

SP - Sprint Workout OL - Olympic Workout

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 Week 6 Base	SP Swim 25 mins, 200 warmup drills, Main set: 4 x 75 yards OL Swim 35 mins: 200 warmup drills, Main set: 4x100 yards moderate SP/OL Workout 1	Brick: SP Bike 45 min moderate, Run 10 mins off the bike OL Bike 55 min moderate, Run 15 mins off the bike	SP Swim 25 mins, 200 warmup drills, Main set: 10 x 25 yds moderate pace. OL Swim 35 mins: 200 warmup drills, Main set: 5x75 yds moderate pace. SP Run 25 mins moderate OL Run 35 mins moderate	SP Bike 35 min moderate, 8 comfortably hard OL Bike 45 min moderate, 10 comfortably hard SP/OL Workout 1	Rest	Walden - 20 min swim, 65 min bike, 30 min run	20 mins Easy Recovery swim or bike, stretch/foam roll	390.00
23-May Week 7 Base	SP Swim 30 mins, 200 warmup drills, Main set: 4x75 yards OL Swim 40 mins: 200 warmup drills, Main set: 4 x100 yards moderate SP/OL Workout 1	Brick: SP Bike 45 min moderate, 4 x 30-second sprints. Run 15 mins off the bike OL Bike 55 min moderate, 4 x 30-second sprints. Run 20 mins off the bike	SP Swim 25 mins, 200 warmup drills, Main set: 10 x 25 yds moderate pace. OL Swim 35 mins: 200 warmup drills, Main set: 5x75 yds moderate pace. SP Run 30 mins moderate OL Run 40 mins moderate	SP Bike 35 min moderate, 10 comfortably hard OL Bike 45 min moderate, 10 comfortably hard SP/OL Workout 1	Rest	Walden Pond - 20 min swim, 75 min bike, 30 min run	20 mins Easy Recovery swim or bike, stretch/foam roll	0.00 410.00
30-May Week 8 Base	SP Swim 30 mins, 200 warmup drills, Main set: 5x75 yards OL Swim 40 mins: 200 warmup drills, Main set: 5x100 yards moderate SP/OL Workout 1	Brick: SP Bike 55 min moderate, 4 x 30-second sprints. Run 15 mins off the bike OL Bike 65 min moderate, 4 x 30-second sprints. Run 20 mins off the bike	SP Swim 30 mins, 200 warmup drills, Main set: 10 x 25 yds moderate pace. OL Swim 40 mins: 200 warmup drills, Main set: 2x200 yds moderate pace. SP Run 30 mins moderate OL Run 40 mins moderate	SP Bike 40 min moderate, 10 comfortably hard OL Bike 50 min moderate, 10 comfortably hard SP/OL Workout 1	Rest	Walden Pond - 20 min swim, 85 min bike, 30 min run	20 mins Easy Recovery swim or bike, stretch/foam roll	450.00
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 Week 9 Recovery	Rest	Brick: SP Bike 45 min moderate, 4 x 30-second sprints. Run 15 mins off the bike OL Bike 55 min moderate, 4 x 30-second sprints. Run 20 mins off the bike	SP Swim 30 mins, 200 warmup drills, Main set: 10 x 25 yds moderate pace. OL Swim 40 mins: 200 warmup drills, Main set: 4x75 yds moderate pace. SP Run 30 mins moderate OL Run 40 mins moderate	SP Bike 35 min moderate, OL Bike 45 min moderate,	Rest	Coach Vic's - Workout & Brunch	Rest Day - Alcatraz	325.00

