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BEGINNER /INTERMEDIATE – OSWEGO TRIATHLON - SPRINT TRIATHLON PLAN

This plan is 10 weeks long and will prepare you for the Oswego Sprint Triathlon. It can be used by both beginners and intermediate level athletes. It is written using Heart Rate Training Zones. You can use the RPE chart listed, or you will have the opportunity to set Heart Rate Zones after doing testing the first two weeks and using our calculators to construct your zones.

Minimum training requirements suggested for this plan:

Swim: Able to swim 20 minutes continuously and swimming at least 1500 yards/week

Bike: Cycling at least 1 hour per week

Run: Running at least 45 minutes per week comfortably and are able to run 15 minutes continuously.

Estimates for this plan:

Weekly total volumes start at:

Swim: ~ 3000 yards/1 hour

Bike: ~ 1.25 hours

Run: ~ 1 hour, 10"

Strength: ~ 40 min

Weekly total volumes peak at:

Swim: ~ 5000 yds/1 hour, 40 min

Bike: ~ 3.5 hours

Run: ~ 2.5 hours

Strength: ~ 40 min.

Think this plan may not be the right plan for you, then check out our other run plan options at www.outrivalracing.com We have triathlon training plans for all distances and abilities!

A Few Notes about the plan:

- Bike and Run workouts are mostly written in duration. Swims are written in yardage (yds) and have an estimated swim time associated with them. If the swims take you much longer than the estimated duration prescribed, then shorten them to the prescribed duration.
- All workouts can be adjusted by simply reducing or increasing the length of the workout. You may find you are stronger in certain disciplines. If for example your limiter is running, then start the run workout at a reduced volume and slowly increase the volume each week. Increasing by 10% each week is a good rule of thumb to use.
- Where possible, try and keep your training as scheduled on the plan. If you do need to make adjustments, try and not "stack" your workouts so that you have multiple hard days in a row. The key is allowing your body to recover from the hard sessions by incorporating easier days in-between. Make an effort to have a rest or recovery day one day per week. If you need to take an additional day off each week - skip the workouts listed as recovery.
- We encourage you to keep a weekly chart of your body weight. If you are interested in working with one of our Registered Dietitians, check out our nutrition services at: <http://www.outrivalracing.com/nutrition/>
- Here is a guide to some of the common terminology referred to in the plan. **Examples:** - **RI** (Rest Interval) - Amount of Rest between each set, **30"** (30 seconds), **2'** (2'), **ZR-4** (Zone Recovery - 4 - see charts below), **yds or m** (yards or meters)

Good Luck!

THE FOLLOWING RPE (Rate of Perceived Exertion) CHART CAN BE USED IF AND UNTIL HEARTRATE ZONE TESTING IS DONE.

Use the following as your RPE (Rate of Perceived Exertion) Zones:

ZR [RPE 3]: very easy recovery

Z1 [RPE 6]: Aerobic, 60-70% by feel, no labored breathing

Z2 [RPE 7]: Tempo, 70-80% by feel, moderate breathing

Z3 [RPE 8]: Tempo, Sub Threshold, 80-90% by feel, heavy breathing

Z4 [RPE 9/10]: Best Sustainable Effort or All Out Anaerobic Efforts

Bike Heart Rate Zone calculators can be found [HERE](#)

Run Heart Rate Zone calculators can be found [HERE](#)

