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Lavaman,  
Rage in the Sage &  
Wildflower Triathlons

Spring 2007 Season  
Eastside Tri Team

**GO TEAM!!!**

## Training Intensity Zones

Before training begins, we must first establish intensity zones. These zones will be used to target the level of effort for nearly every workout.

If you do not currently have or do not plan to purchase and train with a heart rate monitor then use section 1 to understand and recognize your zones. If you are going to train with a monitor read section 1 then skip down to section 2.

**Section 1** For each workout, use this “**perceived effort**”, or “how hard does it feel” chart to determine the proper training intensity.

	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
<b>RPE</b> Rate of Perceived Effort.	Warm up and recovery pace. <u>Talking is easy.</u>	Feels like you could “go all day” pace. <u>Conversations shorter but comfortable.</u>	Race Pace. <u>Minimal Talking, 1-2 word sentences</u>	Slight discomfort, could hold for 10 minutes. <u>Down to basic Grunts</u>	All out max! Could only hold for a few moments. <u>Nothing but wheezing</u>

**Section 2** Training with a **Heart Rate Monitor**. Swimming with a HR monitor is tough, but riding and running with one is a great idea. You can establish heart rate intensity zones with some personal data. If you know your aerobic threshold (as the result of an accurate, scientific test) go to option C. If you know your maximum heart rate (as the result of an accurate, scientific test) go to option B. If all you know is your age (that’s fine) use option A.

### Option A

You will need to do a bit of math to find the correct beats per minute for each zone. **THIS IS NOT DIFFICULT** but requires a couple of days to establish: use monitor every morning before you sit up and get out of bed to determine your resting heart rate. Record the lowest hr reading for 5 days and then take the average. Once you have your resting hr, you’re ready to plug it into this simple math equation.

Subtract your age from 220 (for males) or 226 (for females).

From this number subtract your resting heart rate (RHR).

Multiply the resulting number (know as your Heart Rate Reserve, HRR) by the percentages in each zone, then add the resting heart rate (RHR) back on to determine the boundaries for each zone.

Example: 34 year old male with a resting heart rate of 55:

$$220-34 \text{ (age)} = 186$$

$$186-55 \text{ (RHR)} = 131 \text{ (HRR)}$$

$$131 \times .50 = 65 + 55 \text{ (RHR)} = 120 \text{ beats per min, bottom of zone 1}$$

$$131 \times .65 = 85 + 55 \text{ (RHR)} = 140 \text{ beats per min, top of zone 1, bottom of zone 2}$$

$$131 \times .80 = 105 + 55 \text{ (RHR)} = 160 \text{ beats per min, top of zone 2.... and so on.}$$

### Option B

Take your maximum heart rate (only if it has been established accurately via a scientific test) and multiply it by the percentages in each zone.

### Option C

Take your aerobic threshold (only if it has been established accurately via a scientific test) and place it in the chart as the top of zone 3 & subtract 2% for the bottom of Z3. Subtract 7% for top of Zone 2, subtract 17% for the bottom of Zone 2 & the top of Zone 1, subtract 37% for the bottom of Zone 1. Add 5% of threshold to get the top of Zone 4 & bottom of Z5 and add 13% to get the top of Z5.

Write your results into this chart to create your own personalized intensity zones.

	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
Percent of max Heart Rate	50%-65%	65%-80%	85%-87%	87%-92%	92%-100%
Beats per minute.					

## DIRECTIONS TO PRACTICE LOCATIONS

### **Glassell Pool: (Wednesday Swims - 7pm – 8pm)**

Address: 3705 Verdugo Rd.

Los Angeles, CA 90065

*(\*\*located in Eagle Rock, south of Glendale on the 2 Freeway)*

Coming from the 134, 5 or 210 (up near La Canada area) Freeways:

-Take the Glendale Freeway (the 2) and exit at Verdugo.

If you were going 2 north...

-Go straight through the light after you exit at Verdugo. The pool will be 100 yards up on the left-hand side.

