

## TNT SanMauiFlower

MAY 22-28

### BUILD 2

FOCUS: In the world of John Lennon, "imagine" means a world of change, vision, and dreams. Though he obviously wasn't singing about triathlon, he was alluding to the perfect occurrence of your dreams. What you anticipate in your visions has absolute power to illustrate itself in reality. Spend some time imagining your race, your feelings, your relationships and your life. Become involved in your dreams and ask those around you what their dreams are- you can't even begin to imagine how your life will change! Heartzones Team

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MONDAY MAY 22			
SAN DIEGO	SWIM - see set		
MAUI	SWIM - see set		
TUESDAY MAY 23			
SAN DIEGO	Bike 20 miles and include 3-5 moderate hill climbs RI= 1-2 min.		
MAUI	Bike 25 miles and include 3-5 moderate hill climbs RI= 1-2 min. & TURN IN YOUR BIKE		
WEDNESDAY MAY 24			
SAN DIEGO	COACHED SWIM		
MAUI	CROSSROADS HIGH SCHOOL		
7.30 or 8.30 start times			
THURSDAY MAY 25			
SAN DIEGO	Run- 6 miles flat and easy but include 5x1 min. sprints RI=2 min.		
MAUI	BIKES HAVE TO BE TURNED IN BY TODAY!!! (Do San Diego run workout)		
FRIDAY MAY 26			
SAN DIEGO	<b>DAY OFF</b>		
MAUI	<b>DAY OFF</b>		
SATURDAY MAY 27			
OCEAN SWIM- San Diego Location TBD Followed by a RUN for everyone			
SUNDAY MAY 28			
SAN DIEGO	Bike 25 miles middle 10 a bit faster than comfortable followed by 5 min. run		
MAUI	SPIN CLASS or 30 min. easy run but include 3-5 moderate hill repeats RI=2 min.		
<b>SWIM SETS- for everyone</b>			
100 Warm up			
4x450 (100 moderate, 50 super fast- repeat 3 times) RI- 2 min.			
2x500 (25 mod., 25 fast, 50 mod., 50 fast, 75 mod., 75 fast, 100 mod. 100 fast) RI= 2 min.			
Cool Down			
These training sets will help you prepare for the mental and physical demands of open water racing.			

**TNT SanMauiFlower**

**MAY 29- June 4**

**BUILD 3 / TAPER**

FOCUS: San Diego folks will continue with the build and improving fitness levels. Last weeks to try the new clothes, equipment, nutrition and hydration to see what will work on race day. Maui will begin the taper. You will *not* be able to add *any* more fitness than you have right now so don't try by adding more workouts or mileage- you will only decrease your performance. So do the short but intense workouts as specified and visualize yourself going through the race.

MONDAY MAY 29			
SAN DIEGO	SWIM - see set		
MAUI	SWIM - see set		
TUESDAY MAY 30			
SAN DIEGO	Easy 5 miles and include 2 x 30 sec. pick ups to sprint in middle. RI=1 min.		
MAUI	Easy 3 mile run - all day recovery pace		
WEDNESDAY MAY 31			
SAN DIEGO	<b>COACHED SWIM</b>		
MAUI	CROSSROADS HIGH SCHOOL		
	<b>7.30 or 8.30 start times</b>		
THURSDAY JUNE 1			
SAN DIEGO	Bike- 15 miles & incl. 3-5 x 30 sec. single leg drill each leg RI=1 min.		
MAUI	Spin class or Run 5 miles easy & include 4 x 40 sec. sprints RI= 2min.		
FRIDAY JUNE 2			
SAN DIEGO	<b>DAY OFF</b>		
MAUI	<b>DAY OFF</b>		
SATURDAY JUNE 3	OCEAN SWIM- San Diego Location TBD Followed by a RUN for everyone		
SUNDAY JUNE 4			
SAN DIEGO	Brick: 15 miles with middle 5 fast followed by 3 mile fast and flat run.		
MAUI	Run 3-5 miles flat & easy with 4x1 min. pick-ups to a bit over race pace RI- 4 min.		
<b>SWIM SETS- for everyone</b>			
200 Warm-up- mixed stroke (back, side, breast stroke)			
100 super fast RI=1 min.			
500 at moderate pace RI=90 sec.			
100 DPS- distance/stroke- aim for 20 or less RI=1 min.			
100 Building each 25 to sprint RI=1 min.			
5x100 Race pace RI= 10 sec.			
Cool Down			

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**JUNE 5-11**

**Taper**

**FOCUS: Maui** leaves this week- check and double check you have all the gear ready to go, including pre-race food- restaurants may not be open as early as you need. Go for it- you've done the mileage, now have the fun! **San Diego** is on the taper route now too! Fine tuning the form, equipment and mental strategy.

