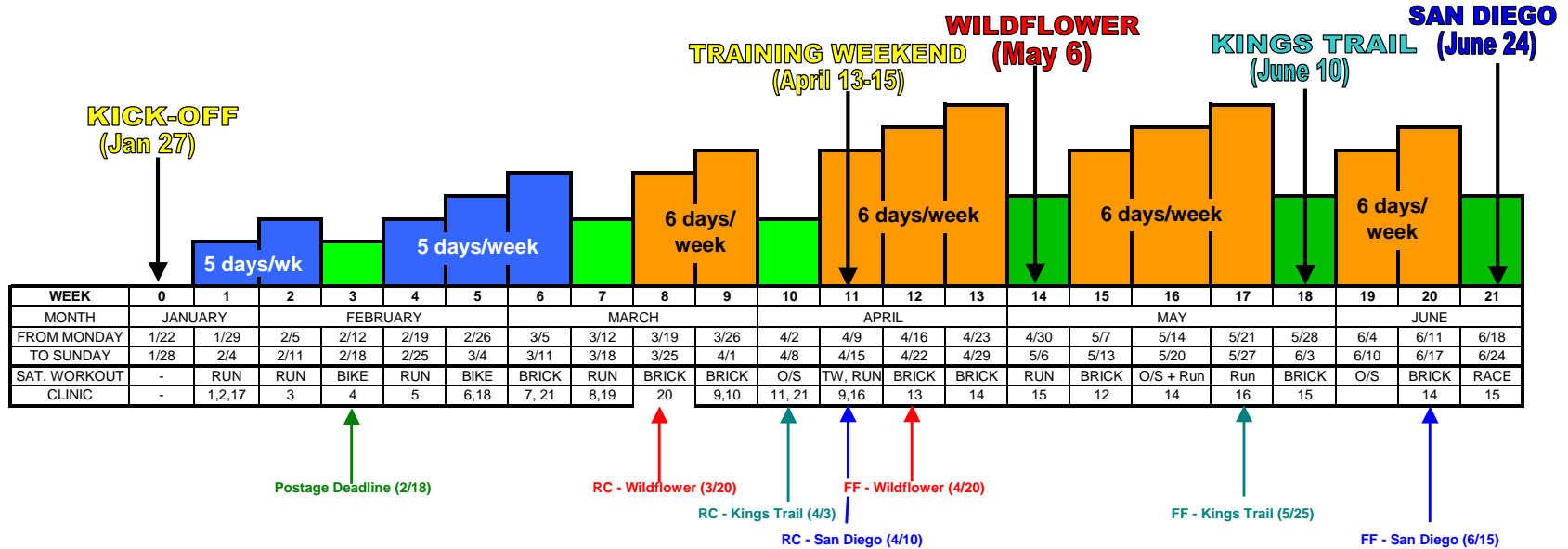


The Leukemia & Lymphoma Society's Team in Training - Eastside Triathlon Program

Training Overview for Summer Season 2007

Program prepared by Inge Wiersema, Geoff Yale, Alison Jensen, Mun Leu, and Eric Rhoades.



CLINICS	
1	RUN TECHNIQUE
2	INJURY PREVENTION, STRETCHING
3	BIKE #1 CHOOSING A BIKE
4	BIKE #2 BIKING TECHNIQUE & SAFETY
5	CORE AND STRENGTH TRAINING
6	GENERAL NUTRITION
7	TRANSITION T2
8	SPORTS NUTRITION
9	FLAT TIRE
10	BIKE #3 BIKE MAINTENANCE
11	OPEN WATER SWIM
12	BIKE ASSEMBLY
13	RACE NUTRITION PLAN
14	RACE PREPERATION
15	RACE DAY MENTAL PREPERATION
16	MINI TRI - TRANSITION T1 & T2
17	FUNDRAISING #1 - Website
18	FUNDRAISING #2 - Donations to Paycore
19	FUNDRAISING #3 - Group Fundraisers
20	TRI CLOTHING
21	BOOT CAMP

Saturday Workouts	
RUN	Running
BIKE	Bikeride
BRICK	Bikeride + Run
O/S	Open Water Swim
TW	Training Weekend
MINI TRI	Mini Triathlon

Fundraising Related	
RC	Recommilment
FF	Final Funds

Training Phases	
Blue	Base
Orange	Build
Grey	Taper
Green	Recovery

TEAM IN TRAINING Triathlon Program
Summer of 2007

WEEK 1: Monday , January 29 to Sunday, February

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. The focus of this week is **FINDING THE CORRECT ZONE** and holding it for the correct time.

Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BEGINNER	Day off!	<u>15' Walk/Run</u> 5' in Z1, 10' in Z2	Coached Swim 8-9 pm @ Richard Alatorre Pool	Swim for 15' Practice Balance Drills	Day off!	Coached RUN @ Griffith Park 8 am sharp <u>Clinics:</u> #1 Running Technique #2 Injury Prevention #17 Fundraising Website	30' Bike ride: 10' warm up in Z1, 10' in Z2, 10' cool down in Z1.
INTERMEDIATE	Day off!	<u>25' Run</u> 10' in Z1 15" in Z2	Coached Swim 8-9 pm @ Richard Alatorre Pool	Swim steady for 25' Practice Balance Drills	Day off!	Coached RUN @ Griffith Park 8 am sharp <u>Clinics:</u> #1 Running Technique #2 Injury Prevention #17 Fundraising Website	40' Bike ride: 10' warm up in Z1, 20' in Z2, 10" cool down.
ADVANCED	Day off!	<u>45' Run</u> 10' in Z1 35' in Z2	Coached Swim 8-9 pm @ Richard Alatorre Pool	Swim steady for 45' Practice Balance Drills	Day off!.	Coached RUN @ Griffith Park 8 am sharp <u>Clinics:</u> #1 Running Technique #2 Injury Prevention #17 Fundraising Website	50' Bike ride: 10' warm up in Z1 then 30' in Z2. 10' Cool down.

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Zone	Percent of Max. Heart Rate	Intensity	Level of Talking	Example
Z1	50%-60%	Very Low	Normal	Walking
Z2	60%-70%	Low	Some difficulty	Jogging
Z3	70%-80%	Medium	Short Sentences	Running
Z4	80%-90%	Hard	1-3 words only	10 min. Sprint
Z4	90%-100%	All out	none	10 sec. Sprint

TEAM IN TRAINING Triathlon Program
Summer of 2007

WEEK 2: Monday , Feb 5 to Sunday, February 11

Let this week's focus be **COMFORT**. Each workout must begin with a warm up – then reach a nice steady “go all day” kind of a pace that is relaxed and comfortable. That place is your body working at it's most efficient. Maximize your time in that comfortable spot and really get to know it and love it.

Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BEGINNER	Swim for 20'. Get comfortable in the water and practice the balance drills..	Day Off!	Coached Swim 8-9 pm @ Richard Alatorre Pool	Walk/Run for 20'. 10' Z1, 10' Z2. Short strides & strive for a feeling of being light on your feet	Day Off!	Coached RUN @ Griffith Park 8 am sharp <u>Clinic:</u> #3 Choosing a Bike	Bike: Ride 30' all easy in Z1 but include 3' in Z2.
INTERMEDIATE	Swim for 30' Swim slowly and easily. Practice the balance drills.	Day Off!	Coached Swim 8-9 pm @ Richard Alatorre Pool	Run 30'. 10' Z1, 20' Z2. short strides & strive for a feeling of being light on your feet	Day Off!	Coached RUN @ Griffith Park 8 am sharp <u>Clinic:</u> #3 Choosing a Bike	Bike: Ride 45'. Warm easy to Z2 and hold for 20' then Z1 for the remainder
ADVANCED	Swim for 45' Swim slowly and easily. Practice the balance drills..	Day Off!	Coached Swim 8-9 pm @ Richard Alatorre Pool	Run 40'. 10' Z1, 30' Z2. short strides & strive for a feeling of being light on your feet	Day Off!	Coached RUN @ Griffith Park 8 am sharp <u>Clinic:</u> #3 Choosing a Bike	Bike: Ride 60'. 15' warm up in Z1 then Z3 for 20' and Z2 cool down for the remainder

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Zone	Percent of Max. Heart Rate	Intensity	Level of Talking	Example
Z1	50%-60%	Very Low	Normal	Walking
Z2	60%-70%	Low	Some difficulty	Jogging
Z3	70%-80%	Medium	Short Sentences	Running
Z4	80%-90%	Hard	1-3 words only	10 min. Sprint
Z4	90%-100%	All out	none	10 sec. Sprint

TEAM IN TRAINING Triathlon Program
Summer of 2006

WEEK 3: Monday , Feb 12 to Sunday, February 18

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 a workout, improve your hydration & nutrition, stretch, self massage, and get some extra sleep.

Use the extra days off this week to work on your fundraising. The postage incentive February 18, so get those 100 letters done, and the checks will be rolling in shortly!

Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BEGINNER	Swim for 20'. Maximize efficiency w/ relaxed head position and level body	Day Off!	Coached Swim 8-9 pm @ Richard Alatorre Pool	15' Run Start with 5' in Z1;. 10' Z2, then 5' Z1. Increase your steps to 30 steps/10 sec.	Day Off!	Coached BIKE RIDE @Griffith Park 8 am sharp <u>Clinic:</u> #4 Biking Technique and Safety	Day Off!
INTERMEDIATE	Swim for 30'. Maximize efficiency w/ relaxed head position and level body	Day Off!	Coached Swim 8-9 pm @ Richard Alatorre Pool	25' Run Start with 5' Z1;. 10' Z2, 10' Z1. Increase your steps to 30 steps/10 sec.	Day Off!	Coached BIKE RIDE @Griffith Park 8 am sharp <u>Clinic:</u> #4 Biking Technique and Safety	Day Off!
ADVANCED	Swim for 40'. Maximize efficiency w/ relaxed head position and level body	Day Off!	Coached Swim 8-9 pm @ Richard Alatorre Pool	30' Run Start with 5' Z1;. 15' Z2, 10' Z1. Increase your steps to 30 steps/10 sec.	Day Off!	Coached BIKE RIDE @Griffith Park 8 am sharp <u>Clinic:</u> #4 Biking Technique and Safety	Day Off!

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Zone	Percent of Max. Heart Rate	Intensity	Level of Talking	Example
Z1	50%-60%	Very Low	Normal	Walking
Z2	60%-70%	Low	Some difficulty	Jogging
Z3	70%-80%	Medium	Short Sentences	Running
Z4	80%-90%	Hard	1-3 words only	10 min. Sprint
Z4	90%-100%	All out	none	10 sec. Sprint

TEAM IN TRAINING Triathlon Program
Summer of 2007

WEEK 4: Monday, February 19 to Sunday, February 25

Now that you're all recovered, we can start to increase your training level a little bit each week for the next three weeks. Let this week's focus be establishing **CONCENTRATION** in each workout. Be aware of your posture, your breathing, and your heart rate.

Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BEGINNER	Swim for 30'. Focus on position and arm motion. Keep kick to an absolute minimum.	Day Off!	Coached Swim 8-9 pm @ Richard Alatorre Pool	Bike: Ride 35' all easy in Z1 but include 5' in Z2.	Day Off!	Coached RUN @Griffith Park 8 am sharp <u>Clinic:</u> #5 Core and Strength Training	Bike 45'. 10' Z1, 25 Z2/Z3 10' Z1. Focus on high cadence (80-90 rpm).
INTERMEDIATE	Swim for 40'. Focus on position and arm motion. Keep kick to an absolute minimum.	Day Off!	Coached Swim 8-9 pm @ Richard Alatorre Pool	Bike: Ride 45'. Warm easy to Z2 and hold for 15' then Z1 for the remainder	Day Off!	Coached RUN @Griffith Park 8 am sharp <u>Clinic:</u> #5 Core and Strength Training	Bike 50'. 10' Z1, 30' Z2/Z3 10' Z1. Focus on high cadence (80-90 rpm).
ADVANCED	Swim for 50'. Focus on position and arm motion. Keep kick to an absolute minimum.	Day Off!	Coached Swim 8-9 pm @ Richard Alatorre Pool	Bike: Ride 50'. 15' warm up in Z1 then Z2 for 15' and Z1 cool down for the remainder	Day Off!	Coached RUN @Griffith Park 8 am sharp <u>Clinic:</u> #5 Core and Strength Training	Bike 60'. 10' Z1, 40' Z2/Z3 10' Z1. Focus on high cadence (80-90 rpm).

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Zone	Percent of Max. Heart Rate	Intensity	Level of Talking	Example
Z1	50%-60%	Very Low	Normal	Walking
Z2	60%-70%	Low	Some difficulty	Jogging
Z3	70%-80%	Medium	Short Sentences	Running
Z4	80%-90%	Hard	1-3 words only	10 min. Sprint
Z4	90%-100%	All out	none	10 sec. Sprint

TEAM IN TRAINING Triathlon Program
Summer of 2007

WEEK 5: Monday, February 26 to Sunday, March 4

Let this week's focus be **TECHNIQUE** in each workout. Practice the new techniques and drills you have learned for swimming, biking and running. It should all be a little easier than a month ago when you started. Pace yourself, there will be plenty of longer, harder workouts to come so try and stay within the requested Zones

Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BEGINNER	Swim for 40'. Practice balance drills, make your body long, and glide through the water.	Day Off	Coached Swim 8-9 pm @ Richard Alatorre Pool	Run/Walk 25'. Easy warm up & stretch Focus on your posture and cadence (30 steps/10 sec.)	Day Off	Coached BIKE @Griffith Park 8 am sharp <u>Clinic:</u> #6 General Nutrition #18 Donations to Paycore	Run/Walk 30'. Find some rolling hills Go up easy and recover on downhill. Focus on posture.
INTERMEDIATE	Swim for 50'. Practice balance drills, make your body long, and glide through the water.	Day Off	Coached Swim 8-9 pm @ Richard Alatorre Pool	Run 35'. Easy warm up & stretch Focus on your posture and cadence (30 steps/10 sec.)	Day Off	Coached BIKE @Griffith Park 8 am sharp <u>Clinic:</u> #6 General Nutrition #18 Donations to Paycore	Run 40'. Find some rolling hills. Go up easy and recover on downhill. Focus on posture.
ADVANCED	Swim for 60'. Practice balance drills, make your body long, and glide through the water.	Day Off	Coached Swim 8-9 pm @ Richard Alatorre Pool	Run 45'. Easy warm up & stretch Focus on your posture and cadence (30 steps/10 sec.)	Day Off	Coached BIKE @Griffith Park 8 am sharp <u>Clinic:</u> #6 General Nutrition #18 Donations to Paycore	Run 50'. Find some rolling hills Go up easy and recover on downhill. Focus on posture.

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Zone	Percent of Max. Heart Rate	Intensity	Level of Talking	Example
Z1	50%-60%	Very Low	Normal	Walking
Z2	60%-70%	Low	Some difficulty	Jogging
Z3	70%-80%	Medium	Short Sentences	Running
Z4	80%-90%	Hard	1-3 words only	10 min. Sprint
Z4	90%-100%	All out	none	10 sec. Sprint

TEAM IN TRAINING Triathlon Program
Summer of 2007

WEEK 6: Monday, March 5 to Sunday, March 11

Mileage begins to creep up here – Don't get behind on sleep or hydration. Give your body the rest it needs and deserves. Let the focus be **QUALITY WORKOUTS**. This is the last week before your second recovery week. Give it all you can, next week you can relax.

Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BEGINNER	Swim 45': 10' Warm-up Alternate 5' drills and 5' Sets. 10' Cool down.	Day Off	Coached Swim 8-9 pm @ Richard Alatorre Pool	Run/Walk 40' Find your forever pace and then insert 2 times 2" at Z3.	Day Off	Coached BRICK @Griffith Park 8 am sharp <u>Clinic:</u> #7 Transition T2	Bike Ride 50' (Z2/Z3) Seated & spinning at 90 rpm, practice drinking.
INTERMEDIATE	Swim 55': 10' Warm-up Alternate 5' drills and 5' Sets. 10' Cool down.	Day Off	Coached Swim 8-9 pm @ Richard Alatorre Pool	Run 50' Find your forever pace and then insert 3 times 2" at Z3.	Day Off	Coached BRICK @Griffith Park 8 am sharp <u>Clinic:</u> #7 Transition T2	Bike Ride 60' (Z2/Z3) Seated & spinning at 90 rpm, practice drinking.
ADVANCED	Swim 60': 10' Warm-up Alternate 5' drills and 5' Sets. 10' Cool down.	Day Off	Coached Swim 8-9 pm @ Richard Alatorre Pool	Run 60' Find your forever pace and then insert 4 times 2" at Z3.	Day Off	Coached BRICK @Griffith Park 8 am sharp <u>Clinic:</u> #7 Transition T2	Bike Ride 75' (Z2/Z3) Seated & spinning at 90 rpm, practice drinking.

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Zone	Percent of Max. Heart Rate	Intensity	Level of Talking	Example
Z1	50%-60%	Very Low	Normal	Walking
Z2	60%-70%	Low	Some difficulty	Jogging
Z3	70%-80%	Medium	Short Sentences	Running
Z4	80%-90%	Hard	1-3 words only	10 min. Sprint
Z4	90%-100%	All out	none	10 sec. Sprint

TEAM IN TRAINING Triathlon Program
Summer of 2007

WEEK 7: Monday, March 12 to Sunday, March 18

You made it! Let this week's focus again be **RECOVERY**. You pushed hard the last week, so let those efforts sink in and give the body a chance to repair and grow stronger. Extra sleep, use the valet, take the elevator, nap, and pamper yourself Mon-Fri. You deserve it!

Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BEGINNER	Day Off!	Run 15'. 5' Z1, 10' Z2. Keep to 30 steps every 10 seconds.	Coached Swim 8-9 pm @ Richard Alatorre Pool	Swim for 20'. Maximize efficiency w/ relaxed head position and level body	Day Off!	Coached RUN @Griffith Park 8 am sharp <u>Clinic:</u> #8 Sports Nutrition #19 Group Fundraisers	Bike: Ride 35' all easy in Z1 but include 5' in Z2.
INTERMEDIATE	Day Off!	Run 25'. 10' Z1, 15' Z2. Keep to 30 steps every 10 seconds.	Coached Swim 8-9 pm @ Richard Alatorre Pool	Swim for 30'. Maximize efficiency w/ relaxed head position and level body	Day Off!	Coached RUN @Griffith Park 8 am sharp <u>Clinic:</u> #8 Sports Nutrition #19 Group Fundraisers	Bike: Ride 45'. Warm easy to Z2 and hold for 15' then Z1 for the remainder
ADVANCED	Day Off!	Run 30'. 10' Z1, 20' Z2. Keep to 30 steps every 10 seconds.	Coached Swim 8-9 pm @ Richard Alatorre Pool	Swim for 40'. Maximize efficiency w/ relaxed head position and level body	Day Off!	Coached RUN @Griffith Park 8 am sharp <u>Clinic:</u> #8 Sports Nutrition #19 Group Fundraisers	Bike: Ride 50'. 15' warm up in Z1 then Z2 for 15' and Z1 cool down for the remainder

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Zone	Percent of Max. Heart Rate	Intensity	Level of Talking	Example
Z1	50%-60%	Very Low	Normal	Walking
Z2	60%-70%	Low	Some difficulty	Jogging
Z3	70%-80%	Medium	Short Sentences	Running
Z4	80%-90%	Hard	1-3 words only	10 min. Sprint
Z4	90%-100%	All out	none	10 sec. Sprint

TEAM IN TRAINING Triathlon Program
Summer of 2007

WEEK 8: Monday, March 19 to Sunday, March 25

You have just finished your base training which has prepared your body for the next phase, the **"Build Phase"**. Here we'll work on increasing speed, which means increase our intensity and some interval training. This is where we start to go to Zone 3 and Zone 4 (Z3/Z4).

The other big change here is that workouts are now based on distances just like the race.

