



**BOSTON
TRIATHLON**

**COLUMBIA
THREADNEEDLE**
INVESTMENTS

12-week training plan for advanced athletes

Hello and welcome to the Columbia Threadneedle Investments Boston Triathlon!

My name is **Sue Sotir**. I am USA Triathlon Level II coach, a certified strength and conditioning coach, have almost 30 years of coaching experience, and also have a PhD in Sport and Exercise Psychology.



I can be a resource for you as you look to maximize your training and strive for a race day best.

Please continue to check out the weekly tips to benefit you as you practice, train and prepare to have fun on July 30!

If you have questions or specific topics you want to see addressed, email [me](#) or the [events team](#) and we'll get that information together to help you be your best on race day.

To get you started, here's the ["stuff" you really need to do a triathlon](#)—it's not as fancy as you might be worried about!

WEEK 1 MONDAY May 8 – SUNDAY May 14								GOALS
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
SESSION			Bike	Run	Planned Day Off	Swim and Bike	Outdoor Bike and Run	
DISTANCE/ TIME			45 min	45 min		30 min/30 min	35min/10 min	
INTENSITY			RPE 13	RPE 13				
SESSION DETAILS	Plan your Gear and Logistics for the week		Pedal like you are pedaling around a hockey rink, kick across the top, swoop around the curve, and kick across the bottom for the most power in pedaling	Longer run today, but the effort levels stay even Count your cadence/footsteps for 15 seconds, how many times does your Left foot strike the ground? if you are between 22-24, perfect, stay there. If you are lower, work on getting 1 more step/15 sec-- you don't have to get all the way to 22 today...just one more		Swimming tends to be the hardest area for many. Today, get in the water, focus on pushing water back to your toes and breathing. Try for 800+ yards in a pool. 30' ride right after the swim Once on the bike, settle into a comfortably fast spin, focusing on keeping your heels level with your toes, pedaling in circles, and hitting a cadence of 88+ (Left foot hits the bottom of the circle about 22-23 times in 15 seconds)	Bike first. 10' warm up spin, practice moving one hand off the handlebars to take a drink smoothly. 3 x (3' hard effort/RPE 17, followed by 5' steady riding RPE 13) final 6' spin, count cadence--15 seconds, how many Left foot down. Target is 22-24, much like the run.	Building a routine of allocating time to train. Learning skill/drill work for technique improvement
TRAINING NOTES				The length of your stride and your number of strides per minute determines your speed. Long strides take a LOT of strength, a stride rate of 88-92 strides/minute is the first way to get faster, without overtaxing the system.	Not "Eat and Drink as Much as You Can Day" Rather, nourish self with good protein, fruits, and vegetables, fueling your body to adapt well to the efforts.			

WEEK 2 MONDAY May 15 – SUNDAY May 21								GOALS
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Letting your muscles start to work into focused training
SESSION	Planned Day Off	Swim	Bike	Run	Planned Day Off	Swim and Bike	Outdoor Bike and Run	
DISTANCE/TIME		30 min	1 hour	45 min		30 min/30 min	1 hour/10 min	
INTENSITY			RPE 13	RPE 13				
SESSION DETAILS		Swim 1 lap with your chin tucked to your chest, then a little with it up out of the water like Baywatch. Find something in the middle that is smooth and comfortable.	Steady effort bike	add in 2 x :30 accelerations to fast, then settle back in at RPE 13 as quickly as possible		Try for 800+ yards in a pool again, maybe a little faster towards the end 30' ride right after the swim	Bike first. 10' warm up spin, 6 x (1' hard effort/RPE 17, followed by 2' steady riding RPE 13) final 6' spin, count cadence--15 seconds, how many Left foot down. Target is 22-24, much like the run.	
TRAINING NOTES			Focus on riding in a straight line, smoothly pedaling in a circle, keeping your heel and toe parallel to the ground for the whole circle Could be a spin class!				Focus on cadence as you head out on the run, look for fast feet early on (you may not be moving fast, yet, but fast feet first!)	