WEEK ONE - BUILD WEEK

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>35' Run - Zone 1 Run Make sure you descend the pace by getting faster throughout the workout. Start at the lower end of zone 1 and work your way toward the top by the end of the workout.</p>	<p>35' Bike - Zone 1 w/up 10' easy. Ride in Aerobic Zone 1. Progress the workout. Include a pickup for 20 seconds every 15'. c/d 5' easy. Cadence: 80-105 rpm, with cadence mostly in the upper 80s to 90s.</p> <p>Core work: 2 X Reverse Crunch x 30, Bicycle x 15 each leg, Plank Position 30-45" hold, Side Plank 30- 45" hold each side, Stretch and foam-roll</p>	<p>Swim - 1300 - Zone 1 Aerobic Ladder w/up: 200, Kick easy 100 with board, Swim 100-200-300-200-100 (15" RI - Rest Interval). c/d: easy 2X50s</p>	<p>35' Run- Zone 1 with pick-ups. w/up 10' easy. Run aerobic endurance pace in the Aerobic Zone 1. Progress the run from the bottom to the top of Zone 1. Include 3 x 20 seconds pickups throughout the run. C/d 5' easy. Cadence is 88+ steps per minute.</p> <p>Core work: 2 X Reverse Crunch x 30, Bicycle x 15 each leg, Plank Position 30-45" hold, Side Plank 30- 45" hold each side, Stretch and foam-roll</p>	<p>Swim - Zone 1 Broken 600yds w/up: 200, 100 stroke and/or kick. Swim 2 sets of Broken 600 Freestyle ladder [50-100-150-150-100-50 with ~10" RI: rest interval]. c/d 100 Choice</p>	<p>50' Bike Test - Z4 Test: 3 min 20 min Test to Establish Training Zones Warm-up: 15 min @ Aerobic Z1 Test Set: 3 min all out Time Trial (best effort)/10' ZR recovery/20 min all out Time Trial (best effort) *Make sure you pace through this test so that you obtain a steady output Ride any remaining time ZR/Z1. Cool-down: 10' easy</p> <p>After you have completed this test, you can use our online Zone Calculator. Enter: http://www.outrivalracing.com/bike-zones-calculator/ to set your cycling zones.</p>	<p>Day Off</p>

WEEK TWO - BUILD WEEK

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Swim - 1500 - Z1 Aerobic Strength 300/3 x100 W/up 200 swim 4 x 50s kick 6x50s w/:10 (drill/swim by 25)</p> <p>Main Set: 300 pull smooth 3 x 100s swim @80%</p> <p>200 c/d</p>	<p>30' Run - Zone 1 Run W/up 10' easy. Run Aerobic Z1 Progress the run. C/d 5' easy. Cadence is 88+ steps per minute.</p> <p>Core work: See week one</p>	<p>45' Bike Z1 Aerobic Cap Intervals #1 (2 x 15) W/up up 10' easy. Ride 2 x 15' at the top of your Aerobic Zone 1 but not over! Allow 5 minute recoveries in Zone R/low Zone 1 between the intervals. Ride any remaining time in Zone 1. C/d 5' easy.</p>	<p>40' Run - Z4 Test Time Trial 2 mile Run to Establish Run Zones W/up 10-15' easy. 4 X 50 meter striders. Stretch and rest a few minutes. 2 mile TT test run 3200 meters (8 laps on the track or 2 miles anywhere outside that you can run uninterrupted) for time (all out!). Try to get a mile split time. Get your average heart rate and max heart rate for the test and record in your log. C/d 5-10' easy jogging/walking</p> <p>Core work: See week one</p>	<p>Swim - 1900 - Alternating 300s W/up 200 Freestyle Kick 100 Pull 2 x 150s with buoy. Swim 300 Freestyle at 80% Swim 6 X 50 Freestyle FAST at 90-95% Swim 300 Freestyle at 80% Swim 3 X 100 Freestyle FAST at 90-95% **Take 10 seconds rest between everything above** C/d 100 drill or stroke.</p>	<p>60' Bike - Z1 Long Aerobic Ride W/up up 15-30' easy. Ride in Aerobic Endurance Zone 1. Ride in the lower portion of zone 1 if necessary to make the full distance. Shoot for an average HR in Z1. Throw in a 20 second pickup every 30'. C/d 15' easy. Cadence: 85-105rpm Terrain: Flat to rolling</p> <p>10' - Z1 Transition Run Aerobic Transition from cycling to running immediately after getting off the bike. Run in Aerobic Z1. C/d 5' easy ZR.</p> <p>15' -Stretch & foam-roll. Don't forget a recovery drink!</p>	<p>Day Off</p>

