

Wimbleball 9 - 9 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
<p>Day Off</p> <p>Workout</p> <p>Description:</p> <p>Rest day</p> <p>Pre Activity</p> <p>Comments:</p> <p>Rest</p>	<p>Swim</p> <p>Planned Time:</p> <p>1:15:00</p> <p>Distance (P):</p> <p>2926 meters</p> <p>Workout</p> <p>Description:</p> <p>WU:400swim 400 pull 12 x 25 as 15m sprint, 30s R</p> <p>Ms:</p> <p>3 x (75, 15s R 25, 30s R</p> <p>200 easy</p> <p>50, 15s R 50, 20s R</p> <p>200 easy</p> <p>4 x 25 Fast, 20 s R)</p> <p>CD: 300 easy</p> <p>Pre Activity</p> <p>Comments:</p> <p>This is a sprint set.</p> <p>Run</p> <p>Planned Time:</p> <p>1:10:00</p> <p>Workout</p> <p>Description:</p> <p>WU: 10 minutes progressive MS: 2 x 25min at your goal race pace with 5min easy jog recovery CD: 5 minutes easy</p> <p>Pre Activity</p> <p>Comments:</p> <p>The race course is hilly, run the intervals over an undulating route</p>	<p>Bike</p> <p>Planned Time:</p> <p>0:55:00</p> <p>Workout</p> <p>Description:</p> <p>WU: Easy pedalling cadence 90 rpm 5 min Increase HR into Zone 2, RPE 10 5 min</p> <p>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)</p> <p>WD:Easy pedalling cadence 80 rpm 5 min use gears to allow HR to drop into Zone 1</p> <p>Pre Activity</p> <p>Comments:</p> <p>Turbo Seated over gearing The main set is to be completed in the large chain ring.</p>	<p>Swim</p> <p>Planned Time:</p> <p>1:30:00</p> <p>Distance (P):</p> <p>3566 meters</p> <p>Workout</p> <p>Description:</p> <p>WU: 400s 200KWF</p> <p>12 x 50 as 1-4 first 25 fast. 5-8 middle 25fast 9-12 final25 fast</p> <p>MS: 800 swim, 90s R 400 swim, 45s R pull & paddles 2 x 200swim, 0s R</p> <p>6 x 100, 15s R pull & paddles 6 x 50 swim, 10 R</p> <p>CD: 200 easy</p> <p>Run</p> <p>Planned Time:</p> <p>1:40:00</p> <p>Workout</p> <p>Description:</p> <p>Long run. Include 15sec of pick ups (slightly increase your pace) every 5minutes</p> <p>Pre Activity</p> <p>Comments:</p> <p>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</p>	<p>Bike</p> <p>Planned Time:</p> <p>1:30:00</p> <p>Workout</p> <p>Description:</p> <p>WU:10 minutes - small chain-ring. Start off in lowest gear and change up every 2 mins. Maintain 100 rpm.</p> <p>MS: 3x10 km building from 75-82% MaxHR RPE 14 to 89-94% 17-18 RPE (5 minute recoveries). CD:5 mins easy RPE 6</p> <p>Pre Activity</p> <p>Comments:</p> <p>Time trial intervals. Road or Turbo. Flat to slightly rolling course. Challenge yourself with big gears. On time trial set-up. 85-100 rpm. Aero position.</p>	<p>Bike</p> <p>Planned Time:</p> <p>4:00:00</p> <p>Workout</p> <p>Description:</p> <p>Ride as you feel</p> <p>Pre Activity</p> <p>Comments:</p> <p>Hydrate and refuel as you would in a race</p> <p>Brick</p> <p>Planned Time:</p> <p>0:30:00</p> <p>Workout</p> <p>Description:</p> <p>Recovery effort 30minute jog RPE 6</p> <p>Pre Activity</p> <p>Comments:</p> <p>Focus on maintaining good form</p>	<p>Run</p> <p>Planned Time:</p> <p>1:00:00</p> <p>Workout</p> <p>Description:</p> <p>WU: 20minutes easy jog Strides & Drills MS:3 x 2k Target time 90sec recovery CD:15minute easy</p> <p>Pre Activity</p> <p>Comments:</p> <p>Run slightly quicker than goal race pace. Though run controlled, your recovery time is little.</p>

Planned: Swim: 2:45:00 / 6492 meters Run: 3:50:00 Bike: 6:25:00 Brick: 30:00 Total: 13:30:00