If you were going 2 south...

-Exit Verdugo and turn left at the stop and go under the freeway.

-Turn right at the next light which is Eagle Rock Blvd.

-Go 100 yards and turn left at Verdugo. Drive about 50 yards and pool is on the left.

### **Griffith Park: (Sat. Bikes/Runs - 8am)**

We will be meeting in the **ZOO PARKING LOT UNDER THE LETTER “C”**

Address: 5333 Zoo Dr.

Los Angeles, CA 90027

*(The zoo is directly across from the Autry Museum of Western Heritage.)*

#### **From Westbound 134:**

Use far right lane approaching the 5. Follow signs indicating the 134 Freeway. Exit Zoo Drive, continue past soccer fields, across bridge to the zoo parking lot.

#### **From Eastbound 134:**

Exit at Victory Blvd. Turn right, then make an immediate left on Zoo Drive. Continue on Zoo Drive to zoo parking lot on right.

#### **From Northbound 5:**

Use right lane approaching 134 East to Pasadena. Exit at Zoo Drive. Turn right at stop sign and follow street across bridge to Zoo parking lot.

#### **From Southbound 5:**

Exit at Western Ave. Go west on Western Avenue. Turn left at Victory Blvd., and left onto Zoo Drive. Follow Zoo Drive to zoo parking lot on right.

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**WEEK 1: Monday, October 16 to Sunday, October 22**

Take this first week to establish the new activity. Give yourself 10' at the start of each workout to get ready, adjust equipment, double check safety, stretch, etc. **START EASY.** We have a long way to go so let's do it gradually. Let this week's focus be finding the correct zone and holding it for the correct time.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
S P R I N T	Swim for just 20'. Play with the water and feel it move around you	15' Walk/Run 5' in Z1, 10' in Z2	Coached Swim, 7:30-8:30pm	20' Walk/Run 5' in Z1, 15' in Z2	Day off!	Coached run 8:00am <b>SHARP</b>  Bike Education Clinic 9:00-10	20' Walk/Run 5' in Z1, 15' in Z2  If you own a bike- Ride 40' all flat in Z2
O L Y M P I C	Swim for just 20'. Focus on a level body via head position	20' Run in 10' in Z2 10' in Z3	Coached Swim, 7:30-8:30pm	20' Run in 10' in Z2 10' in Z3	Day off!	Coached run 8:00am <b>SHARP</b>  Bike Education Clinic 9:00-10	20' Run in 10' in Z2 10' in Z3  If you own a bike- Ride 50' all flat in Z2
H A L F - I R O N	Swim steady for 30'. Focus on a level body via head position	25' Run in 10' in Z2 15' in Z3	Coached Swim, 7:30-8:30pm	30' Run 10' Z2 20' Z3	Day off!	Coached run 8:00am <b>SHARP</b>  Bike Education Clinic 9:00-10	30' Run 10' Z2 20' Z3  If you own a bike- Ride 60' all flat in Z2

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**WEEK 2: Monday, October 23 to Sunday, October 29**

Let this week's focus be establishing concentration in each workout – Once safety is confirmed, keep your mind on the body's activity – keeping heart rate in proper zone, aware of and avoiding discomfort, and being relaxed.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
S P R I N T	Day Off!	Walk/Jog for 15' 3' Z1 12' Z2 Tall, proud posture	Coached Swim, 7:30-8:30pm	Swim for 20'. Keep kick to a minimum, and focus 100% on head position.	Swim 25' work drills for balance	Coached Run, 8:00am <b>SHARP</b>  Clinic 9:00-10:00	Walk/Run 15'. Warm slowly to Z2 & hold  If you have a bike ride instead: 40' flat Z2.
O L Y M P I C	Day Off!	Run 25' 8' Z2 17' Z3 Tall, proud posture.	Coached Swim, 7:30-8:30pm	Swim for 30' Keep kick to a minimum, and focus on swimming easily and quietly	Swim 30' work balance drills & stream-lined position	Coached Run, 8:00am <b>SHARP</b>  Clinic 9:00-10:00	Run for 25'. Warm slowly to Z3 & hold  If you have a bike ride instead 60' all Z2, spin pedals
H A L F - I R O N	Day Off!	Run 35' 8' Z2 27' Z3 Proud posture, tucked chin, eye line at the horizon.	Coached Swim, 7:30-8:30pm	Swim for 40' Keep kick to a minimum, and focus on swimming easily and quietly	Swim 50' strive for DPS – distance per stroke.	Coached Run, 8:00am <b>SHARP</b>  Clinic 9:00-10:00	Run for 35'. Warm slowly to Z3 & hold  If you have a bike ride instead 75' Z2/3 92-95 rpm.