SP - Sprint Workout OL - Olympic Workout

13-Jun	SP Swim 35 mins, 200 warmup drills, Main set: 5x75 yards OL Swim 45 mins: 200 warmup drills, Main set: 5x100 yards moderate SP/OL Workout 1	Brick: SP Bike 55 min moderate, 4 x 30-second sprints. Run 15 mins off the bike OL Bike 65 min moderate, 4 x 30-second sprints. Run 20 mins off the bike	SP Swim 30 mins, 200 warmup drills, Main set: 8x50 yds moderate pace. OL Swim 40 mins: 200 warmup drills, Main set: 2x200 yds moderate pace. SP Run 40 mins moderate OL Run 50 mins moderate	SP Bike 40 min moderate, 10 comfortably hard OL Bike 50 min moderate, 15 comfortably hard SP/OL Workout 1	Rest	Walden Pond - 20 min swim, 105 min bike, 30 min run	20 mins Easy Recovery swim or bike, stretch/foam roll AGAINST THE TIDE SWIM/AQUATHON	
Week 10 Base	65	85	90	70	0	155	20	485.00
20-Jun	SP Swim 35 mins, 200 warmup drills, Main set: 5x75 yards OL Swim 55 mins: 200 warmup drills, Main set: 5x100 yards moderate SP/OL Workout 1	Brick: SP Bike 65 min moderate, 4 x 30-second sprints. Run 15 mins off the bike OL Bike 75 min moderate, 4 x 30-second sprints. Run 20 mins off the bike	SP Swim 40 mins, 200 warmup drills, Main set: 8x50 yds moderate pace. OL Swim 50 mins: 200 warmup drills, Main set: 2x200 yds moderate pace. SP Run 40 mins moderate OL Run 50 mins moderate	SP Bike 50 min moderate, 10 comfortably hard OL Bike 60 min moderate, 15 comfortably hard SP/OL Workout 1	Rest	Walden Pond - 20 min swim, 115 min bike, 30 min run	20 mins Easy Recovery swim or bike, stretch/foam roll	
Week 11 Base	65	95	100	80	0	165	20	525.00
27-Jun	SP Swim 40 mins, 200 warmup drills, Main set: 5x75 yards OL Swim 55 mins: 200 warmup drills, Main set: 5x100 yards moderate SP/OL Workout 1	Brick: SP Bike 65 min moderate, 4 x 30-second sprints. Run 15 mins off the bike OL Bike 75 min moderate, 4 x 30-second sprints. Run 20 mins off the bike	SP Swim 30 mins, 200 warmup drills, Main set: 8x50 yds moderate pace. OL Swim 40 mins: 200 warmup drills, Main set: 2x200 yds moderate pace. SP Run 50 mins moderate OL Run 60 mins moderate	SP Bike 50 min moderate, 10 comfortably hard OL Bike 60 min moderate, 15 comfortably hard SP/OL Workout 1	Rest	Walden Pond - 30 min swim, 125 min bike	20 mins Easy Recovery swim or bike, stretch/foam roll	
Week 12 Base	75	95	100	80	0	155	20	525.00
4-Jul	SP Swim 40 mins, 200 warmup drills, Main set: 5x75 yards OL Swim 55 mins: 200 warmup drills, Main set: 5x100 yards moderate SP/OL Workout 1	Brick: SP Bike 65 min moderate, 4 x 30-second sprints. Run 15 mins off the bike OL Bike 75 min moderate, 4 x 30-second sprints. Run 20 mins off the bike	SP Swim 30 mins, 200 warmup drills, Main set: 8x50 yds moderate pace. OL Swim 40 mins: 200 warmup drills, Main set: 2x200 yds moderate pace. SP Run 50 mins moderate OL Run 60 mins moderate	SP Bike 60 min moderate, 10 comfortably hard OL Bike 70 min moderate, 15 comfortably hard SP/OL Workout 1	Rest	Walden Pond - 30 min swim, 145 min bike, 20 mins race pace	20 mins Easy Recovery swim or bike, stretch/foam roll	
Week 13 Base	75	95	100	90	0	175	20	555.00
Taper	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.							
11-Jul	Rest	Brick: SP Bike 35 min moderate, 4 x 30-second sprints. Run 15 mins off the bike OL Bike 45 min moderate, 4 x 30-second sprints. Run 20 mins off the bike	SP Swim 30 mins, 200 warmup drills, Main set: 10 x 25 yds faster pace. OL Swim 40 mins: 200 warmup drills, Main set: 10x50 yds faster pace. SP Run 20 mins moderate OL Run 30 mins moderate	SP Bike 35 min moderate, OL Bike 45 min moderate,	Rest	Racing Athletes Bike or Swim Easy 20 mins	MA STATE OLYMPIC TRIATHLON	

