

Wimbledon 9 - 9 sessions a week - 2012 -Dynamic : 10/10/2011 - 10/16/2011

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
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| 10/10 | 11/10 | 12/10 | 13/10 | 14/10 | 15/10 | 16/10 |
| <p>Day Off : Recovery Day 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>Custom : Welcome Workout Description: Welcome to your training plan from thetrilife.com. We are delighted to have you with us.</p> <p>If you have any questions along the way please contact us at ironmancoach@thetrilife.com. Please do let us know how your training is going.</p> <p>Custom : Glossary Workout Description: There is a glossary attached to this page. Click on the paper clip above.</p> | <p>Run Planned Time: 0:30:00 Workout Description: Run easy on a flat course – practice a cadence of 180 strides per min.</p> <p>EFFORT LEVEL:</p> <p>Heart Rate Zones: 1-2 RPE: 6-11 Or: Can hold a conversation</p> <p>Swim Planned Time: 0:45:00 Distance (P): 1400 meters Workout Description: Warm up: Flexibility/mobility poolside then 100 easy full stroke</p> <p>We use different drills to help improve our technique. (See Glossary for a description of drills that will be used).</p> <p>Drills: 50 CU, 50 FS, 50 Drill1, 50 FS, 50 CU, 50 FS, 50 Drill1, 50 FS And repeat the drills above!</p> <p>Main Set: 4 x 100 with 20 s Rest (or 20s R) focus on quality of your swimming - count strokes and log in your diary. You will aim to reduce this by 1 every 4 weeks!</p> <p>Cool Down 100 cool down any stroke</p> <p>Total 1400</p> <p>Your Drill 1 will be Shoulder Touch</p> | <p>Bike : ILT 60min Planned Time: 0:45:00 Workout Description: WU:Easy pedalling cadence 90 rpm 5 min Increase HR into Zone 2, RPE 8-11 5 min</p> <p>SET 1: Isolated Leg Training (ILT)</p> <p>Single leg right 30 s – recover 60 s</p> <p>Single leg left 30 s – recover 60 s</p> <p>Repeat 2 times</p> <p>SET 2: Development of leg speed and aerobic endurance.Big chain ring eg 52 x 20 for 2 min at 95 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 4 times</p> <p>SET 3: Maintain effort in Zone 2 RPE 8-11:</p> <p>90 rpm 1 mins 30s then 30s spin up.Repeat 4 times</p> <p>SET 4: ILT Accelerations</p> <p>Single leg right – spin up! 30s recovery 1 min 30 s</p> <p>Single leg left – spin up! 30s recovery 1 min 30 s</p> <p>WD:Easy pedalling cadence 90 rpm 5 min use gears to allow HR to drop into Zone 1 RPE 6-8</p> <p>Pre Activity Comments:</p> | <p>Run : Base building Planned Time: 0:30:00 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 Planned Time: 0:45:00 Distance (P): 1400 meters Workout Description: Warm Up: Flexibility/mobility poolside then 100 easy full stroke</p> <p>Drills: 50 CU, 50 FS, 50 Drill2, 50 FS, 50 CU, 50 FS, 50 Drill2, 50 FS Repeat these drills</p> <p>Main set: 2 x 200 with 30 s R focus on form</p> <p>Cool down: 100 cool down any stroke</p> <p>Total 1400</p> <p>Your Drill 2 will be Thigh Touch</p> | <p>Brick : Turbo session - Force 45 min Planned Time: 0:45:00 Workout Description: WU: Easy pedalling cadence 90 rpm 5 min increase effort to Zone 2 RPE 8-11 5 min. Focus on smooth complete pedalling (10)</p> <p>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)</p> <p>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.</p> <p>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)</p> <p>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)</p> | <p>Bike : Easy ride Planned Time: 1:30:00 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 Planned Time: 0:30:00 Workout Description: 30 minute recovery run</p> <p>Pre Activity Comments: Aerobic recovery run</p> | <p>Run : Zone 1-2, check cadence Planned Time: 0:45:00 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> |

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| | | <p>Pedaling and stroke efficiency</p> | <p>WD Easy pedalling cadence 90 rpm 5 min use gears to allow HR to drop into Zone 1 RPE 6-8 (5) Pre Activity Comments: Focus on maintaining a firm but relaxed upper body. Work from the hips/glutes down.</p> | | |
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Planned: Run: 2:15:00 Swim: 1:30:00 / 2800 meters Bike: 2:15:00 Brick: 45:00 Total: 6:45:00