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### WEEK 3: Monday, October 30 to November 5

Total Recovery Week: Sure, we're only 3 weeks into the program but it's a long road and we, thankfully, don't need to rush. All workouts this week are EASY, keep to the flat terrain for runs and rides and use extra time to make moves on fundraising.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
S P R I N T	Day Off #1	Run/Walk for 20'. Give equal time to walk and to run, AND stay in comfort.	Coached Swim, 7:30-8:30pm	Swim for 20'. First & last 5 min all fun, include 10 min of your favorite drill	Day off #2	Bike Riding Clinic, 8:00am <b>SHARP!</b>  Coached Bike Ride, 8:45 – 9:30	Ride 40' priority goal is to asses terrain and shift early and often to adjust for it.
O L Y M P I C	Day Off #1	Run 25' All easy and include 3, 40 second bits where you quicken your feet so they are ON & Off the ground.	Coached Swim, 7:30-8:30pm	Swim for 25'. First & last 5 min all fun, include 15 min of swimming w/ fists in the middle	Day off #2	Bike Riding Clinic, 8:00am <b>SHARP!</b>  Coached Bike Ride, 8:45 – 9:30	Ride 50' priority is the spin, adjust as needed (read: shift) to keep pedals floating.
H A L F - I R O N	Day Off #1	Run 35' All easy and include 4, 40 second bits where you quicken your feet so they are ON & Off the ground	Coached Swim, 7:30-8:30pm	Swim for 35'. 150 warm up. Swim 50 yds& count strokes & note secs. Now swim 20x50s "Golf"*	Day off #2	Bike Riding Clinic, 8:00am <b>SHARP!</b>  Coached Bike Ride, 8:45 – 9:30	Ride 70' priority is the "pull up" on the back side of the stroke. Focus on just that portion.

\*Half-Iron Thursday swim: swim golf measures your efficiency. Your golf score is the number of strokes plus the number of seconds it takes to swim a 50. If you swam your 50 in 60 seconds and it took you 40 strokes (how many times each hand enters the water) then your score is 100. Use the first 50 to establish your score then swim 20x50s on 1:10 and quickly do the math as you come into the wall and see the clock. The goal is to maintain speed but reduce strokes. Hint: bury head in water, exaggerate body roll and slow recovery so that you get a little extra glide each time.

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### WEEK 4: Monday, November 6 to 12