SP - Sprint Workout OL - Olympic Workout

Week 13 Moderate Taper	0	65	70	45		20		200.00
18-Jul	Rest	Brick: SP Bike 65 min moderate, 4 x 30-second sprints. Run 15 mins off the bike OL Bike 75 min moderate, 4 x 30-second sprints. Run 20 mins off the bike	SP Swim 30 mins, 200 warmup drills, Main set: 8x50 yds moderate pace. OL Swim 40 mins: 200 warmup drills, Main set: 2x200 yds moderate pace. SP Run 50 mins moderate OL Run 60 mins moderate	SP Bike 60 min moderate, 10 comfortably hard OL Bike 70 min moderate, 15 comfortably hard SP/OL Workout 1	Rest	Walden Pond - 30 min swim, 155 min bike, 20 mins race pace	20 mins Easy Recovery swim or bike, stretch/foam roll	
Week 14 Base	0	95	100	90	0	185	20	490.00
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.							
25-Jul	SP Swim 30 mins, 200 warmup drills, Main set: 6x100 yards OL Swim 40 mins: 200 warmup drills, Main set: 8 x 100 yards moderate	Rest	SP Swim 30 mins, 200 warmup drills, Main set: 10 x 50 yds moderate pace. OL Swim 40 mins: 200 warmup drills, Main set: 4x200 yds moderate pace. SP Run 30 mins moderate OL Run 40 mins moderate	SP Bike 40 min moderate, 15 comfortably hard OL Bike 50 min moderate, 20 comfortably hard	Rest	Racing Athletes Swim 25 mins	BOSTON OLYMPIC TRIATHLON	
Week 15 Recovery	40		80	50	0	145		315.00
1-Aug	Rest	Brick: SP Bike 65 min moderate, 5 x 60-second sprints. Run 15 mins off the bike OL Bike 75 min moderate, 10 x 60-second sprints. Run 20 mins off the bike	SP Swim 30 mins, 200 warmup drills, Main set: 8x50 yds moderate pace. OL Swim 40 mins: 200 warmup drills, Main set: 2x200 yds moderate pace. SP Run 50 mins moderate OL Run 60 mins moderate	SP Bike 60 min moderate, 10 comfortably hard OL Bike 70 min moderate, 15 comfortably hard SP/OL Workout 1	Rest	Swim 40 mins, Bike 160 mins moderate- 20 mins race pace. Run 15 mins	20 mins Easy Recovery swim or bike, stretch/foam roll	
Week 16 Build	0	95	100	90		215	20	520.00
8-Aug	SP Swim 40 mins, 200 warmup drills, Main set: 5x75 yards OL Swim 55 mins: 200 warmup drills, Main set: 5x100 yards moderate SP/OL Workout 1	Brick: SP Bike 65 min moderate, 5 x 60-second sprints. Run 15 mins off the bike OL Bike 75 min moderate, 10 x 60-second sprints. Run 20 mins off the bike	SP Swim 30 mins, 200 warmup drills, Main set: 8x50 yds moderate pace. OL Swim 40 mins: 200 warmup drills, Main set: 2x200 yds moderate pace. SP Run 50 mins moderate OL Run 60 mins moderate	SP Bike 60 min moderate, 10 comfortably hard OL Bike 70 min moderate, 15 comfortably hard SP/OL Workout 1	Rest	Walden Pond - Swim 30 mins, Bike 170 mins moderate- 30 mins race pace, Run 15 mins	20 mins Easy Recovery swim or bike, stretch/foam roll	
Week 17 Build	75	95	100	90		215	20	595.00

