

		3-Sep-2007	4-Sep-2007	5-Sep-2007	6-Sep-2007	7-Sep-2007	8-Sep-2007	9-Sep-2007
Day training time		0:00:00	1:35:00	1:00:00	0:45:00	0:45:00	0:30:00	0:25:00
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AGpt10	Swim Actual Distance	PeakPT1:TapersetsZ4-5-6						
	Swim target: 7000	0	3000	0	1500	500	1500	500
	Swim distance (day)	OFF	6(50 Z2 with head up sighting in middle)+10s, 200 kick Z2 with board, 3(200 Z5 very strong)+3' rest, 200 kick Z2, 200 non free Z1-2 loosen, Pull: 4(125 Z3-4)+10s		Thought work: Entry and wing line---Fully extend hand and shoulder and then move forearm and hand down--pull with armpit open: 400 swim, 100 kick, 6 x 50+10s, 200 kick, Pull buoy 4 x 125 + 15s...all above at Z2	Loosen up with 4 x 20s accelerations plus 2' between Z1	Event	Loosen up
	Swim workouts							
	Week distance	6500						
	Swimming tip:	When recovering include daily activities of light exercise---just 5 minutes of swimming can be restorative						

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Bike target:		PeakPT1:T-10KmZ4						
Bike time (day)		0:00:00	0:00:00	1:00:00	0:00:00	0:35:00	0:00:00	0:15:00
		OFF		Spinning warm up then 10km at Z4 flat to rolling		Warm up spinning then 3 x 30s to Z6 as buildups + 90s spinning	Event	Rollers spinning
	Bike workouts							
	Week time	2:30:00						
	Biking tip:	Training workloads should be gradually increased---generally, no more than 10% each week						

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Run target:		PeakPT1:800sZ4-5.30sZ6			Transition: Race			
Run time (day)		0:00:00	0:35:00	0:00:00	0:15:00	0:00:00	0:00:00	0:00:00
	Run workouts	OFF	Z1-2 12' then 6' Z4+5' Z1-2 then 2 x 3' Z5 + 3' walk/jog...stretch, warm down...		Z1-2 with 4 x 50mtr strides...		Event	
	Week time	2:00:00						
	Running tip:	Planned rest periods are important physiologically, musculoskeletally and psychologically						

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Dryland time	0:30:00	0:00:00	0:10:00	0:10:00	0:10:00	0:00:00	0:00:00
Dryland workout day	Stretch/mobility		Mobility	Core	Stretch		
Elliptical time							
Other time	0:10:00	0:10:00	0:10:00	0:10:00	0:10:00	0:10:00	0:10:00
Other exercise	Stretch/Stick work	Stretch/Stick work	Stretch/Stick work	Stretch/Stick work	Stretch/Stick work	Stretch/Stick work	Stretch/Stick work

41		Week #
Training Time		
6:40:00	Current week:	
9:45:00	Next week:	
385:55:00	Year to date	
Coming Events (weeks)		
1	Pacific Grove (8)	
0	Labor Day (3)	

	Z-1	Z-2	Z-3	Z-4	Z-5	Z-6
Swim Intensity vol. Z3-4-5-6 (week)			1600	400	200	150
Bike Intensity vol. Z3-4-5-6 (week)			1:00:00	0:10:00	0:00:00	0:00:00
Run Intensity vol. Z3-4-5-6 (week)			1:15:00	0:05:00	0:05:00	0:02:00
Intensity	70%	75%	80%	92%	95%	98%
Training HR%	Light	Somewhat hard	Hard	Harder	Very hard	Very, very hard
Perceived Exertion	140	146	152	166	169	173
Swim HR	140	146	152	166	169	173
Bike HR	140	146	152	166	169	173
Run HR	140	146	152	166	169	173

Dryland	Exercise library (read across)								
Phase	a	Warm Up	Heel-Foot Grab with Internal	Heel-Ankle Grab with External	March-Run Heel Kick Ups	March to High Knee Glute Str	Straight Leg Dead-lift Walk	Inchworm (reverse Push Up)	Straight Leg Toe Touch
Sets	2	Stretching	Elevated Prone hip stretch	Lat-kneeling	Glute/Hip Flexor	Hip flexor (psoas)	Lat-overhead	Rhomboids	Glute Medius
Reps	15 to 20	CORE	Curl to extension	Supine Contra-Lateral (dead)	Walk-out Pike	Hip Thrust (isometric)	T-Bridge	Clams shells	Curl hold
Rest between exercise	5s-10s	Lower Body	Squat Walking (TB)	Lunge (DB or MB overhead)	Step up	Single Leg Split Squat (Hands)	Toe Raises		Elevated Ankle Extension
Rest between sets	30s-1'	Back	Back Hyper-Extension	Elevated Box Swings	Hanging Leg Raise	Modified Straight Leg Dead-L	Extended Body Snap	Lat Pull Downs	
Percentage of 1 Rep/Max	60 to 75%	Shoulders	Internal Rotation (DB-Tubing)	YTWL Shoulder Circuit	Serratus Anterior (foam roller)	Upper Trapezius (shrug)			
Method	Circuit Rotation	Arms	Dumbbell Curls	Tricep Extension (Seated-DB)	Wrist Curls (extension)	Dumbbell Hammer Curls			
Week time	0:15:00	Chest	Push Ups (SB)	Parallel Bar Dips					
Week # workouts	1	Mobility	Deep Squat Assessment	Deep Squat Progressions	Elevated Mtn. Climber	Prone rm swim-overs	Seated rotation	Hurdle Step Sequence	Lunge Twist (hand floor)