout Description: Recovery effort 30minute jog RPE 6 Pre Activity Comments: Focus on maintaining good form	Run Planned Time: 1:00:00 Workout Description: WU: 20minutes easy jog Strides & Drills MS:3 x 2k Target time 90sec recovery CD:15miute easy Pre Activity Comments: Run slightly quicker than goal race pace. Though run controlled, your recovery time is little.

Planned: Swim: 2:45:00 / 6492 meters Bike: 4:55:00 Run: 2:40:00 Brick: 30:00 Total: 10:50:00