WEEK 3 MONDAY May 22 – SUNDAY May 28								GOALS
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Starting to build some efforts to increase fitness towards racing
SESSION	Planned Day Off	Swim	Bike	Run	Planned Day Off	Swim and Bike	Outdoor Bike and Run	
DISTANCE/TIME		30 min	1 hour	45 min		30 min/30 min	1 hour/10 min	
INTENSITY			RPE 13	RPE 13				
SESSION DETAILS		target smoothing out turns. Smoother turns means you are learning how to move more efficiently through the water.		4 x :30 accelerations to fast, remainder of run steady			Bike first. 10' warm up spin, practice moving one hand off the handlebars again-- to take a drink smoothly or signal turns 3 x (5' hard effort/RPE 19, followed by 5' easy)	
TRAINING NOTES			in this ride, start to make sure you are drinking from a water bottle. Sports drink is probably not necessary for this ride; favor water for this 1 hour steady effort.				harder efforts are going to get your heart rate up and make it more effortful to breathe. Use the easy recovery periods to go really easy so your body is ready for the next effort	

WEEK 4
MONDAY May 29 – SUNDAY June 4

GOALS

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SESSION	Swim	Run	Bike 5 x 1' Outdoor	Run Interval Day 1	Planned Day Off	Swim and Bike	Outdoor Bike and Run
DISTANCE/TIME	35 min	40 min	1 hour	45 min		30 min/45 min	75 min/10 min
INTENSITY		RPE 13					
SESSION DETAILS	5 minutes longer than the last one. Add a few minutes focusing on bent elbow pushing, then swimming straight, then repeat. Yard goal: 850+	Keep RPE in the 13 sweet spot-- somewhat hard, but could go for a lot longer than I'm asking.	20' spin, settle in to all day effort, focus on smooth circle pedaling and softly bent elbows. 5 x (1' hardest effort possible for whole time, 3' back to steady effort) remainder of time, steady RPE 13, practice one hand coming off handle bars smoothly and staying straight as you pedal.	20' warm up, steady effort 4 x :20 sec acceleration up to 90% effort (strides), 1:40 easy trot remainder of time, RPE 13, steady all day effort, building durability and endurance Count cadence 1x every 5'		Let's start to break this up 5' get comfortable 8 x (:30 push harder to your toes, 1:30 swim steady) 3 x (1' hard!, 3' easy swim) 2' easy cool down swimming 45' ride right after the swim Try to minimize the amount of time you take moving from one sport to the next Once again on the bike, settle into a comfortably fast spin, focusing on keeping your heels level with your toes, pedaling in circles, and hitting a cadence of 88+ (Left foot hits the bottom of the circle about 22-23 times in 15 seconds)	Bike first. 10' warm up spin, again, practice moving one hand off the handlebars to take a drink smoothly. 3 x (4'hard effort/RPE 17, followed by 5' steady riding RPE 13) remaining time spin, count cadence--15 seconds, how many Left foot down. Target is 22-24, much like the run. 4 km @RPE 5 10' easy run, right off the bike Just find your legs, roll with it

Adding a bit, to prepare specifically for being able to sustain your efforts on race day

WEEK 4 MONDAY May 29 – SUNDAY June 4								GOALS
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
SESSION	Swim	Run	Bike 5 x 1' Outdoor	Run Interval Day 1	Planned Day Off	Swim and Bike	Outdoor Bike and Run	
DISTANCE/TIME	35 min	40 min	1 hour	45 min		30 min/45 min	75 min/10 min	
INTENSITY		RPE 13						
TRAINING NOTES		<p>Time on feet to build durability and endurance</p> <p>Use today wisely to prepare for the next few days. Too hard here and tomorrow won't be as beneficial!</p> <p>Recommended: No Music on Tuesday Runs-- these are bread and butter race prep runs and there are no headphones on race day!</p>	<p>Hard efforts in safe places. Cars will always win, so never, ever be afraid to miss or stop an interval if it is safer and smarter to do that.</p>			<p>In a race, you will have moments that you are a bit out of breath, either from effort or a splash. Practicing some hard efforts in training will make you faster and, at the same time, prepare you for feeling out of breath and recovering that breath during some easy swimming.</p>	<p>As little time as possible from getting off the bike to heading out to run-- try for less than 3'</p> <p>Continue the hydration/nutrition trial and error</p> <p>Find out in training what does and doesn't work for you, rather than waiting until race day!</p>	