WEEK THREE - RECOVERY WEEK

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Swim - 1400 - Z1 Aerobic Ladder</p> <p>Warm up 200 easy Main Set, done twice: 4x50 on 10 sec R 2x75 on 15 sec RI 150 on 30 sec RI 4x25 kick with board hard! C/d 100 easy</p>	<p>30' Run - Z1 Aerobic + Drills W/up 10' easy. Run Aerobic Z1. Include 6 x 50 meters of running drills toward the end of your run, but before the c/d: 1) Heel Lifts 2) Grapevines--alternating one foot in front of the other) 3) Fast Feet--focus on landing on the balls of your feet in very short and quick steps 4) Skips--drive tall and slow, alternate arms 5) Backwards running 6) High Knees C/d 5' ZR 15' - Stretch & foam-roll.</p>	<p>60' Bike - Z1 Aerobic + Drill #3 (Spin-ups + SL) W/up up 10' easy spinning. Ride Aerobic Z1. Include pedaling drill 3 times: 10 seconds of high rpm, 10 seconds higher, 10 seconds max rpm and then recover for 60 seconds. HR Z1/Z2. Include Single-Leg Drill 3 times: 30 seconds left leg followed by 30 seconds right-leg dominant pedaling (other leg soft-pedals). Repeat both of these drills 3 times. Done in small chain ring or on spin bike. C/d 5' easy</p>	<p>30' Run - Z1 Aerobic + Pickups W/up 10' easy. Run aerobic endurance pace in the Aerobic Zone 1. Progress the run from the bottom to the top of Zone 1 Include 3 x 20 seconds pickups throughout the run C/d 5' easy. Cadence is 88+ steps per minute. 15' - Stretch & foam-roll.</p>	<p>Swim - 2000 -Z1/Z2 Aerobic/Tempo 50s W/up 400 Swim 100 Kick 200 pull with buoy Main Set: 1 x 300 neg split, 20 sec RI 4 x 100 pace (75%) @ 10 sec 10 x 50 swim @ - 2 @ 5 seconds rest - 2 @ 10 seconds rest - 2 @ 5 seconds rest - 2 @ 15 seconds rest - 2 @ 5 seconds rest 100 easy C/d</p>	<p>45' Bike-Z1 Recovery/Aerobic Ride (as you feel)</p> <p>Start ride in Aerobic ZR and work your way into Z1 if you feel good. Otherwise, stay in ZR. W/up and c/d as needed. 15' - Stretch & foam-roll</p>	<p>Day Off</p>

WEEK FOUR - BUILD WEEK

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>30' Run - Z1 Aerobic Hill Repeats W/up 10' easy. Aerobic Z1 Run. Find a gradual hill that is approximately a minute long. For 20', alternate running up the hill and then recovering with an easy jog back down to the start. HR stays mostly in zone 1. A little in zone 2 is okay, but do not force it up. C/d 5' easy jogging. **If done on the treadmill, include at least 20 minutes of total running time between 3-6% incline. Core work: See week one</p>	<p>Swim 2000- Zone 1 Broken 600yds W/up 200 Freestyle Kick 2 x 100 with board Swim 2 sets of Broken 600 Freestyle ladder [50-100-150-150-100-50] with ~10 seconds rest in between. Swim 4 X 50 Tempo (20 seconds rest between) C/d 200 Choice</p>	<p>60' Bike - Z1 Aerobic + Drill #9 (Cadence Ladder x 2) W/up 15' easy. Ride aerobic zone 1. Include the following 20 minute protocol two times: 65 rpm, 3 min 100 rpm, 2 min 70 rpm, 3 min 105 rpm, 2 min 75 rpm, 3 min 110 rpm, 2 min 80 rpm, 3 min 2' easy spinning Ride any remaining time ZR/Z1. C/d easy 5'</p>	<p>30' Run - Z1 Aerobic + Pickups W/up 10' easy. Run aerobic endurance pace in the Aerobic Zone 1. Progress the run from the bottom to the top of Zone 1 Include 3 x 20 seconds pickups throughout the run C/d easy 5'. Cadence is 88+ steps per minute. Core work: See week one</p>	<p>Swim - 2100 -Z1 Aerobic 100s/500s W/up 2 x 300 Freestyle with 20 sec RI Main set: Swim 2 sets of [3 X 100 (15 seconds rest), 300 continuous (30 secs rest)]. All done at aerobic endurance effort. Swim 4 X 50 FAST (20 seconds rest between) C/d 100 Choice</p>	<p>75' Bike - Z1 Long Aerobic Hilly Ride W/up up 15' easy. Ride Aerobic Zone 1 for 95% of today's ride. Heartrate can go into zone 2 on big climbs, but don't force it up. Use your gears to keep intensity in check. C/d 10' easy. Cadence range is 70-90 rpm on the climbs, 90+ on the flats/downhills. 15' - Stretch & foam-roll. Don't forget a recovery drink!</p>	<p>40' Run - Z1 Aerobic Intervals 2 x 10 W/up 10' easy jogging. Run 2 x 10' in the top few beats of Aerobic Z1. Run 3 minutes easy between. Run any remaining time in ZR/Z1. C/d 5' easy.</p>