MONDAY JUNE 5			
SAN DIEGO	SWIM - see set		
MAUI	SWIM - see set		
TUESDAY JUNE 6			
SAN DIEGO	Ride 25 miles easy and then run off the bike for 10 minutes (Practice transition)		
MAUI	Easy spin class or run 5 miles easy but watch the cadence - 30 steps every 10 seconds.		
WEDNESDAY JUNE 7			
SAN DIEGO	<b>COACHED SWIM</b>		
MAUI	CROSSROADS HIGH SCHOOL		
	<b>7.30 MAUI</b>		<b>8:30 SAN DIEGO</b>
THURSDAY JUNE 8			
SAN DIEGO	Warm up with 15 minute ride then run 6 miles easy		
MAUI	3 mile jog! Flat and oh so easy!		
FRIDAY JUNE 9			
SAN DIEGO	<b>DAY OFF</b>		
MAUI	<b>LEAVE FOR MAUI- hydrate on the plane until you pee clear!!!</b>		
SATURDAY JUNE 10	<b>OCEAN SWIM</b> Location TBD Followed by a run		
SUNDAY JUNE 11			
SAN DIEGO	Ride 15 miles then run 6 miles 1 mile easy, 1 mile quicker pace repeat 3 x		
MAUI	<b>RACE DAY!!!</b>		
<b>SWIM SETS</b>			

MAUI- Swim 1200-1800. Nothing longer than a 200 with lots of rest in between.  
 SAN DIEGO- 100 warm up  
 4 x (25, 50, 75, 100) with enough rest in between to keep stroke count below 20  
 500 (1st, 3rd & 5th 100s are moderate pace, 2nd and 4th are fast, fast, fast!)

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JUNE 12-18

Taper

FOCUS: You are as fit as you will be for the race. No need to sneak in extra workouts, it will only hurt you. Now is the time to mentally prepare for each segment of the race- starting with the race morning wake up call all the way to smiling at the finish line!

MONDAY JUNE 12			
SAN DIEGO	100 Warm up 2x500 (100 mod, 100 fast, 100 moderate, 100 fast, 100 add some kick to get blood flowing to the legs in prep for the run to the transition Cool Down		
TUESDAY JUNE 13			
SAN DIEGO	Ride 25 miles and then run 15 minutes easy off the bike. Focus on high cadence for the first 5 minutes of the run		
WEDNESDAY JUNE 14			
SAN DIEGO	COACHED SWIM		
	CROSSROADS HIGH SCHOOL		
	7.30 SAN DIEGO		
THURSDAY JUNE 15			
SAN DIEGO	Ride 20 miles- how fast can you do it??!! Run easy 10 mins		
FRIDAY JUNE 16			
SAN DIEGO	DAY OFF		
SATURDAY JUNE 17	OCEAN SWIM		
	Location TBD		
	Followed by a Bike		
	RACE & MENTAL PREP CLINIC		
SUNDAY JUNE 18			
SAN DIEGO	Brick: 10 mile bike with 3-5 hills followed by 3 mile run		

TNT SanMauiFlower

JUNE 19-25

Taper

FOCUS: Check and double check you have all the gear ready to go, including pre-race food- restaurants may not be open as early as you need. Go for it- you've done the mileage, now have the fun!

MONDAY JUNE 19			
SAN DIEGO	SWIM - see set		
TUESDAY JUNE 20			
SAN DIEGO	Ride 45 min. - so, so easy. Peddle perfect circles.		
WEDNESDAY JUNE 21			
SAN DIEGO	COACHED SWIM		
MAUI	CROSSROADS HIGH SCHOOL		
	7.30 SAN DIEGO		
THURSDAY JUNE 22			
SAN DIEGO	3 mile easy, easy jog.		
FRIDAY JUNE 23			
SAN DIEGO	DAY OFF		
SATURDAY JUNE 24	Swim at race course Easy run Double check bike		
SUNDAY JUNE 25			
SAN DIEGO	RACE DAY!!!		

