

Week Starting Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Base PHASE	This phase is for getting back into the routine of the tri workout schedule, making sure you have all the necessary gear and it is prepped for the season. The goal is be as consistent as possible with the workouts, getting used to the adjustment in lifestyle, preparing the body for more endurance later in the season. It's also a time to focus on strength training and technique drills, which will taper off through the season as the focus turns to building endurance. Intensity should be low.							
16-May	Swim 35 mins: 200 warmup drills, Main set: 10 x 25 fast pace, rest 20 seconds. Workout 1	Brick: Bike 60 min moderate 4 x 30-second sprints. Run 15 min off the bike	Swim 35 mins: 200 warmup drills, Main set: 4 x 100 yards rest 15 seconds. Run 40 mins moderate.	Bike 50 min moderate, 10 min comfortably hard. Workout 1	Rest	Walden Pond - Swim 30 mins, bike 80 mins, run 30	20 mins easy recovery swim or bike, stretch/foarm roll	#REF!
Week 6 Base	55	75	75	70		140	20	435.00
23-May	Swim 35 mins: 200 warmup drills, Main set: 10 x 25 fast pace, rest 20 seconds. Workout 1	Brick: Bike 60 min moderate 4 x 30-second sprints. Run 15 min off the bike	Swim 35 mins: 200 warmup drills, Main set: 5 x 100 yards rest 15 seconds. Run 50 mins moderate.	Bike 50 min moderate, 12 min comfortably hard. Workout 1	Rest	Walden Pond - Swim 30 mins, bike 110 mins, run 30	20 mins easy recovery swim or bike, stretch/foarm roll	
Week 7 Base	55	75	85	70		180	20	485.00
30-May	Swim 45 mins: 200 warmup drills, Main set: 10 x 25 fast pace, rest 20 seconds. Workout 1	Brick: Bike 70 min moderate 4 x 30-second sprints. Run 15 min off the bike	Swim 45 mins: 200 warmup drills, Main set: 5 x 100 yards rest 15 seconds. Run 50 mins moderate.	Bike 50 min moderate, 12 min comfortably hard. Workout 1	Rest	Walden Pond - Swim 30 mins, bike 130 mins, run 30	20 mins easy recovery swim or bike, stretch/foarm roll	
Week 8 Base	65	85	95	70		190	20	525.00
RECOVERY WEEK	Every 3-4 weeks we have a recovery week in the schedule, which has lower volume and intensity. In training we load and stress the body. In order for the body to get stronger and for us to progress, we need to provide it time to recover. If you don't allow adequate recovery, you risk overtraining and your performance will start to decline.							
6-Jun	Swim 40 mins: 200 warmup drills, Main set: 3 x 200 yards race pace, Rest 15 seconds.	Brick: Bike 40 min moderate. Run 10 min	Rest	Bike 40 min moderate + 8 min comfortably hard.	Rest	Coach Vic's - workout & brunch	Alcatraz	
Week 9 Recovery	40	50	0	40		130	0	260.00

13-Jun	Swim 45 mins: 200 warmup drills, Main set: 10 x 25 fast pace, rest 20 seconds. Workout 1	Brick: Bike 70 min moderate 6 x 30-second sprints. Run 15 min off the bike	Swim 45 mins: 200 warmup drills, Main set: 5 x 100 yards rest 15 seconds. Run 60 mins moderate.	Bike 60 min moderate, 2 sets 10 min comfortably hard-5 min easy. Workout 1	Rest	Walden Pond - Swim 30 mins, bike 150 mins, run 40	20 mins easy recovery swim or bike, stretch/foam roll AGAINST THE TIDE AQUATHON/SWIM	20	575.00
Week 10 Base	65	85	105	80		220			
20-Jun	Swim 55 mins: 200 warmup drills, Main set: 10 x 25 fast pace, rest 20 seconds. Workout 1	Brick: Bike 80 min moderate 6 x 30-second sprints. Run 15 min off the bike	Swim 50 mins: 200 warmup drills, Main set: 5 x 100 yards rest 15 seconds. Run 60 mins moderate.	Bike 60 min moderate, min comfortably hard. Workout 1	Rest	Walden Pond - Swim 30 mins, bike 170 mins, run 40	20 mins easy recovery swim or bike, stretch/foam roll	20	620.00
Week 11 Base	75	95	110	80		240			
27-Jun	Swim 55 mins: 200 warmup drills, Main set: 4 x 200 yards moderate, Rest 30 seconds. Workout 1	Brick: Bike 80 min 4 x 3-minute hard efforts. Run 25 mins	Swim 50 mins: 200 warmup drills, Main set: 10 x 50 sprints, Rest 20 seconds. Run 65 mins moderate	Bike 70 min moderate, 2 sets 10 min comfortably hard-5 min easy. Workout 1	Rest	Walden Pond - Swim 30 mins, bike 190 mins, run 40	20 mins easy recovery swim or bike, stretch/foam roll	20	665.00
Week 12 Base	75	105	115	90	0	260			
Taper Phase	In the Taper Phase, we cut back to let our bodies rest and restore itself. Our volume is lower, our intensity is high, and our duration is short.								
4-Jul	Swim 40 mins: 200 warmup drills, Main set: 3 x 200 yards race pace, Rest 15 seconds.	Brick: Bike 40 min 5 x 3 minute hard effort. Run 10 min	Rest	Bike 40 min moderate - 12 min comfortably hard.	Rest	Bike 90 mins moderate. Run 20 mins; Athletes racing 20-30 minute bike or swim	MA STATE OLYMPIC TRIATHLON	30	270.00
Week 13 Recovery/Taper	40	50	0	40		110			
11-Jul	Rest	Bike 80 min 6 x 2-minute hard efforts. Run 25 mins.	Swim 50 mins: 200 warmup drills, Main set: 6 x 75 sprints, Rest 20 seconds. Run 65 mins 6 x 30-second hard efforts .	Bike 70 min moderate, 2 sets 10 min comfortably hard-5 min easy. Workout 1	Rest	Walden Pond - Swim 30 mins, bike 200 mins, run 45	20 mins easy recovery swim or bike, stretch/foam roll	20	575.00
Week 14 Base	0	105	85	90	0	275			

