

LavaMan and Rage Olympic

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
January 22	23	24	25	26	27	28
Day Off <i>*Recovery Week!*</i>	Coached Swim or Ride 45' all flat, all zones 1 and 2	Ride 45' all flat, all zones 1 and 2 or Coached Swim	Run 30', same intensity as yesterday	Day Off	Coached Bike Ride	Run 4 miles in Z1, Z2
29	30	31	Feb 1	2	3	4
Day Off	Coached Swim or Run 45 minutes in Z3	Run 45 minutes in Z3 or Coached Swim	Ride 90 min all hills!	Swim 60' long and steady	Coached Run	Ride 2 hours in Zone 3, mostly flat
5	6	7	8	9	10	11
Day Off	Coached Swim or Run 50 minutes in Z3	Run 50 minutes in Z3 or Coached Swim	Ride 90' hill repeats: 1 st 15 min Z1, 60 min repeats on a long hill Z2, Z3, then 15 min easy	Run 60 20' easy 20' mod 20' fast	Coached Ride	Run 7 miles Z1, Z2
12	13	14	15	16	17	18
Day Off	Coached Swim or Ride 90 min all hills	Ride 90 min all hills or Coached Swim	Run 70' 30' easy 30' mod 10' easy	Swim GOLF	Coached lopsided Brick (bike-heavy)	Run 8 miles steady in Z2, Z3
19	20	21	22	23	24	25
Day Off <i>*Recovery Week!*</i>	Coached Swim or Run 30' all Z1, Z2	Run 30' all Z1, Z2 or Coached Swim	Swim 30' steady and easy	Day off	Coached Run	Ride 30 miles all hills

26	27	28	Mar 1	2	3	4
Day Off	Coached Swim or Run 30 minutes steady in Z3	Run 30 minutes steady in Z3 or Coached Swim	Ride 90 minutes repeating some hills that take 6-10 minutes to climb.	Swim 50 minutes with long strokes	Coached Bike Ride	Run 75-90 minutes with plenty of hills!
5	6	7	8	9	10	11
Day Off	Coached Swim or Run 45 minutes steady in Z3	Run 45 minutes steady in Z3 or Coached Swim	Ride 90': 15' easy 70' mod 5' easy	Run 65': 20' easy 20' mod 20' faster 5' easy	Coached Run	Ride 3 hrs long and steady in Z2
12	13	14	15	16	17	18
Day Off	Coached Swim or Ride 90 minutes repeating some hills that take 6-10 minutes to climb	Ride 90 minutes repeating some hills that take 6-10 minutes to climb or Coached Swim	Run 75': 20' easy 25' mod 25' faster 5' easy	Swim GOLF	Coached Brick	Run 90' steady in Z2
19	20	21	22	23	24	25
Day Off <i>*Recovery Week!*</i>	Coached Swim or Run 30' all Z1, Z2	Run 30' all Z1, Z2 or Coached Swim	Swim 30' steady and easy	Day off	Coached Run	Ride 35 miles all hills