WEEK FIVE - BUILD WEEK

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>40' Bike -Z1 Aerobic Ride W/up up 10' easy. Ride in Aerobic Zone 1. Progress the workout. Include a pickup for 20 seconds every 15'. C/d 5' easy. Cadence: 80-105 rpm, with cadence mostly in the upper 80s to 90s.</p>	<p>30' Run - Z2 Tempo Fartlek: Short Ladder W/up 10-15' easy. Run the following ladder with the tempo sections in Z2: 3 minute tempo/ 3 minutes easy 4 minutes tempo/4 minutes easy 6 minutes tempo Run any remaining time in Aerobic Z1. C/d 5' easy running.</p> <p>Core work: See week one</p>	<p>40' Bike - Z1/Z2 Aerobic Drills + Short Tempo W/up 10' easy spinning. Complete 6 x 1-minute High Cadence Drills targeting 120+ RPM, with 2-minute rests between intervals. HR Z1/Z2. Finish with 15' at TEMPO Zone 2. Focus on keeping your cadence in the 85-100 range, steady and smooth. Ride any remaining time in zones R/1. C/d 5' of easy pedaling.</p> <p>Swim - 2200- Z1/Z2 Aerobic/Tempo 300 Ladder W/up 300 Freestyle Kick 100 Pull 100 Swim 2 sets of 600 Ladder [300-200-100 (10 seconds rest in between, 45 after each ladder). 80-90% effort depending on how you feel today Swim 8 X 50 (breathe every 3-5-7-9 and repeat by 50) C/d 100 Choice</p>	<p>30' Run - Z1 Aerobic W/up 10' easy. Run Aerobic Z1 Progress the run. C/d 5' easy. Cadence is 88+ steps per minute.</p> <p>Core work: See week one</p>	<p>Swim - 2000 - Z1 Aerobic Ladder, 25 to 150 W/up 200 swim w/fins 200 pull 2 x 100 build Main set (10 sec RI between everything) 2 x 25 swim 2 x 50 swim 2 x 75 swim 2 x 100 swim 2 x 125 swim 2 x 150 swim C/D: 200 Easy</p>	<p>60' Bike- Z1/Z2 Ride Bike 30 min at Z1, then next 20 min @ Z2. Descend the pace throughout the ride and finish toward the top of Z2. Keep cadence at 90+ rpm. C/d 10" easy.</p>	<p>40' Run - Z1 Aerobic + Pickups W/up 10' easy. Run aerobic endurance pace in the Aerobic Zone 1. Progress the run from the bottom to the top of Zone 1 Include 3 x 20 seconds pickups throughout the run C/d 5' easy. Cadence is 88+ steps per minute.</p> <p>15' - Stretch & foam-roll. Don't forget a recovery drink!</p>