The Wildflower folks should follow the advanced schedule where possible from here on. Look how far you have come in 7 weeks! Be proud and enjoy a new feeling of fitness. You are on your way to becoming a triathlete ☺

Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BEGINNER	Day Off!	Run/Walk 3 mi. in flat terrain (Z2/Z3) with 2 times 2" in Z4.	Coached Swim 8-9 pm @ Richard Alatorre Pool	Ride 10 mi. Warm slowly to a comfortable "go all day" kind of pace. Ez finish.	Swim 700' yards. Include: 100y WU 200y drills 200y set 100y drills 100y CD	Coached BRICK (bike focus) @Griffith Park 8 am sharp <u>Clinic:</u> #20 Tri Clothing	Run/Walk 3 mi. in hilly terrain. It is ok for heart rate (HR) to go to Z4on uphill. Lower HR on downhill and flats (Z2/3).
INTERMEDIATE	Day Off!	Run 4 mi. in flat terrain (Z2/Z3) with 3 times 2" in Z4.	Coached Swim 8-9 pm @ Richard Alatorre Pool	Ride 15 mi. Warm slowly to a comfortable "go all day" kind of pace. Ez finish.	Swim 1000' yards. Include: 200y WU 200y drills 200y set 200y drills 200y CD	Coached BRICK (bike focus) @Griffith Park 8 am sharp <u>Clinic:</u> #20 Tri Clothing	Run 4 mi. in hilly terrain. It is ok for heart rate (HR) to go to Z4on uphill. Lower HR on downhill and flats (Z2/3).
ADVANCED & WILDFLOWER OLYMPIC	Day Off!	Run 4 mi. in flat terrain (Z2/Z3) with 4 times 2" in Z4.	Coached Swim 8-9 pm @ Richard Alatorre Pool	Ride 20 mi. Warm slowly to a comfortable "go all day" kind of pace. Ez finish.	Swim 1500' yards. Include: 400y WU 200y drills 500y set 200y drills 200y CD	Coached BRICK (bike focus) @Griffith Park 8 am sharp <u>Clinic:</u> #20 Tri Clothing	Run 6 mi. in hilly terrain. It is ok for heart rate (HR) to go to Z4 on uphill. Lower HR on downhill and flats (Z2/3).

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Zone	Percent of Max. Heart Rate	Intensity	Level of Talking	Example
Z1	50%-60%	Very Low	Normal	Walking
Z2	60%-70%	Low	Some difficulty	Jogging
Z3	70%-80%	Medium	Short Sentences	Running
Z4	80%-90%	Hard	1-3 words only	10 min. Sprint
Z4	90%-100%	All out	none	10 sec. Sprint

TEAM IN TRAINING Triathlon Program
Summer of 2007

WEEK 9: Monday, March 26 to Sunday, April 1

The focus of this week is **PACING**. Find that pace that you can keep “forever”, or at least longer than the duration of your workout. You should finish each workout with the feeling “I could have done a little more”.

As you'll notice, we also 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 and recovery properly. Stretch immediately after each workout and don't forget that yummie recovery shake ☺

Wildflower folks: find some hills :)

Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BEGINNER	Day Off!	Ride 10 miles in hilly terrain. Manage energy by staying seated & spinning at 90 rpm.	Coached Swim 8-9 pm @ Richard Alatorre Pool	Run/Walk 4 mi. After WU, stay in Z3, if possible. Stretch when finished.	Swim 800' yards. Include: 100y WU 200y drills 200y set 200y drills 100y CD	Coached BRICK @Griffith Park 8 am sharp <u>Clinic:</u> #9 Flat Tire #10 Bike Maintenance	Ride 15 miles in rolling hills. Practice T2 with a 5' run.
INTERMEDIATE	Day Off!	Ride 15 miles in hilly terrain. Manage energy by staying seated & spinning at 90 rpm.	Coached Swim 8-9 pm @ Richard Alatorre Pool	Run 5 mi. After WU, stay in Z3, if possible. Stretch when finished.	Swim 1200' yards. Include: 200y WU 200y drills 400y set 200y drills 200y CD	Coached BRICK @Griffith Park 8 am sharp <u>Clinic:</u> #9 Flat Tire #10 Bike Maintenance	Ride 20 miles in rolling hills. Practice T2 with a 5' run.
ADVANCED & WILDFLOWER OLYMPIC	Day Off!	Ride 20 miles in hilly terrain. Manage energy by staying seated & spinning at 90 rpm.	Coached Swim 8-9 pm @ Richard Alatorre Pool	Run 7 mi. After WU, stay in Z3, if possible. Stretch when finished.	Swim 1800' yards. Include: 400y WU 200y drills 800y set 200y drills 200y CD	Coached BRICK @Griffith Park 8 am sharp <u>Clinic:</u> #9 Flat Tire #10 Bike Maintenance	Ride 25 miles in rolling hills. Practice T2 with a 5' run.

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Zone	Percent of Max. Heart Rate	Intensity	Level of Talking	Example
Z1	50%-60%	Very Low	Normal	Walking
Z2	60%-70%	Low	Some difficulty	Jogging
Z3	70%-80%	Medium	Short Sentences	Running
Z4	80%-90%	Hard	1-3 words only	10 min. Sprint
Z4	90%-100%	All out	none	10 sec. Sprint

TEAM IN TRAINING Triathlon Program
Summer of 2007

WEEK 10: Monday April 2 through Sunday April 8

You made it again! The focus of this week is **RECOVERY**. You will learn quickly how to push yourself, now find the places to recover better, don't go to "empty" on a workout, improve your hydration & nutrition, stretch, self massage, and get extra sleep.

Use you extra time to send some reminder e-mails for your fundraising and prepare your Talent Show act for the WF training weekend ☺.

Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BEGINNER	Day Off!	Run 3 miles with some easy hills after a 10' warm up. Take your time to stretch afterwards	Coached Swim 8-9 pm @ Richard Alatorre Pool	Day Off!	Run 4 miles easy on a flat terrain after a 10' warm up. Take your time to stretch afterwards.	Ocean swim @ in Long Beach 8:00 am sharp <u>Clinic:</u> #11 Open Water Swimming	Bike: Ride 15 miles all easy in rolling hills in Z1/Z2 with a easy 10 min. run. Did your T2 improve from last week?
INTERMEDIATE	Day Off!	Run 4 miles with some easy hills after a 10' warm up. Take your time to stretch afterwards	Coached Swim 8-9 pm @ Richard Alatorre Pool	Day Off!	Run 5 miles easy on a flat terrain after a 10' warm up. Take your time to stretch afterwards.	Ocean swim @ in Long Beach 8:00 am sharp <u>Clinic:</u> #11 Open Water Swimming	Bike: Ride 20 miles all easy in rolling hills in Z1/Z2 with a easy 10 min. run. Did your T2 improve from last week?
ADVANCED & WILDFLOWER & OLYMPIC	Day Off!	Run 5 miles with some easy hills after a 10' warm up. Take your time to stretch afterwards	Coached Swim 8-9 pm @ Richard Alatorre Pool	Day Off!	Run 6 miles easy on a flat terrain after a 10' warm up. Take your time to stretch afterwards.	Ocean swim @ in Long Beach 8:00 am sharp <u>Clinic:</u> #11 Open Water Swimming	Bike: Ride 25 miles all easy in rolling hills in Z1/Z2 with a easy 10 min. run. Did your T2 improve from last week?