WEEK 5 MONDAY June 5 – SUNDAY June 11								GOALS
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
SESSION	Swim	Run	Outdoor Bike 7x1' hard	Run Interval Day 2	Planned Day Off	Swim and Bike	Outdoor Bike and Run	
DISTANCE/TIME	30 min	40 min	75 min	45 min		35 min/45 min	90 min/ 10 min	
INTENSITY								
SESSION DETAILS	<p>5' warm up 4 x (1' fast, 3' all day pace, 2' easy, easy, with a focus on pushing water back to your toes) last minute, race into finish, kicking your legs and stand up and run a few steps out of the water If in a pool, swim the last minute hard, with a strong kick, stand up and see what it feels like - looking for a bit out of breath, but not much, thoughts able to focus on what is next</p>	<p>10' warm up E pace, focus on cadence and tall posture 10' at a slightly harder effort RPE 16-17, not hard, but not easy. Able to speak a few words at a time. Focus here on making sure the booty is getting a little squeeze at the end of each stride 3' easy 3' RPE 18 10k race effort 3' easy 1' hard 10' E pace to finish</p>	<p>20' spin, settle in to all day effort, focus on smooth circle pedaling and softly bent elbows. 7 x (1' hardest effort possible for whole time, 3' back to steady effort) remainder of time, steady RPE 13, practice one hand coming off handle bars smoothly and staying straight as you pedal.</p>	<p>15' warm up, cadence target 88+ 4 x (1' accelerate to fast, 1' running @ fast, 3' easy trot) 10' E pace, RPE 12-13 to finish</p>		<p>Swim first. 5' get comfortable, focus on bent arm pushing and long body 5 x (:30 push harder to your toes, 1:30 swim steady) 5 x (1' hard!, 2' easy swim) 5' easy cool down swimming 45' ride right after the swim after you head out, find a hard, but not crazy effort RPE 16-17</p>	<p>Bike first. 10' warm up spin, again, practice moving one hand off the handlebars to take a drink smoothly. 4 x (4'hard effort/RPE 17+, followed by 5' steady riding RPE 13) remaining time spin, count cadence--15 seconds, how many Left foot down. Target is 22-24, much like the run. For the run, first half of the time, find your legs second half of the time, push a bit to RPE 8-9, so hard, but not maximal effort</p>	

Embarking on specific work in each discipline to improve both speed and endurance

WEEK 5									GOALS
MONDAY June 5 – SUNDAY June 11									
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
SESSION	Swim	Run	Outdoor Bike hard 7x1'	Run Interval Day 2	Planned Day Off	Swim and Bike	Outdoor Bike and Run		
DISTANCE/TIME	30 min	40 min	75 min	45 min		35 min/45 min	90 min/ 10 min		
TRAINING NOTES	when you want to look where you are going, think of an alligator: lift your chin so your eyes are above the surface, get a look at where you are going, preferably using landmarks that are high above the water-- buildings, treetops, etc.			Faster during the cool down/final 10' will not make you better, I promise. Go easy, let your body absorb the work done, and let the easy time set you up well for your next session		outdoors, if possible start to think about sighting on where you are going To sight: when you arm extends in front of your body, lift your chin, so your eyes are above the water like an alligator, get an image of a landmark (on race day there will be huge red buoys), after you get the landmark in sight, turn your head into your normal breath, with your stroke continuing as usual. You only need your eyes out, not your whole entire head-- the more you lift in the front of your body, the more you sink in the back :) Try to minimize the amount of time you take moving from one sport to the next Once again on the bike, settle into a comfortably fast spin, focusing on drinking from your water bottle, smoothly while holding a straight line, sips every 10 min Reminder: Cars always win. Go to that harder effort in safe places and ease up if you need to for safety	try to change from bike to run in less than 3 minutes-- transition time adds to your total time on race day, haste without fuss is to your benefit!		