WEEK SIX - BUILD WEEK

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>45' Bike - ZR/Z1 Recovery/Aerobic Ride (as you feel) Start ride in Aerobic ZR and work your way into Z1 if you feel good. Otherwise, stay in ZR. W/up and c/d as needed.</p> <p>Swim - 2000 - Z1 Aerobic 3,2,1 W/up: 200 Freestyle with fins 100 Pull with paddles 2 X 300 15 sec RI 4 X 50 10 sec RI 2 X 200 10 sec RI 4 x 50 10 sec RI 2 x 100 10 sec RI 100 swim down real easy</p>	<p>35' Run - Z1/Z2 Over/Unders W/up: 10" @ Z1 Main Set: 2 X (.5 mile @ Z1, .5 mile @ Z2) Run any remaining time in Z1. C/d:5' @ ZR/Z1</p> <p>Core work: See week one</p>	<p>45' Bike - Z2 Tempo (Aer TH) #1 (4 x 5) W/up up 10' easy spinning. Include 4 x 5' of Tempo (Aerobic Threshold) Intervals in the last few beats of Z2. Ride 2.5 min ZR between intervals. Ride any remaining time in zone 1. C/d 10' easy.</p> <p>Z1 Transition Run Aerobic Transition from cycling to running immediately after getting off the bike. Run in Aerobic Z1. C/d 5' easy ZR.</p>	<p>Day Off</p>	<p>40' Run - Z1/Z2 Aerobic + Tempo (Aer TH) W/up 10' easy. Include 20' in Tempo (Aer TH) Zone 2. Run any remaining time in zone 1. C/d 5' easy.</p> <p>Core work: See week one</p>	<p>75' Bike - Z2/Z3 Tempo Fartlek 8 X 2 W/up 10-15' easy. Then bike a tempo fartlek consisting of 8 x 2' in Z/3 The easier cycling in between each interval is 2'. Progress the workout. Ride any remaining time in ZR/Z1. C/d 5-10' easy.</p> <p>15' - Stretch & foam-roll. Don't forget a recovery drink!</p>	<p>30' - Run - Z1 Aerobic W/up 10' easy. Run Aerobic Z1 Progress the run. C/d 5' easy. Cadence is 88+ steps per minute.</p>

WEEK SEVEN - RECOVERY WEEK

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Swim - 2300 - Z1/Z2 Aerobic/Tempo Mix, Short Stuff 400 warm up (75 freestyle, 25 non-free) 8x25 kick w/:15 rest (fins optional) 12x50 swim (4 w/:20 rest, 4 w/:15 rest, 4 w/:10 rest) 8x75 pull (4 w/:20 rest, 4 w/:10 rest) 4x100 swim w/:30 rest 100 c/d *2300 Total*</p>	<p>30' Run - Z1 Aerobic + Pickups W/up 10' easy. Run aerobic endurance pace in the Aerobic Zone 1. Progress the run from the bottom to the top of Zone 1 Include 3 x 20 seconds pickups throughout the run C/d 5' easy. Cadence is 88+ steps per minute.</p> <p>Core work: See week one</p>	<p>60' Bike - Z2/Z3 Tempo Fartlek 8 X 2 W/up 10-15' easy. Then bike a tempo fartlek consisting of 8 x 2' in Z2/Z3 The easier cycling in between each interval is 2'. Progress the workout. Ride any remaining time in ZR/Z1. C/d 5-10' easy.</p>	<p>25' Run - ZR/Z1 Recovery/Aerobic (as you feel) W/up up 10' easy. Run recovery/aerobic ZR/Z1 depending on how you feel today. C/d 5' easy.</p> <p>Swim - 2200 Warm-up: 300 Freestyle with fins 200 Kick with fins 100 Pull 2 X 300 15 sec RI 4 X 50 10 sec RI 2 X 200 10 sec RI 4 x 50 10 sec RI 2 x 100s easy as c/d with 10" RI</p>	<p>Day Off</p>	<p>75' Bike - Z1 Aerobic Strength #1 (Hilly Ride) W/up up 15' easy. Ride Aerobic Zone 1 for 95% of today's ride. Heartrate can go into zone 2 on big climbs, but don't force it up. Use your gears to keep intensity in check. C/d 10' easy. Cadence range is 70-90 rpm on the climbs, 90+ on the flats/downhills.</p> <p>15' - Stretch & foam-roll. Don't forget a recovery drink!</p>	<p>45'Run - Z1/Z2 Run with 2 x 10 Tempo/Pickups W/up 5' easy. Run 5' Z1 Run 10' in Z2 Run 5' in Z1 Run 10' in Z2 Run 5' easy Run 6 x 30 seconds BEST EFFORT with 1 min recoveries. Run any remaining time in Z1 C/d 5' easy</p> <p>15' - Stretch & foam-roll. Don't forget a recovery drink!</p>