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Zone	Percent of Max. Heart Rate	Intensity	Level of Talking	Example
Z1	50%-60%	Very Low	Normal	Walking
Z2	60%-70%	Low	Some difficulty	Jogging
Z3	70%-80%	Medium	Short Sentences	Running
Z4	80%-90%	Hard	1-3 words only	10 min. Sprint
Z4	90%-100%	All out	none	10 sec. Sprint

TEAM IN TRAINING Triathlon Program
Summer of 2007

WEEK 11: Monday, April 9 to Sunday, April 15

Here we go again into your second Build Phase. You should feel rested and refreshed from your recovery week. This is the last build phase for Wildflower Folks. So give it all you have and crank it up these last weeks. This is a Huge week!

The focus of this week is **BALANCE** Find the balance between pushing the body to new levels but not over doing it. Get 8-9 hours of sleep per night, eat well, drink plenty, and treat yourself like the athlete you have become.

And for those going to the training weekend, don't forget to prepare your famous "talent show" appearance!

Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BEGINNER	Day Off!	Run 3 mi with some hills	Coached Swim 8-9 pm @ Richard Alatorre Pool	Ride 10 mi flat, all in Z2/3.	Swim 1000' yards. Include: 200y WU 200y drills 200y set 200y drills 200y CD	Wildflower Training Weekend	Run (entire WF race course)
		Try to do a "negative split" (run. 1 st half fast, 2 nd half faster).		Keep at 90 rpms with smooth shifting.		Swim & BRICK with entire bike course	Ride 15 mi in hilly terrain in Z2/Z3 with 3 times 2" in Z4.
INTERMEDIATE	Day Off!	Run 5 mi with some hills	Coached Swim 8-9 pm @ Richard Alatorre Pool	Ride 15 mi flat, all in Z3 after warm up.	Swim 1400' yards. Include: 300y WU 200y drills 500y set 200y drills 200y CD	Wildflower Training Weekend	Run (entire WF race course)
		Try to do a "negative split" (run. 1 st half fast, 2 nd half faster).		Get power from each moment of pedal stroke.		Swim & BRICK with entire bike course	Ride 20 mi in hilly terrain in Z2/Z3 with 3 times 2" in Z4.
ADVANCED & WILDFLOWER OLYMPIC	Day Off!	Run 7 mi with some hills	Coached Swim 8-9 pm @ Richard Alatorre Pool	Ride 25 mi flat, all in Z3 after warm up.	Day Off! (Travel to Training WF weekend)	Wildflower Training Weekend	Run (entire WF race course)
		It's critical to do a "negative split" (run. 1 st half fast, 2 nd half faster).		Get power from each moment of pedal stroke.		Swim & BRICK with entire bike course	Ride 25 mi in hilly terrain in Z2/Z3 with 3 times 2" in Z4.

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Zone	Percent of Max. Heart Rate	Intensity	Level of Talking	Example
Z1	50%-60%	Very Low	Normal	Walking
Z2	60%-70%	Low	Some difficulty	Jogging
Z3	70%-80%	Medium	Short Sentences	Running
Z4	80%-90%	Hard	1-3 words only	10 min. Sprint
Z4	90%-100%	All out	none	10 sec. Sprint

TEAM IN TRAINING Triathlon Program
Summer of 2007

WEEK 12: Monday, April 16 to Sunday, April 22

Let this week's focus be **CONFIDENCE**. You're mastering several sports at once, you've committed to this training program and you're raising money for an excellent cause. Bring all of it into perspective, into your workouts, into your conversations, into your life.

Wildflower Folks: This is your last week to improve for race day. Give it your all, but don't get injured!

Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BEGINNER	Day Off!	Bike. Ride 15 mi with some hills followed an easy 10" run. Check your T2 time.	Coached Swim 8-9 pm @ Richard Alatorre Pool	Run 2 miles, All flat fast (Z3/Z4) after 10' warm up. Keep your shoulders relaxed with comfortable arm swing.	Swim 1200' yards. Include: 200y WU 200y drills 400y set 200y drills 200y CD	Coached BRICK (bike focus) @Griffith Park 8 am sharp <u>Clinic:</u> #13 Nutrition Plan	Run 5 miles easy on a flat terrain after a 10' warm up. Take your time to stretch afterwards.
INTERMEDIATE	Day Off!	Bike. Ride 20 mi with some hills followed an easy 10" run. Check your T2 time.	Coached Swim 8-9 pm @ Richard Alatorre Pool	Run 3 miles, All flat fast (Z3/Z4) after 10' warm up. Keep your shoulders relaxed with comfortable arm swing..	Swim 1600' yards. Include: 300y WU 200y drills 600y set 200y drills 300y CD	Coached BRICK (bike focus) @Griffith Park 8 am sharp <u>Clinic:</u> #13 Nutrition Plan	Run 6 miles easy on a flat terrain after a 10' warm up. Take your time to stretch afterwards.
ADVANCED & WILDFLOWER OLYMPIC	Day Off!	Bike. Ride 30 mi with some hills followed an easy 10" run. Check your T2 time.	Coached Swim 8-9 pm @ Richard Alatorre Pool	Run 4 miles, All flat fast (Z3/Z4) after 10' warm up. Keep your shoulders relaxed with comfortable arm swing.	Swim 2200' yards. Include: 400y WU 200y drills 1200y set 200y drills 200y CD	Coached BRICK (bike focus) @Griffith Park 8 am sharp <u>Clinic:</u> #13 Nutrition Plan	Run 8 miles easy on a flat terrain after a 10' warm up. Take your time to stretch afterwards.

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Zone	Percent of Max. Heart Rate	Intensity	Level of Talking	Example
Z1	50%-60%	Very Low	Normal	Walking
Z2	60%-70%	Low	Some difficulty	Jogging
Z3	70%-80%	Medium	Short Sentences	Running
Z4	80%-90%	Hard	1-3 words only	10 min. Sprint
Z4	90%-100%	All out	none	10 sec. Sprint

TEAM IN TRAINING Triathlon Program
Summer of 2007

WEEK 13: Monday, April 23 to Sunday, April 29

Let this week's focus be **RACE PREPARATION**.

Wildflower folks: This is your last hard training week to maintain the fitness you have gained during the last 3 months. Remember, you can't improve for your race anymore, so be careful, don't push it, and don't get injured. Are you ready for you race? Get everything you need now! Remember: "NOTHING NEW ON RACE DAY"

Kings Trail and San Diego: One more build week. Go for it, recovery is around the corner. Start thinking about your own race and use your excitement/anxiety to focus on your training.

Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BEGINNER	Day Off!	Run 2 miles, All flat fast (Z3/Z4) after 10' warm up. Keep your shoulders relaxed with comfortable arm swing.	Coached Swim 8-9 pm @ Richard Alatorre Pool	Bike. Ride 20 mi with some hills. Try your nutrition plan. Did you eat/drink enough?	Swim 1400' yards. Include: 200y WU 200y drills 600y set 200y drills 200y CD	Coached BRICK @Griffith Park 8 am sharp <u>Clinic:</u> #14 Race Preparation	Run 5 mi with at least one or two hills (Z2/Z3)
INTERMEDIATE/	Day Off!	Run 3 miles, All flat fast (Z3/Z4) after 10' warm up. Keep your shoulders relaxed with comfortable arm swing..	Coached Swim 8-9 pm @ Richard Alatorre Pool	Bike. Ride 25 mi with some hills. Try your nutrition plan. Did you eat/drink enough?	Swim 1800' yards. Include: 300y WU 200y drills 800y set 200y drills 300y CD	Coached BRICK @Griffith Park 8 am sharp <u>Clinic:</u> #14 Race Preparation	Run 6 mi with at least one or two hills (Z2/Z3)
ADVANCED & WILDFLOWER OLYMPIC	Day Off!	Run 4 miles, All flat fast (Z3/Z4) after 10' warm up. Keep your shoulders relaxed with comfortable arm swing.	Coached Swim 8-9 pm @ Richard Alatorre Pool	Bike. Ride 25 mi with some hills. Try your nutrition plan. Did you eat/drink enough?	Swim 1500' meter at race pace.	Coached BRICK @Griffith Park 8 am sharp <u>Clinic:</u> #14 Race Preparation	Run 6 mi with at least one or two hills (Z2/Z3).

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Zone	Percent of Max. Heart Rate	Intensity	Level of Talking	Example
Z1	50%-60%	Very Low	Normal	Walking
Z2	60%-70%	Low	Some difficulty	Jogging
Z3	70%-80%	Medium	Short Sentences	Running
Z4	80%-90%	Hard	1-3 words only	10 min. Sprint
Z4	90%-100%	All out	none	10 sec. Sprint

TEAM IN TRAINING Triathlon Program
Summer of 2007

WEEK 14: Monday, April 30 to Sunday May 6

Time to **RECOVER & TAPER.**

Wildflower Folks- This is it. The big taper before race day has arrived. Keep stress to a minimum this week, pack early, rest, and visualize yourself at the finish line. Practice your finisher photo!

Maui & San Diego crew – An easy week here for you as well before we start the final build weeks to your event. Stay focused, you will be challenged with heat and wind. Rest up!

Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BEGINNER	Day Off!	Run 3 miles All flat, all Z2&3 with 2 – 1minute pick ups in the middle.	Coached Swim 8-9 pm @ Richard Alatorre Pool	Ride 15 easy miles with perfect technique.	Swim 1000 yards. All easy, all perfect	Mentor lead RUN @Griffith Park 8 am sharp	Choose weakest sport and repeat Monday, Tuesday, or Thursday.
INTERMEDIATE	Day Off!	Run 4 miles All flat, all Z2&3 with 2 – 1minute pick ups in the middle.	Coached Swim 8-9 pm @ Richard Alatorre Pool	Ride 18 easy miles with perfect technique.	Swim 1500 yards. All easy, all perfect	Mentor lead RUN @Griffith Park 8 am sharp	Choose weakest sport and repeat Monday, Tuesday, or Thursday.
WILDFLOWER OLYMPIC	Day Off!	Run 3 miles All flat, all Z2&3 with two 30 sec. pick ups in the middle.	Coached Swim 8-9 pm @ Richard Alatorre Pool	Day Off! Take total rest. Take a nap, put feet up, and drink 'til pee is clear.	Travel Day! Drink plenty all day. Day of REST!	Cheer on Coaches at the Long Course. Find some shadow, sit down, and drink 'til pee is clear. 12 min jog. <u>Clinic:</u> #15 Mental Race Prep.	RACE DAY!

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Zone	Percent of Max. Heart Rate	Intensity	Level of Talking	Example
Z1	50%-60%	Very Low	Normal	Walking
Z2	60%-70%	Low	Some difficulty	Jogging
Z3	70%-80%	Medium	Short Sentences	Running
Z4	80%-90%	Hard	1-3 words only	10 min. Sprint
Z4	90%-100%	All out	none	10 sec. Sprint

TEAM IN TRAINING Triathlon Program
Summer of 2007

WEEK 15: Monday May 7 through Sunday May 13

The focus of this week is **CONCENTRATION**. Use your long swim, bike, and run workouts as a mini race. Find your race pace and concentrate on technique.

For the swim: find a rhythm with your breathing and your stroke that you can maintain or your race distance.

For the bike: maintain high cadence on the bike (appr. 90 rpm), spin in full circles, and use your gears.

For the run: focus on high cadence and proper foot landing on the run (appr. 30 steps/ 10 secs)

Enjoy your efficiency when you focus on your technique. You should finish each workout strong, feeling you could have done more.

Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BEGINNER	Day Off!	Run 4 mi with some hills Try to do a "negative split" (run. 1 st half fast, 2 nd half faster).	Coached Swim 8-9 pm @ Richard Alatorre Pool	Ride 15 mi flat, all in Z2/3. Keep at 90 rpms with smooth shifting.	Swim 1000' yards. Include: 200y WU 200y drills 200y set 200y drills 200y CD	Coached BRICK @Griffith Park 8 am sharp <u>Clinic:</u> #12 Bike Assembly	Run 6 mi flat (Z2/Z3)
INTERMEDIATE	Day Off!	Run 5 mi with some hills Try to do a "negative split" (run. 1 st half fast, 2 nd half faster).	Coached Swim 8-9 pm @ Richard Alatorre Pool	Ride 20 mi flat, all in Z3 after warm up. Get power from each moment of pedal stroke.	Swim 1500' yards. Include: 300y WU 200y drills 600y set 200y drills 200y CD	Coached BRICK @Griffith Park 8 am sharp <u>Clinic:</u> #12 Bike Assembly	Run 7 mi flat (Z2/Z3)
ADVANCED	Day Off!	Run 6 mi with some hills It's critical to do a "negative split" (run. 1 st half fast, 2 nd half faster).	Coached Swim 8-9 pm @ Richard Alatorre Pool	Ride 25 mi flat, all in Z3 after warm up. Get power from each moment of pedal stroke.	Swim 2000' yards. Include: 400y WU 300y drills 800y set 300y drills 200y CD	Coached BRICK @Griffith Park 8 am sharp <u>Clinic:</u> #12 Bike Assembly	Run 8 mi flat (Z2/Z3).