We Start to build again but slowly: Keep yourself present and mindful of what you are doing during workouts. Let them be a solace rather than a stress. Find pleasure in each effort even if that means making a special trip to a trail run, or a great place to ride. Life is too short to train in poor surroundings.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
S P R I N T	Day Off	Run/Walk for 20'. Walk for 3' Run for 2' Repeat. Pace under control. Still find comfort at 2 min mark	Coached Swim, 7:30-8:30pm	Swim for 20'. First & last 5 min all fun, include 10 min of your favorite drill	Run/Walk for 25'. Same goal as Tuesday	Coached Bike Ride, 8:00am <b>SHARP</b>  Check tire pressure, get helmet on, ready to ride at 8:00!	Run/Walk for 30' Walk 3' warm up, then run in perfect form up to Z4 then walk 'til Z1.Repeat.
O L Y M P I C	Day Off	Run 25' All easy in Z2 and steady.	Coached Swim, 7:30-8:30pm	Swim for 25'. First & last 5 min all fun, include 15 min of swimming w/ fists in the middle	Run 25' 15' Z2 5' Z3 5' Z2	Coached Bike Ride, 8:00am <b>SHARP</b>  Check tire pressure, get helmet on, ready to ride at 8:00!	Run 35' If form gets sloppy then back down pace 'til it's perfect.
H A L F - I R O N	Day Off	Run 35' All easy in Z2 and steady	Coached Swim, 7:30-8:30pm	Swim for 40'. 200 warm up. 200 drills, then a solid set of 150s with focus on efficiency and DPS.	Run 35' 15' Z2 10' Z3 10' Z2	Coached Bike Ride, 8:00am <b>SHARP</b>  Check tire pressure, get helmet on, ready to ride at 8:00!	Run 45' if form gets sloppy then back down the pace 'til it's perfect.

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### WEEK 5: Monday, November 13 to Sunday, November 19

Total commitment to technique this week. All efforts should have been pretty easy up 'til now and will continue to be for a little while. This is THE time to rewrite your DNA to swim like a fish, run like a gazelle, and ride like Lance. Prior to each workout choose a point of focus and stick to it for that effort.							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
S P R I N T	Day Off	Run 20' Walk 2' Run 7' Walk 2' Run 7' Walk 2'	Coached Swim, 7:30- 8:30pm	Ride 50 minutes. 10' Z1 30' Z2 5' Z3 5' Z1	Ride 50 minutes. 10' Z1 30' Z2 5' Z3 5' Z1	Coached Bike Ride, 8:00am <b>SHARP</b>	Double:  Swim 20' all drills.   Ride 60 mins, flat all Z2.
O L Y M P I C	Day Off	Run 35' Choose an out and back course. Run out super easy for 19' Run back in 16'	Coached Swim, 7:30- 8:30pm	Ride 65 minutes. 10' Z1 40' Z2 10' Z3 5' Z1	Ride 65 minutes. 10' Z1 40' Z2 10' Z3 5' Z1	Coached Bike Ride, 8:00am <b>SHARP</b>	Double:  Swim 30' all drills.   Ride 70 mins, flat all Z2
H A L F - I R O N	Day Off	Run 45' Choose an out and back course. Run out super easy for 24' Run back in 21'	Coached Swim, 7:30- 8:30pm	Ride 85 minutes. 10' Z1 50' Z2 20' Z3 5' Z1	Ride 85 minutes. 10' Z1 50' Z2 20' Z3 5' Z1	Coached Bike Ride, 8:00am <b>SHARP</b>	Double:  Swim 30' all drills.   Ride 90 mins, flat all Z2

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### WEEK 6: Monday, November 20 to Sunday, November 26

This is a big week. Try to hold on through the efforts. Next week is an easy week so hang in there. Let this week's focus be Energy Management – don't give so much in the early stages of a workout that you are dead at the end. Bike focused week. ALSO – Eat wisely this week!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
S P R I N T	Day Off!	Run/Walk 30', Walk 1' Run 3' Walk 1' Run 3' Repeat Finish w/ walk.	Coached Swim, 7:30- 8:30pm	Bike: Ride 40' Warm ez to Z2, hold it for 20'. Then to Z3 for 5' & then cruise home ez.	Swim for 35'. Hold a streamlined glide to get the most distance you can out of each stroke. DPS=distanc e per stroke	Coached Brick, 8:00am  Bring both bike & run gear.	Same ride as Thur. but hold Z3 for 15'. Total ride time 50'
O L Y M P I C	Day Off!	Run 40' – Start slowly go up to Z3 in an easy manner. Hold Z3 w/ 180 steps per min & smooth stride.	Coached Swim, 7:30- 8:30pm	Bike: Ride 50' Warm ez to Z2, hold it for 30'. Then to Z3 for 10' & then cruise home ez.	Swim for 45'. Hold a streamlined glide to get the most distance you can out of each stroke. DPS=distanc e per stroke	Coached Brick, 8:00am  Bring both bike & run gear.	Same ride as Thur. but go hills and hold Z3 for 30'. Total ride time 80'
H A L F - I R O N	Day Off!	Run 50' – Start slowly go up to Z3 in an easy manner. Hold Z3 w/ 180 steps per min & smooth stride.	Coached Swim, 7:30- 8:30pm	Bike: Ride 60' Warm ez to Z2, hold it for 30'. Then to Z3 for 10' & then cruise home ez.	Swim for 55'. Hold a streamlined glide to get the most distance you can out of each stroke. DPS=distanc e per stroke	Coached Brick, 8:00am  Bring both bike & run gear.	Same ride as Thur. but hold Z3 for 30'. Total ride time 80'

