

Training Program - Your Name - Date

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
	S: 5 min w/u, 8-10 x 50m	S: off	S: off	S: 5 min w/u, 20 min front crawl	S: off	S: off
	w/ 15 sec rest, 5 min c/d			5 min c/d		
	B: off	B: spin class 45 minutes	B: off	B: off	B: off	B: off
	R: off	R:	R: 30-35 minutes (Farleaks)	R: off	R: off	R: long run 1 hr-Z2
			8x30 sec intervals			
	Other: strength and core					
6	7	8	9	10	11	12
S: off	S: 5 min w/u, 3x200 (200 swim, 200 drill, 200 pull), 5 min c/d	S:	S:	S: 5 min w/p, 6x50m w 10 sec rest, 5 min c/d	S: off	S:
B: indoor bike 60 min spin class	B:	B: spin class 45 minutes	B:	B:	B: off	B:
R: off	R:	R:	R: 30-35 minutes (Farleaks)	R:	R: off	R: long run 1 hr-Z2
			2x30 sec intervals			
	Other: strength and core					
13	14	15	16	17	18	19
S:	S: 5 min w/u, 25m drill, 25m swim	S:	S:	S: 5 min w/u, 20 min Z1, 5 min c/d	S: off	S:
	back x6, 5 min c/d					
B: indoor bike 60 min spin class	B:	B: spin class 45 minutes	B:	B:	B: off	B:
R:	R:	R:	R: 30-35 minutes (Farleaks)	R:	R: off	R: long run 1 hr-Z2
			2x1 min intervals			
	Other: strength and core					
Other: stretch						Other: stretch
20	21	22	23	24	25	26
S:	S: 5 min w/u, 20 min swim, Z1-2, 5 min c/d	S:	S:	S: 5 min w/u, 20 min Z1, 5 min c/d	S: off	S:
B: indoor bike 60 min spin class	B:	B: spin class 45 minutes	B:	B:	B: off	B:
R:	R:	R:	40 min run - no intervals - try trails	R:	R: off	R: long run 1 hr-Z2
	Other: strength and core					
	week 34					Other: strength and core
27	28	29	30	31	1	2
S:	S: 5 min w/u, 3x(200 swim, 100 kick)	S:	S:	S: 5 min w/u, 20 min Z1, 5 min c/d	S: off	S:
	20 sec rest, 5 min c/d					
B: indoor bike 60 min spin class	B:	B: spin class 45 minutes	B:	B:	B: off	B:
R: T- run 10 min after bike	R:	R:	R: 30-35 minutes (Farleaks)	R:	R: off	R: long run 1 hr-Z2
			2x4 min at race pace			
						Other: strength and core

Comments: Heart rate intensity