WEEK EIGHT - BUILD WEEK

<p>45' Bike- ZR Recovery W/up 10' easy. Recovery ride in ZR. Do not force heart rate up. Keep pressure light on the pedals. C/d 5' easy. Terrain: Flat</p> <p>Core work: See week one</p>	<p>40' Run - Z2 Tempo (Aer TH) 3 X 6 min W/up 10' easy. Include 3 x 6 minutes in Tempo (Aer TH) Z2. Run 3 minutes ZR/Z1 between intervals. Run any remaining time in Z1 C/d 5' easy.</p> <p>Swim-1600 ZR Recovery 4 x 300, 4 x 200 W/up 100 freestyle, 100 choice, 100 pull 4 x 200s done as 50 free/50 free drill/50 free/50 stroke of choice. 15 sec RI Pull 3 X 100 with buoy. C/d easy 200 easy choice.</p>	<p>60' Bike Z2 Tempo (Aer TH) #2 (3 x 10) W/up 10' easy spinning. Include 3 x 10' of Tempo (Aerobic Threshold) Z2. Intervals in the last few beats of Z2. Ride 5 min ZR between intervals. Ride any remaining time in zone 1. C/d 10' easy..</p> <p>Z1 Transition Run Aerobic Transition from cycling to running immediately after getting off the bike. Run in Aerobic Z1. C/d 5' easy ZR.</p>	<p>Day Off</p>	<p>50' Run - Z2 Tempo Fartlek: Long Ladder W/up 10-15' easy. Run the following ladder with the tempo sections in Z2: 2 minute tempo/ 1 minute easy 4 minutes tempo/2' easy 6 minute tempo/ 3minute easy 8 minutes tempo/4 minutes easy 10' tempo Run any remaining time in Aerobic Z1. C/d 5' easy running.</p> <p>Core work: See week one</p>	<p>75' Bike - Z1/Z3 Long Aerobic + 3 X 8 min TT W/up 15' easy. Ride 20 minutes in Aerobic Zone 1, then do 4 X 30 second pickups with 1 minute recovery between each. Ride a few minutes easy, stop and stretch if feeling tight. Include in today's ride: 3 X 8 minutes HARD building from high Z2 to high Z3 Ride 4 minute recoveries between intervals. Ride any remaining time in Z1. C/d 10' easy.</p> <p>15' - Stretch & foam-roll. Don't forget a recovery drink!</p>	<p>25' Run - ZR/Z1 Recovery/Aerobic (as you feel) W/up 10' easy. Run recovery/aerobic ZR/Z1 depending on how you feel today. C/d 5' easy.</p>
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WEEK EIGHT - PEAK WEEK