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### WEEK 7: Monday, November 28 to Sunday, December 3

Let this week's focus be RECOVERY. You will learn quickly how to push yourself, now find the places to recover better, don't go to "empty" on any workout, improve your hydration & nutrition, stretch, self massage, and get extra sleep.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
S P R I N T	Day Off!	Bike: Ride 35' all easy in Z1 but include 5' in Z2.	Coached Swim, 7:30-8:30pm	Walk/Run for 15'. 5' Z2, 10' Z3. Keep to 180 steps per min or 30 steps every 10 seconds.	Day Off #2	Coached Run, 8:00am	Choose your weakest sport and repeat Tue, Thur, or Friday's workout.
O L Y M P I C	Day Off!	Bike: Ride 45'. Warm easy to Z2 and hold for 20' then Z1 for the remainder	Coached Swim, 7:30-8:30pm	Run 25'. 10' Z2, 15' Z3. Keep to 180 steps per min or 30 steps every 10 seconds.	Day off #2	Coached Run, 8:00am	Choose your weakest sport and repeat Tue, Thur, or Friday's workout.
H A L F - I R O N	Day Off!	Bike: Ride 60'. Warm easy to Z2 and hold for 40' then Z1 for the remainder	Coached Swim, 7:30-8:30pm	Run 35'. 15' Z2, 15' Z3 5' Z2. Keep to 180 steps per min or 30 steps every 10 seconds.	Day Off #2	Coached Run, 8:00am	Choose your weakest sport and repeat Tue, Thur, or Friday's workout.

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### WEEK 8: Monday, December 4 to Sunday December 10

We start to build again here and over the next 3 weeks. Pace yourself, there will be plenty of longer, harder workouts to come so try and stay within the requested Zones and distances. The big change here is that workouts are now based on distances just like the race. Focus on Technique here and for the next 2 weeks.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
S P R I N T	Day Off!	Run 3 mi. Easy warm up, don't exceed Z3. Throw in a few short walking segments if need be.	Coached Swim, 7:30-8:30pm	Ride 15 miles. Z2 Manage energy. Seated & spinning at 90 rpm, practice drinking.	Swim 1200 yards. Top Priority: level body, get it with head position and "pressing	Coached Run, 8:00am	Choose your weakest sport and repeat Tue, Thur, or Friday's workout.
O L Y M P I C	Day Off!	Run 5 mi 1mi Z2 2 ½ mi Z3 ½ mi Z4 1mi Z2	Coached Swim, 7:30-8:30pm	Ride 22 miles. Z2 & 3 Mostly seated & spinning at 90 rpm, practice drinking	Swim 1700 yards. Top Priorities: level body, and then a clean entry of the hand.	Coached Run, 8:00am	Choose your weakest sport and repeat Tue, Thur, or Friday's workout.
H A L F - I R O N	Day Off!	Run 7 mi 1mi Z2 3 ½ mi Z3 ½ mi Z4 1mi Z2	Coached Swim, 7:30-8:30pm	Ride 30 mi. Z2 & 3. Sit & spin at 90 rpm. Focus on the pull up from 7 o'clock to 11 o'clock.	Swim 2000 yards. Top Priorities: level body, relaxed recovery, clean entry, long reach	Coached Run, 8:00am	Ride Long 40 miles all Z1 and Z2. Spin easily at 90 rpm, and eat wisely.

