

## Schedule

### 1st Four Weeks — Discipline Targets

Exercise	Week 1	Week 2	Week 3	Week 4
Swim	Drill Sessions 100 yards each drill 500 yards session	Endurance Intervals 5 minutes 2 minute recovery 4 x  <b>Drill Sessions 50 yards each drill 300 yards session</b>	Endurance Intervals 5 minutes 2 minute recovery 4 x  Drill Sessions 75 yards each drill 600 yards session	Drill Sessions 100 yards each drill 600 yards session  <b>Endurance Intervals 4 minutes 2 minute recovery 4 x</b>
Bike	Extended Endurance 36 minutes	Extended Endurance 40 minutes  Endurance Intervals 3 intervals 6 minutes each	Extended Endurance 45 minutes  <b>Endurance Intervals 3 intervals 6 minutes each</b>	Extended Endurance 50 minutes  Endurance Intervals 4 intervals 6 minutes each
Run	Extended Endurance 30 minutes  <b>Extended Endurance 24 minutes</b>	Extended Endurance 36 minutes	Extended Endurance 40 minutes	Extended Endurance 40 minutes  <b>Extended Endurance 30 minutes</b>

**2nd Four Weeks — Discipline Targets**

<b>Exercise</b>	<b>Week 5</b>	<b>Week 6</b>	<b>Week 7</b>	<b>Week 8</b>
Swim	Endurance Intervals 5 minutes 2 minute recovery 4 x  <b>Drill Sessions 50 yards each drill 300 yards session</b>	Drill Sessions 150 yards each drill 750 yards session  <b>Endurance Intervals 5 minutes 90 second recovery 4 x</b>	Drill Sessions 200 yards each drill 800 yards session  Endurance Intervals 6 minutes 90 second recovery 3 x	Drill Sessions 250 yards each drill 1000 yards session  Endurance Intervals 6 minutes 90 second recovery 4 x
Bike	Extended Endurance 40 minutes	<b>*Extended Endurance 40 minutes Cadence 60+</b>  <b>Endurance Intervals 3 intervals 5 minutes each</b>	<b>*Extended Endurance 40 minutes Cadence 65+</b>  Endurance Intervals 6 intervals 5 minutes each	Extended Endurance 60 minutes Cadence 60+
Run	Extended Endurance 36 minutes	<b>*Extended Endurance 25 minutes</b>  Extended Endurance 32 minutes	<b>*Extended Endurance 26 minutes</b>  <b>Extended Endurance 30 minutes</b>	Extended Endurance 40 minutes  <b>Extended Endurance 24 minutes</b>

**This is a supplemental training session and is to be included only when mentally and physically justifiable.**

**\*Brick these workouts**

**3rd Four Weeks — Discipline Targets**

<b>Exercise</b>	<b>Week 9</b>	<b>Week 10</b>	<b>Week 11</b>	<b>Week 12</b>
Swim	Drill Sessions 200 yards each drill 600 yards session	Drill Sessions 250 yards each drill 1250 yards session  Endurance Intervals 6 minutes 90 second recovery 4 x	Endurance Intervals 6 minutes 90 second recovery 5 x  <b>Drill Sessions 250 yards each drill 1000 yards session</b>	Drill Sessions 300 yards each drill 1500 yard session  Endurance Intervals 8 minutes 2 minute recovery 5 x
Bike	Extended Endurance 40 minutes Cadence 65+	Extended Endurance 60 minutes Cadence 65+  <b>Endurance Intervals 4 intervals 5 minutes each</b>	<b>*Extended Endurance 45 minutes Cadence 65+</b>  <b>Extended Endurance 40 minutes</b>	<b>*Extended Endurance 40 minutes Cadence 65+</b>  Extended Endurance 24 minutes Cadence 70+
Run	Extended Endurance 30 minutes	Extended Endurance 45 minutes  <b>Extended Endurance 26 minutes</b>	<b>*Extended Endurance 32 minutes</b>  Extended Endurance 44 minutes	<b>*Extended Endurance 27 minutes</b>  Extended Endurance 36 minutes

**This is a supplemental training session and is to be included only when mentally and physically justifiable.**

**\*Brick these workouts**

**4th Four Weeks — Discipline Targets**

Exercise	Week 13	Week 14	Week 15	Week 16
Swim	Endurance Intervals 6 minutes 2 minute recovery 4 x  <b>Drill Sessions 100 yards each drill 500 yards session</b>	Drill Sessions 400 yards each drill 1600 yard session  Endurance Intervals 10 minutes 2.5 minutes recovery 5 x	Endurance Intervals 10 minutes 2 minute recovery 3 x  <b>Drill Sessions 200 yards each drill 800 yards session</b>	Recovery 200 yard session  <b>R a c e  W e e k</b>
Bike	Extended Endurance 60 minutes Cadence 65+	<b>*Extended Endurance</b> 50 minutes Cadence 70+  Extended Endurance 60 minutes Cadence 70+	Extended Endurance 40minutes Cadence 70+  Recovery 30 minutes	Recovery 24 minutes
Run	Extended Endurance 48 minutes	<b>*Extended Endurance</b> 32 minutes  Extended Endurance 36 minutes	Extended Endurance 45 minutes  Recovery 24 minutes	Recovery 20 minutes

This is a supplemental training session and is to be included only when mentally and physically justifiable.

**\*Brick these workouts**

## Training Sessions Definitions

**Brick:** A combination workout session that includes a bike and run back to back with less than 6 minutes transition from bike to run. Humorously: "Bike/Run It Can Kill" or "Bike/Run Ick".

**Cadence:** The number of times the pedals revolve, or make one complete rotation, in one minute.

**Drill Sessions:** Within a training session include drills (no more than 1 or 2) that help you correct or improve technique and body mechanics. Focus on the drill during the early minutes of the session and then periodically (every few minutes) do a self-analysis and correct as necessary for the remainder of your workout.

**Endurance Intervals:** Swim or Bike at 80- 90% of your maximum heart rate for the time period indicated. Rest or include recovery intervals for approximately 25 percent of the time spent in the increased effort zone or for the time specifically indicated.

**Extended Endurance:** During a training session include increased effort intervals of various lengths where you bike or run at no more than 85% of your maximum heart rate. Between these intervals include recovery periods that are approximately 10 to 15 percent of the time spent in the increased effort zone. These recovery periods should require a continued training effort but at no more than 75% of your maximum heart rate.

**Recovery:** Swim, Bike, or Run at no more than 75% of your maximum heart rate and concentrate on technique and mechanics.

### Race Week:

- Swim Monday afternoon/evening, Bike Tuesday afternoon or Wednesday morning, Run in the morning the day before your race.
- Daily spend time mentally envisioning different aspects of the race, i.e., race morning, course, start, transitions, bursts of energy, fatigue, finish – Commit to and spend 15 minutes completely visualizing race day, wake up to finish line.
- Reduce planned activities, including everyday tasks
- Review race plan – review itinerary – review race day equipment