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Zone	Percent of Max. Heart Rate	Intensity	Level of Talking	Example
Z1	50%-60%	Very Low	Normal	Walking
Z2	60%-70%	Low	Some difficulty	Jogging
Z3	70%-80%	Medium	Short Sentences	Running
Z4	80%-90%	Hard	1-3 words only	10 min. Sprint
Z4	90%-100%	All out	none	10 sec. Sprint

TEAM IN TRAINING Triathlon Program
Summer of 2007

WEEK 16: Monday, May 14 to Sunday, May 20

Let this week's focus be **CHALLENGE**. You got it all covered. You trained hard the last three months and your body is used to all this exercise. You are ready for your race and it may be difficult at times to be as excited about that same bike ride or run course now that you have done it so many times.

So here is the deal: time to change it up! Find a new bike route or run course (or do it in the reverse direction) and surprise your body and yourself. Enjoy the new scenery! Challenge your body by not knowing what is around the corner (another hill?). Prepare your body for the surprises on race day and challenge yourself.

Maui Folks: This is your last week to improve for race day. Give it your all, but don't get injured!

Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BEGINNER	Day Off!	Bike. Ride 20 mi with some hills followed an easy 10" run. Find a new route! Check your T2 time.	Coached Swim 7-8 pm @ Glassell Pool	Run 3 miles with some intervals on flat terrain. After 10' wu, insert four 2' sprints followed by 2' jogs.	Swim 1200' yards. Include: 200y WU 200y drills 400y set 200y drills 200y CD	Ocean swim + Run in Long Beach 8:00 am sharp <u>Clinic:</u> #14 Race Preparation	Run 6 miles. Find a new route with some hills to surprise your body. Don't forget to stretch!.
INTERMEDIATE/	Day Off!	Bike. Ride 25 mi with some hills followed an easy 10" run. Find a new route! Check your T2 time.	Coached Swim 7-8 pm @ Glassell Pool	Run 4 miles with some intervals on flat terrain. After 10' wu, insert six 2' sprints followed by 2' jogs.	Swim 1600' yards. Include: 300y WU 200y drills 600y set 200y drills 300y CD	Ocean swim + Run in Long Beach 8:00 am sharp <u>Clinic:</u> #14 Race Preparation	Run 7 miles. Find a new route with some hills to surprise your body. Don't forget to stretch!.
ADVANCED	Day Off!	Bike. Ride 30 mi with some hills followed an easy 10" run. Find a new route! Check your T2 time.	Coached Swim 7-8 pm @ Glassell Pool	Run 5 miles with some intervals on flat terrain. After 10' wu, insert eight 2' sprints followed by 2' jogs.	Swim 2200' yards. Include: 400y WU 200y drills 1200y set 200y drills 200y CD	Ocean swim + Run in Long Beach 8:00 am sharp <u>Clinic:</u> #14 Race Preparation	Run 8 miles. Find a new route with some hills to surprise your body. Don't forget to stretch!.

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Zone	Percent of Max. Heart Rate	Intensity	Level of Talking	Example
Z1	50%-60%	Very Low	Normal	Walking
Z2	60%-70%	Low	Some difficulty	Jogging
Z3	70%-80%	Medium	Short Sentences	Running
Z4	80%-90%	Hard	1-3 words only	10 min. Sprint
Z4	90%-100%	All out	none	10 sec. Sprint

TEAM IN TRAINING Triathlon Program
Summer of 2007

WEEK 17 Monday, May 21 to Sunday, May 27

Let this week's focus be **RACE PREPARATION**.

Maui Folks This is your last hard training week to maintain the fitness you have gained during the last 4 months. Remember, you can't improve for your race anymore, so be careful, don't push it, and don't get injured. Are you ready for you race? Get everything you need now! Remember: "NOTHING NEW ON RACE DAY"

San Diego: One more build week. Go for it, recovery is around the corner. Start thinking about your own race and use your excitement/anxiety to focus on your training.

Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BEGINNER	Day Off!	Run 2 miles, All flat fast (Z3/Z4) after 10' warm up. Keep your head up, body slightly forward in a straight line, and relax.	Coached Swim 7-8 pm @ Glassell Pool	Bike. Ride 20 mi with some hills. Try your nutrition plan. Did you eat/drink enough?	Swim 1400' yards. Include: 200y WU 200y drills 600y set 200y drills 200y CD	Coached RUN @Griffith Park 8 am sharp <u>Clinic:</u> #14 Race Preparation	Run 5 mi with at least one or two hills (Z2/Z3)
INTERMEDIATE/	Day Off!	Run 3 miles, All flat fast (Z3/Z4) after 10' warm up. Keep your head up, body slightly forward in a straight line, and relax.	Coached Swim 7-8 pm @ Glassell Pool	Bike. Ride 25 mi with some hills. Try your nutrition plan. Did you eat/drink enough?	Swim 1800' yards. Include: 300y WU 200y drills 800y set 200y drills 300y CD	Coached RUN @Griffith Park 8 am sharp <u>Clinic:</u> #14 Race Preparation	Run 6 mi with at least one or two hills (Z2/Z3)
ADVANCED/ MAUI KING'S TRAIL	Day Off!	Run 4 miles, All flat fast (Z3/Z4) after 10' warm up. Keep your head up, body slightly forward in a straight line, and relax.	Coached Swim 7-8 pm @ Glassell Pool	Bike. Ride 26 mi with some hills. Try your nutrition plan. Did you eat/drink enough?	Swim 1500' meter at race pace.	Coached RUN @Griffith Park 8 am sharp <u>Clinic:</u> #14 Race Preparation	Run 6 mi with at least one or two hills (Z2/Z3).

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Zone	Percent of Max. Heart Rate	Intensity	Level of Talking	Example
Z1	50%-60%	Very Low	Normal	Walking
Z2	60%-70%	Low	Some difficulty	Jogging
Z3	70%-80%	Medium	Short Sentences	Running
Z4	80%-90%	Hard	1-3 words only	10 min. Sprint
Z4	90%-100%	All out	none	10 sec. Sprint

TEAM IN TRAINING Triathlon Program
Summer of 2007

WEEK 18: Monday, May 28 to Sunday June 6

Time to **RECOVER & TAPER.**

Maui Folks- This is it. The big taper before race day has arrived. Keep stress to a minimum this week, pack early, rest, and visualize yourself at the finish line. Practice your finisher photo!

San Diego – An easy week here for you as well before we start the final build weeks to your event. Stay focused, you will be challenged with heat and wind. Rest up!

Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BEGINNER	Day Off!	Run 3 miles All flat, all Z2&3 with 2 – 1minute pick ups in the middle.	Coached Swim 7-8 pm @ Glassell Pool KING'S TRAIL SEND OFF!!	Ride 15 easy miles with perfect technique.	Swim 1000 yards. All easy & perfect	Coached BRICK @Griffith Park 8 am sharp	Choose weakest sport and repeat Monday, Tuesday, or Thursday.
INTERMEDIATE	Day Off!	Run 4 miles All flat, all Z2&3 with 2 – 1minute pick ups in the middle.	Coached Swim 7-8 pm @ Glassell Pool KING'S TRAIL SEND OFF!!	Ride 20 easy miles with perfect technique.	Swim 1500 yards. All easy & perfect	Coached BRICK @Griffith Park 8 am sharp	Choose weakest sport and repeat Monday, Tuesday, or Thursday.
MAUNI - KINGS TRAIL	Day Off! (Pack your bags now...to avoid stress later)	Run 3 miles All flat, all Z2&3 with two 30 sec. pick ups in the middle.	Coached Swim 7-8 pm @ Glassell Pool KING'S TRAIL SEND OFF!!	Day Off! Take total rest. Take a nap, put feet up, and drink 'til pee is clear.	Travel Day! Drink plenty all day. Day of REST!	12' run Clinic: #15 Mental Race Prep.	RACE DAY!

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Zone	Percent of Max. Heart Rate	Intensity	Level of Talking	Example
Z1	50%-60%	Very Low	Normal	Walking
Z2	60%-70%	Low	Some difficulty	Jogging
Z3	70%-80%	Medium	Short Sentences	Running
Z4	80%-90%	Hard	1-3 words only	10 min. Sprint
Z4	90%-100%	All out	none	10 sec. Sprint

TEAM IN TRAINING Triathlon Program
Summer of 2007

WEEK 19: Monday, June 4 to Sunday, June 10

Let this week's focus be **CONFIDENCE**. You' have mastered several sports at once and you've committed to this wonderful training program and are raising money for an excellent cause. Bring all of it into perspective, into your workouts, into your conversations, into your life. Be proud of what you have accomplished!

This is your last week to improve for race day. Give it your all, but don't get injured!

Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BEGINNER	Day Off!	Bike. Ride 15 mi with some hills followed an easy 10" run. Check your T2 time.	Coached Swim 7-8 pm @ Glassell Pool	Run 3 miles with some intervals on flat terrain. After 10' wu, insert four 2' sprints followed by 2' jogs.	Swim 1200' yards. Include: 200y WU 200y drills 400y set 200y drills 200y CD	Ocean swim @ in Long Beach 8:00 am sharp	Run 6 miles. Find a new route with some hills to surprise your body. Don't forget to stretch!.
INTERMEDIATE	Day Off!	Bike. Ride 20 mi with some hills followed an easy 10" run. Check your T2 time.	Coached Swim 7-8 pm @ Glassell Pool	Run 4 miles with some intervals on flat terrain. After 10' wu, insert six 2' sprints followed by 2' jogs.	Swim 1600' yards. Include: 300y WU 200y drills 600y set 200y drills 300y CD	Ocean swim @ in Long Beach 8:00 am sharp	Run 7 miles. Find a new route with some hills to surprise your body. Don't forget to stretch!.
ADVANCED	Day Off!	Bike. Ride 25 mi with some hills followed an easy 10" run. Check your T2 time.	Coached Swim 7-8 pm @ Glassell Pool	Run 5 miles with some intervals on flat terrain. After 10' wu, insert eight 2' sprints followed by 2' jogs.	Swim 2200' yards. Include: 400y WU 200y drills 1200y set 200y drills 200y CD	Ocean swim @ in Long Beach 8:00 am sharp	Run 8 miles. Find a new route with some hills to surprise your body. Don't forget to stretch!.

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Zone	Percent of Max. Heart Rate	Intensity	Level of Talking	Example
Z1	50%-60%	Very Low	Normal	Walking
Z2	60%-70%	Low	Some difficulty	Jogging
Z3	70%-80%	Medium	Short Sentences	Running
Z4	80%-90%	Hard	1-3 words only	10 min. Sprint
Z4	90%-100%	All out	none	10 sec. Sprint

TEAM IN TRAINING Triathlon Program
Summer of 2007

WEEK 20 Monday, June 11 to Sunday, June 17

Let this week's focus be **RACE PREPARATION**.

This is your last hard training week to maintain the fitness you have gained during the last 4-5 months. Remember, you can't improve for your race anymore, so be careful, don't push it, and don't get injured. Are you ready for you race? Get everything you need now! Remember: "NOTHING NEW ON RACE DAY"

Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BEGINNER	Day Off!	Run 4 miles, All flat at race pace (Z3/Z4) after 10' warm up.	Coached Swim 7-8 pm @ Glassell Pool	Bike. Ride 18 mi with some hills at race pace. Try your nutrition plan. Did you eat/drink enough?	Swim 1000' meter at race pace.	Coached BRICK @Griffith Park 8 am sharp <u>Clinic:</u> #14 Race Preparation	Run 6 mi with at least one or two hills (Z2/Z3)
INTERMEDIATE	Day Off!	Run 5 miles, All flat at race pace (Z3/Z4) after 10' warm up.	Coached Swim 7-8 pm @ Glassell Pool	Bike. Ride 20 mi with some hills at race pace. Try your nutrition plan. Did you eat/drink enough?	Swim 1000' meter at race pace.	Coached BRICK @Griffith Park 8 am sharp <u>Clinic:</u> #14 Race Preparation	Run 7 mi with at least one or two hills (Z2/Z3)
ADVANCED	Day Off!	Run 6 miles, All flat at race pace (Z3/Z4) after 10' warm up.	Coached Swim 7-8 pm @ Glassell Pool	Bike. Ride 22 mi with some hills at race pace. Try your nutrition plan. Did you eat/drink enough?	Swim 1000' meter at race pace.	Coached BRICK @Griffith Park 8 am sharp <u>Clinic:</u> #14 Race Preparation	Run 8 mi with at least one or two hills (Z2/Z3).

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Zone	Percent of Max. Heart Rate	Intensity	Level of Talking	Example
Z1	50%-60%	Very Low	Normal	Walking
Z2	60%-70%	Low	Some difficulty	Jogging
Z3	70%-80%	Medium	Short Sentences	Running
Z4	80%-90%	Hard	1-3 words only	10 min. Sprint
Z4	90%-100%	All out	none	10 sec. Sprint

TEAM IN TRAINING Triathlon Program
Summer of 2007

WEEK 21: Monday, June 18 to Sunday June 24

Time to **TAPER.**

This is it! The big taper before race day has finally arrived. Keep stress to a minimum this week, pack early, rest, and visualize yourself at the finish line. Practice your finisher photo!

Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MAUI KING'S TRAIL	Day Off!	Run 3 miles All flat, all Z2&3 with two 30 sec. pick ups in the middle.	Coached Swim 7-8 pm @ Glassell Pool SEND OFF!	Day Off! Take total rest. Take a nap, put feet up, and drink 'til pee is clear.	Travel Day! Drink plenty all day. Day of REST!	12 min jog. <u>Clinic:</u> #15 Mental Race Prep.	RACE DAY!

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THE END

Inge, Alison, Geoff, Mun & Eric