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### WEEK 9: Monday, December 11 to Sunday, December 17

Mileage begins to creep up here – Don't get behind on sleep or hydration. Give your body the rest it needs and deserves. Focus this week is the swim: keep your mind active while in the water and don't be afraid to exaggerate the roll or hold that "skating position" a bit longer.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
S P R I N T	Day Off!	Run 4 miles, 2 ½ mi Z2 1 mi Z3 ½ mil Z2	Coached Swim, 7:30-8:30pm	Ride 18 miles. All Z2 & 3. Match gears to the terrain so you are always at 90 rpm.	Swim 1400 yds. Primary thing that needs work in your swim & repeat the drills that will solidify that skill	Coached Bike Ride, 8:00am	Repeat Friday's swim, if pool is a no-go then run for pure joy 3-4 miles easy
O L Y M P I C	Day Off!	Run 6 miles ½ mi Z2 1 ½ mi Z3 1 mi Z4 2 mi Z3 1 mi Z2.	Coached Swim, 7:30-8:30pm	Ride 30 miles Hills. All Z2. Stay seated and work perfect circles.	Swim 1600 yds. Pick the most important thing that needs work in your stroke & keep focus there whole swim.	Coached Bike Ride, 8:00am	Repeat Friday's swim, if pool is a no-go then run for pure joy 5 miles easy
H A L F - I R O N	Day Off!	Run 8 miles ½ mi Z2 2 ½ mi Z3 1 mi Z4 3 mi Z3 1 mi Z2.	Coached Swim, 7:30-8:30pm	Ride 40 miles Hills Mostly Z2 and seated with focus on perfect circles.	Swim 2400 yds. Pick the most important thing that needs work in your stroke & keep focus there whole swim.	Coached Bike Ride, 8:00am	Repeat Friday's swim, if pool is a no-go then run for pure joy 6-7 miles easy

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### WEEK 10: Monday, December 18 to Sunday, December 24

This is a big week! Focus this week has to be balance & getting back on track after holiday food and festivities - regain sensible eating habits and making the workouts happen. Everything you do right this week will be rewarded ten fold on race day. This is *the* time to step up and be the very best you can be.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
S P R I N T	Day Off!	Run 4 mi. Warm slowly to a comfortable "go all day" kind of pace. Ez finish.	Coached Swim, 7:30-8:30pm	Swim 1500 yards. Efficiency makes you faster than strength. Listen & swim as quiet as possible.	Run 4 same as Tuesday, After warm up, up the pace just past comfort & hold for 2 miles. Long cool down.	Coached Bike Ride, 8:00am <b>SHARP</b>	Ride LONG: What's your longest so far this season? Add 10% and ride flat terrain with joy!
O L Y M P I C	Day Off!	Run 7 mi. Warm slowly to a comfortable "go all day" kind of pace. Ez finish.	Coached Swim, 7:30-8:30pm	Swim 2200 yards. Efficiency makes you faster than strength. Listen & swim as quiet as possible.	Run 8 same as Tuesday, After warm up, up the pace just past comfort & hold for 5 miles. Long cool down.	Coached Bike Ride, 8:00am <b>SHARP</b>	Ride LONG: What's your longest so far this season? Add 10% and ride flat terrain with joy!
H A L F - I R O N	Day Off!	Run 9 mi. Warm slowly to a comfortable "go all day" kind of pace. Ez finish.	Coached Swim, 7:30-8:30pm	Swim 2200 yards. Efficiency makes you faster than strength. Listen & swim as quiet as possible.	Run 8 same as Tuesday, After warm up, up the pace just past comfort & hold for 5 miles. Long cool down.	Coached Bike Ride, 8:00am <b>SHARP</b>	Ride LONG with HILLS: Add 10% to your longest ride this season and ride "moderately hilly" terrain with joy!