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>60' Bike - Z1 Aerobic Ride W/up up 10' easy. Ride in Aerobic Zone 1. Progress the workout. Include a pickup for 20 seconds every 15'. C/d 5' easy. Cadence: 80-105 rpm, with cadence mostly in the upper 80s to 90s.</p> <p>Swim 2400 - Z4 Threshold, 3 sets of 4 x 100 300 free/ 100 kick/300 pull 8x50 des 1-4; 5-8 @ 10 sec Main set 3 x [4x100 swim @ race pace] - rest 90 seconds between sets C/d easy 100</p>	<p>40' Run Z3 Tempo W/up: 15 min @ Z1 Main Set: 2 X (5 min @ Z3, 5 min @ Z1) C/d: To final run time @ ZR/Z1 (as you feel)</p> <p>Core work: See week one</p>	<p>60' Bike - Z3 Tempo (Sub LT), #15 (Intervals 1-3-6s) W/up 5' easy. Ride 10' in Aerobic Zone 1, then do 4 X 30 second pickups with 1 minute recovery between each. Ride a few minutes easy, stop and stretch if feeling tight. Do the following intervals very hard: high zone 3 to BSE: Bike 2x1' with 30" rest, 2x3' with 90" rest, 1x6' with 3' rest, 2x3' with 3' rest 2x1' with 1' rest. These are all done right below or at lactate threshold. Note the work: rest ratio goes from 2:1 to 1:1 Ride any remaining time in ZR/Z1. C/d 5' in ZR.</p> <p>Swim - 2400 - Z1 Aerobic 400s 300 Freestyle Kick 100 easy with board. Swim 4 X 400 at 70-80% effort (20-25 seconds rest) Kick 100 easy Swim 6 X 50 drill of choice from (Fingertip drag, minimal stroke count, high-elbow catch, clean-hand entry) for C/d. Record time for 400s in post-activity comments below.</p>	<p>40' Run - Z2/Z3 Tempo Fartlek: Progressive Ladders W/up 10-15' easy. Run 2 sets of the following tempo fartlek ladder. Run the tempo sections in Z2/Z3: 1 minute tempo/ 1 minute easy 2' tempo/2' easy 3 minutes tempo/5' easy. **Try to make the tempo running progressive within each ladder (heartrate should pick up higher on the longer intervals). Run any remaining time in Aerobic Z1. C/d 5' easy running.</p> <p>Core work: See week one</p>	<p>Day Off</p>	<p>90' Bike - Z2/Z3 Long + Tempo Over Unders 3x12 Over under Intervals help develop the ability to handle changes in pace during hard, sustained efforts. "Over" and "under" refers to hovering around a target.</p> <p>Z1 Transition Run Aerobic W/up 15' in easy. Ride the first half of the ride in Z1. Include 3 X 12' Over under Intervals alternating 3' "over" in low Z3, 1' "under" in high Z2 for 12' total. Bike 5' ZR between intervals. Ride any remaining time in ZR/Z1. C/d 10' easy.</p> <p>15' - Stretch & foam-roll. Don't forget a recovery drink</p>	<p>50' Run - ZR/Z1 Recovery/Aerobic (as you feel)</p> <p>W/up up 10' easy. Run recovery/aerobic ZR/Z1 depending on how you feel today. C/d 5' easy.</p> <p>15' - Stretch & foam-roll. Don't forget a recovery drink</p>

WEEK NINE - MAINTENANCE/TAPER WEEK

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>45' Bike - ZR Recovery W/up up 10' easy. Recovery ride in ZR. Do not force heartrate up. Keep pressure light on the pedals. C/d 5' easy. Terrain: Flat</p> <p>Swim - 2600 Z1 Aerobic Broken 600s W/up 300 Freestyle W/up 200 stroke and/or kick Swim 3 sets of Broken 600 Freestlye ladder [50-100-150-150-100-50 with ~10 seconds rest in between]. Make the third set a little longer rest but hard efforts. Swim 4 X 50 FAST (20 seconds rest between) C/d 100 Choice</p>	<p>40' Run - Z2 Tempo (Aer TH) 15/10 W/up 10' easy. Include 10' in Tempo (Aer TH) Z2, 5' in ZR/Z1, 10' in Tempo (Aer TH) Z2. Run any remaining time in Z1 C/d 5' easy.</p> <p>Core work: See week one</p>	<p>60' Bike - Z2/Z3 Tempo Fartlek 8 X 2 W/up 10-15' easy. Then bike a tempo fartlek consisting of 8 x 2' in Z/3 The easier cycling in between each interval is 2'. Progress the workout. Ride any remaining time in ZR/Z1. C/d 5-10' easy.</p> <p>Swim - 2700 - Z1 Strength 500/200s W/up 400 Freestyle 200 choice, 100 Open Water Sighting Freestyle, 100 minimal Stroke-count drill. Swim 4 X 100 [50 Stroke/50 Free.], 10 sec RI Swim 500 continuous freestyle at endurance effort. Pull 4 X 200 alternating buoy with buoy + paddles. [take about 20-30 seconds rest) 200 c/d of choice</p>	<p>35' Run - Zone 1 Run. Make sure you descend the pace by getting faster throughout the workout. Start at the lower end of zone 1 and work your way toward the top by the end of the workout.</p> <p>Core work: See week one</p>	<p>Day Off</p>	<p>75' Bike - Z1/Z2 Aerobic with Tempo 2 x 20 W/up up 15' easy. Aerobic Z1 Ride. Include 2 x 20 minutes in Z2 C/d 15' easy. Cadence: 80-105 rpm, with cadence mostly in the upper 80s to 90s.</p> <p>ZR/Z1 Transition Run (as you feel) Start your T run within 10' after the bike ride. Start the run in ZR and descend pace (if you feel good) throughout the run into Z1. Finish toward the top of Z1. Keep run in ZR if feeling overly fatigued.</p>	<p>45' Run - Z3 Tempo (Sub LT) Fartlek W/up 10' easy. Include 8 x 1 minute in Tempo (Sub LT) Z3. Run 2' ZR/Z1 between intervals. Run any remaining time in Z1. C/d 5' easy.</p>