18-Jul	Swim 55 mins: 200 warmup drills, Main set: 2 x 300 yards race pace, Rest 30 seconds. Workout 1	Bike 80 min 6 x 2-minute hard efforts. Run 25 mins.	Swim 50 mins: 200 warmup drills, Main set: 6 x 75 sprints, Rest 20 seconds. Run 65 mins 6 x 30-second hard efforts .	Bike 80 min moderate, 2 sets 15 min comfortably hard-5 min easy. Workout 1	Rest	Walden Pond - Swim 30 mins, bike 220 mins, run 45	20 mins easy recovery swim or bike, stretch/foarm roll	
Week 15 Base	75	105	115	110	0	295	20	720.00
Taper Phase	In the Taper Phase, we cut back to let our bodies rest and restore itself. Our volume is lower, our intensity is high, and our duration is short.							
25-Jul	Swim 40 mins: 200 warmup drills, Main set: 3 x 200 yards race pace, Rest 15 seconds.	Brick: Bike 40 min 5 x 3 minute hard effort. Run 10 min	Rest	Bike 40 min moderate - 12 min comfortably hard.	Rest	Bike 90 mins moderate. Run 20 mins; Athletes racing 20-30 minute bike or swim	BOSTON OLYMPIC TRIATHLON	
Week 16 Taper/Recovery	40	50	0	40		110		240.00
1-Aug	Swim 45 mins: 200 warmup drills, Main set: 3 x 300 yards race pace, Rest 30 seconds.	Bike 70 min 5 x 2-minute hard efforts. Run 15mins	Swim 35 mins. Main set: 6 x 75 sprints, Rest 20 seconds. 50 mins 6 x 30-second hard efforts .	Bike 40 min moderate + 10 min comfortably hard.		Walden Pond - Swim 30 mins, bike 220 mins, run 45	20 mins easy recovery swim or bike, stretch/foarm roll	
Week 17 Build	45	85	85	40		295	20	570.00
8-Aug	Swim 45 mins: 200 warmup drills, Main set: 3 x 300 yards race pace, Rest 30 seconds.	Bike 70 min 5 x 2-minute hard efforts. Run 15mins	Swim 35 mins. Main set: 6 x 75 sprints, Rest 20 seconds. 50 mins 6 x 30-second hard efforts .	Bike 40 min moderate + 10 min comfortably hard.	Rest	Walden Pond - Swim 30 mins, bike 230 mins, run 10	Run 85 mins. Easy Stretching/Foam Rolling. 85	
Week 18 Build	45	85	85	40		270		610.00
15-Aug	Bike 20 min easy, 25 min comfortably hard, 15 min easy.	Swim 40 mins. Main set: 8 x 100 sprints, Rest 20 seconds. Run 2 miles easy, 3 miles at race pace, 2 miles easy.	Bike 45 min 10 min warmup, 4 x 3-minute hard efforts .	Swim 35 mins Main set: 2 x 400 yards race pace, Rest 20 seconds. Run 50 mins moderate + 4 x 10-second sprints.	Rest	Walden Pond - Swim 30 mins, bike 240 mins, run 80	20 mins easy recovery swim or bike, stretch/foarm roll	
Week 19 Taper	60	90	45	85		295	20	535.00
Taper Phase	In the Taper Phase, we cut back to let our bodies rest and restore itself. Our volume is lower, our intensity is high, and our duration is short.							
22-Aug	Bike 15 min easy, 30 min comfortably hard, 15 min easy.	Swim 30 mins. Main set: 10 x 100 sprints, Rest 20 seconds. Run 2 miles easy, 3 miles at race pace, 1 mile easy.	Bike 45 min 10 min warmup, 8 x 1-minute hard efforts .	Swim 35 mins. Main set: 2 x 400 yards race pace, Rest 30 seconds. Run 40 mins moderate + 4 x 10-second sprints.	Rest	Swim 20 mins Bike 150 mins moderate, 15 min run	Rest. Easy Stretching/Foam Rolling.	
Week 20 Taper	60	90	45	75		180		390.00