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**WEEK 11: Monday, December 25 to Sunday, December 31**

Recovery week – you made it! Let this week’s focus again be RECOVERY. You pushed hard the last 12 of 14 days so drink in those efforts and give the body a chance to repair and grow stronger. EXTRA sleep, drive the automatic, use the valet, take the elevator, nap, & in general - pamper as much as possible.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
S P R I N T	Happy Holidays!  Day Off!	Ride in AM for 45’ all easy all Z1	Coached Swim, 7:30-8:30pm	Swim for 20’ but more importantly swim easy – no kicking. Hold balance and work balance	Run for 5 min – perfectly, walk for 1min & repeat for 25 min.	Coached Brick 8:00am <b>SHARP</b>	Double: Repeat Friday’s Swim  Run 15’ easy jog
O L Y M P I C	Happy Holidays!  Day Off!	Ride in AM for 55’ all easy all Z1 & Z2	Coached Swim, 7:30-8:30pm	Swim for 35’ but more importantly swim easy – no kicking. Lots of drilling	Run 4 miles, flat and smooth. Go as fast as you can while still holding Z2!	Coached Brick 8:00am <b>SHARP</b>	Double: Repeat Friday’s Swim  Run 25’ easy jog
H A L F - I R O N	Happy Holidays!  Day Off!	Ride in AM for 65’ all easy all Z1 & Z2	Coached Swim, 7:30-8:30pm	Swim for 45’ but more importantly swim easy – no kicking. Just feel the water and focus on	Run 5 miles, flat and smooth. Go as fast as you can while still holding Z2!	Coached Brick 8:00am <b>SHARP</b>	Double: Repeat Friday’s Swim  Run 35’ easy run

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### WEEK 12: Monday, January 1 to Sunday, January 7

We've pretty much succeeded in spending 3 solid months on creating an aerobic base. We'll start to sprinkle in some harder efforts here and there. It's important to reach for those but it's more important to come back down after the hard efforts to get recovery. Keep your mind on your body's actions.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
S P R I N T	Happy New Year!  Day Off!	Ride 20 miles, 5 miles Z1 5 miles Z2 5 miles Z3 2 miles Z4 3 miles Z1	Coached Swim, 7:30-8:30pm	Run 2 ½ mi include some hills but hold to Z3 & 30 steps every 10 seconds even on	Swim 1100 yds. warm up, drills, perfect easy swimming include 3 fast 50s w/ only 10 sec. Rest.	Coached Run, 8:00am	Ride 1 hour. Start and end on flat but put in total climbing time of 8-10' in the middle
O L Y M P I C	Happy New Year!  Day Off!	Ride 25 miles, 5 miles Z1 5 miles Z2 5 miles Z3 4 miles Z4 5 miles Z3 cool down	Coached Swim, 7:30-8:30pm	Run 5 mi include some hills but hold to Z3 & hold to 30 steps every 10 seconds	Swim 2000 yds. warm, drills, perfect swimming include 4 moderate 75s w/only 10 sec. rest	Coached Run, 8:00am	Ride 90min Start and end on flat but put in total climbing time of 12-15' in the middle
H A L F - I R O N	Happy New Year!  Day Off!	Ride 30 miles, 5 miles Z1 5 miles Z2 10 mi Z3 4 miles Z4 5 miles Z3 cool down	Coached Swim, 7:30-8:30pm	Run 6 mi include some hills but hold to Z3 & hold to 30 steps every 10 seconds even on	Swim 2500 yards. Include 5 moderate 125s w/only 10 sec. rest	Coached Run, 8:00am	Ride 2.5 hours. Start and end on flat but put in total climbing time of 40-60' in the middle

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### WEEK 13: Monday, January 8 to Sunday, January 14