WEEK TEN - RACE WEEK

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>30' Run - Z1 Aerobic + Pickups W/up 10' easy. Run aerobic endurance pace in the Aerobic Zone 1. Progress the run from the bottom to the top of Zone 1 Include 3 x 20 seconds pickups throughout the run C/d 5' easy. Cadence is 88+ steps per minute.</p> <p>Swim - 2600 -Z1 Taper #8 500 Swim/100 Kick/300 Drill/300 Pull 8x50 Swim @ 10 seconds rest 8 x 100 descend 1-4, 5-8 @ 15 seconds rest 200 Easy</p>	<p>45' Bike - Z1 Taper Ride (6 x 45 @ race pace) Bike Aerobic Z1. If feeling good, include 6 X 45 seconds at race pace. Heart Rate may go above Zone 2 during pickups. Do not do these if feeling tired. Stretch well afterwards.</p> <p>Stretch foam-roll, and massage. Log this time please. If you're going to do a pre-race massage, today is the best day for that.</p>	<p>30' Run -Z1/Z2 Taper Run (4 x 1 min) - Aerobic Z1. Include 4 x 1 minute pickups in Z2. Do not do these if feeling tired.</p>	<p>Swim-1000 - Z1/Z2 Taper, Pre-Race W/up 300 Freestyle Swim 5 sets of [50 tempo pace (15 secs rest) followed by 100 easy (20" rest). C/d 150 easy.</p> <p>ZR Recovery, Pre-Race - 15' Run easy. Stretch afterwards. Skip if tired today.</p>	<p>20' Run - Z1 Aerobic Pre-Race #3 (4 x 30 pickups) W/up easy. Ride Aerobic Z1. If feeling good, include 4 X 30 seconds at race pace. Do not do these if feeling tired.</p> <p>Note: Make sure bike/wheels are race-ready.</p> <p>ZR Stretch & foam roll Don't forget a recovery drink!</p>	<p>RACE DAY - See Notes Below</p>	<p>Rest Day - You deserve it!</p>

RACE DAY

W/up: Begin w/up 60-70 minutes before race start. Bike 15-20 minutes easy, then set up transition completely. Run 5-10'. Use your run time to explore the bike in/out and run in/out locations as well as where the mount and dismount lines are. Walk or run over to the swim exit and look at the swim exit from the direction you will be running out of the water. Finish setting up transition, get chip if you haven't already, and try to get a swim w/up. The swim w/up is the most important, biking is the second most important. Swim 10', with 4 X 30 seconds at race pace. Stay warm between swim w/up and race start. If you can't get in and swim, do some shoulder exercises to get your arms warm such as stretch band movements and shoulder rolls. The main thing is to get warm and stay warm!

Race:

Swim: The swim in a Sprint Tri should be done above Lactate Threshold. This means you should swim very hard, close to your maximum effort. Swim at about 95% effort.

Bike: If you swam hard, the first few minutes on the bike will not feel good because your legs are not warmed up. Relax, and avoid going too fast the first few miles of the bike leg! You should bike at or over your LT for a Sprint Tri (very top of Zone 3 to low Zone 4).

Run: Again, the first mile of the run will not feel good, because your legs need to adjust from cycling to running. Keep the cadence quick (over 90 rpm) and stay relaxed. Avoid going all out the first mile of the run. After that, go by perceived exertion racing as hard as you can without blowing up before the end!

Ideal cool down is 20 minutes of easy cycling. Since it is difficult to get your bike out of transition, walking around cheering other people on is another good method to cool down. Just keep moving and stretch periodically. Eat within 30 minutes of racing.

Good Luck from the Team at OutRival Racing!

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