Goal of this week is being mindful of race day. What you do on race day will be directly relevant to what you do during each workout. Every time you start off for a swim/bike/run bring some part of the race into that workout: the goggles you'll use, the pace you'll go, what you'll drink, eat, etc.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
S P R I N T	Day Off	Run 3 mi. Mostly Z3 but in the middle include 3x1' of Z4 effort with at least 3' of Z3 right afterwards.	Coached Swim, 7:30- 8:30pm	Ride 20 miles, all Z2/3 but include 3x1' efforts in Z4 with 4' of recovery in Z2.	Swim 1000 200 warm up with long glide then do 8x75s with 10 seconds rest. 200 cool down.	Coached <b>BRICK</b> bring bike & run stuff and bring some fuel to eat <b>DURING</b> brick, 8:00am <b>SHARP</b>	Run 4 miles. Keep to Z2 & 3 by walking bits if need be.
O L Y M P I C	Day Off	Run 6 mi Mostly Z3 but in the middle include 3x2' of Z4 efforts with 3' recovery in Z3.	Coached Swim, 7:30- 8:30pm	Ride 25 miles, all Z2/3 but include 3x2' efforts in Z4 with 3' of recovery in Z2.	Swim 2400 yards. Long, gliding strokes, really stretch out the leading hand and arm.	Coached <b>BRICK</b> bring bike & run stuff and bring some fuel to eat <b>DURING</b> brick, 8:00am <b>SHARP</b>	Run 5 miles steady. Warm up to Z3 and hold for 4 miles. Include cool down
H A L F - I R O N	Day Off	Run 6 mi. Mostly Z3 but in the middle include 3x3' of Z4 efforts with 3' recovery in Z3.	Coached Swim, 7:30- 8:30pm	Ride 30 miles, all Z2/3 but include 3x3' efforts in Z4 with 3' of recovery in Z2.	Swim 2800 yards. Long, gliding strokes, really stretch out the leading hand and arm.	Coached <b>BRICK</b> bring bike & run stuff and bring some fuel to eat <b>DURING</b> brick, 8:00am <b>SHARP</b>	Run 8 miles steady. Warm up to Z3 and hold for 5 miles. Include cool down

## TEAM IN TRAINING Triathlon Program

LavaMan, Rage in The Sage, Wildflower Long, 2007

### WEEK 14: Monday, January 15 to Sunday, January 21

Huge week! Find the magic balance between pushing the body to new levels but not over doing it. 9 hours of sleep per night minimum, eat well, drink plenty. Treat yourself like the athlete you have become.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
S P R I N T	Day Off	Ride 20 miles, all Z2/3, 90 rpms with smooth shifting.	Coached Swim, 7:30-8:30pm	Run 3 mi, "negative split" this run. 1 <sup>st</sup> half moderate, 2 <sup>nd</sup> half fast.	Swim 1400 yds. Keep strokes long and smooth – it's all about being slippery, not about being strong	Coached Lopsided Brick, 8:00am	Lopsided brick: Ride 10 miles building. Then run 3 miles right off the bike steady
O L Y M P I C	Day Off	Ride 30 All Z3 after warm up. Get power from each moment of pedal stroke.	Coached Swim, 7:30-8:30pm	Run 7 mi. ez 1 <sup>st</sup> mile, then hold upper Z3, lower Z4 for 4 mi. Run mile 5 deep in Z4. Last mile cool down	Swim 2500 yds. Keep strokes long and smooth – it's all about being slippery, not about being strong	Coached Lopsided Brick, 8:00am	Lopsided Brick: Ride 15 miles building. Then run 6 miles right off the bike. Race Fuel
H A L F - I R O N	Day Off	Ride 35 All Z3 after warm up. Get power from each moment of pedal stroke.	Coached Swim, 7:30-8:30pm	Run 9 mi. ez 1 <sup>st</sup> mile, then hold upper Z3, lower Z4 for 6 mi. Run mile 8 deep in Z4. Last mile ez.	Swim 3000 yds. Keep strokes long and smooth – it's all about being slippery, not about being strong	Coached Lopsided Brick, 8:00am	Lopsided Brick: Ride 20 miles building. Then run 8 miles right off the bike. Race Fuel