WEEK 6								GOALS
MONDAY June 12 – SUNDAY June 18								
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
SESSION	Swim	Run	Outdoor Bike	Run Interval Day 2	Planned Day Off	Swim Only Today	Outdoor Bike and Run	
DISTANCE/TIME	30 min	30 min	60 min	45 min		35 min	90 min/ 10 min	
INTENSITY								
SESSION DETAILS	<p>5' warm up 4 x (1' fast, 3' all day pace, 2' easy, easy, with a focus on pushing water back to your toes) last minute, race into finish, kicking your legs and stand up and run a few steps out of the water</p> <p>If in a pool, swim the last minute hard, with a strong kick, stand up and see what it feels like - looking for a bit out of breath, but not much, thoughts able to focus on what is next</p>	E pace, focus on cadence and tall posture	Steady ride, not the day to win the race	<p>15' warm up, cadence target 88+</p> <p>4 x (1' accelerate to fast, 1' running @ fast, 3' easy trot)</p> <p>10' E pace, RPE 12-13 to finish</p>		<p>Swim first. 5' get comfortable, focus on bent arm pushing and long body</p> <p>5 x (:30 push harder to your toes, 1:30 swim steady)</p> <p>5 x (1' hard!, 2' easy swim)</p> <p>5' easy cool down swimming</p>	<p>Bike first.</p> <p>10' warm up spin, again, practice moving one hand off the handlebars to take a drink smoothly.</p> <p>4 x (4'hard effort/RPE 17+, followed by 5' steady riding RPE 13)</p> <p>remaining time spin, count cadence--15 seconds, how many Left foot down. Target is 22-24, much like the run.</p> <p>For the run, first half of the time, find your legs second half of the time, push a bit to RPE 8-9, so hard, but not maximal effort</p>	A bit of an easier week, so you are able to absorb the training buildup from the past 5 weeks.
TRAINING NOTES								

WEEK 7								GOALS
MONDAY June 19 – SUNDAY June 25								
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
SESSION	Swim	Run	Outdoor Bike 9x1' hard	Run Interval Day 3	Planned Day Off	Swim and Outdoor Bike	Outdoor Bike and Run	
DISTANCE/ TIME	35 min	50 min	75 min	45 min		45 min/1 hour	1 hour 40 min/ 15 min	
INTENSITY								
SESSION DETAILS	<p>5' warm up 4 x (1' fast, 4' all day pace, 2' easy, easy, with a focus on pushing water back to your toes) last minutes, race into finish, kicking your legs and stand up and run a few steps out of the water If in a pool, swim the last minute hard, with a strong kick, stand up and see what it feels like - looking for a bit out of breath, but not much, thoughts able to focus on what is next</p>	<p>10' warm up E pace, focus on cadence and tall posture 10' at a slightly harder effort RPE 16-17, not hard, but not easy. Able to speak a few words at a time. Focus here on making sure the booty is getting a little squeeze at the end of each stride 5' focus on form tall posture, quick arms 10' as you feel 3 x :20 stride to fast, 1:40 easy trot E pace to finish</p>	<p>20' spin, settle in to all day effort, focus on smooth circle pedaling and softly bent elbows. 9 x (1' hardest effort possible for whole time, 3' back to steady effort) remainder of time, steady RPE 13, practice one hand coming off handle bars smoothly and staying straight as you pedal.</p>	<p>15' warm up, cadence target 88+ 4 x (1' accelerate to fast, 2' running @ fast, 2' easy trot) 10' E pace, RPE 12-13 to finish</p>		<p>Swim first. 15' get comfortable, focus on bent arm pushing and long body 5 x (:30 push harder to your toes, 1:30 swim steady) 5 x (2' hard!, 1' easy swim) 5' easy cool down swimming For the bike, spin out, find your steady, practice getting low, settling into an effort you can maintain for the whole race (RPE 13-16). Easier than you think, but harder than is comfy</p>	<p>Bike first. 10' warm up spin, add in 3 x increase cadence/spin faster for 30 seconds then return to your normal 5 x (5'hard effort/RPE 17+, followed by 3' steady riding RPE 13) remaining time spin, practice shifting your weight on the saddle side to side, see how the bike reacts-- small moves give you great control!! For the run, first half, find your land legs. second half, push a hard effort (RPE 16-- hard but manageable for longer than you are going here!)</p>	<p>Longer sessions with focus on form targets, so you are moving as efficiently and economically as possible.</p>

WEEK 7 MONDAY June 19 – SUNDAY June 25								GOALS
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
SESSION	Swim	Run	Outdoor Bike 9x1' hard	Run Interval Day 3	Planned Day Off	Swim and Outdoor Bike	Outdoor Bike and Run	
DISTANCE/ TIME	35 min	50 min	75 min	45 min		45 min/1 hour	1 hour 40 min/ 15 min	
TRAINING NOTES						<p>ooh, look, more hard than easy in the intervals Nail it! drink from your bottle often, every 10 min returning to the lowest position you can maintain power with as soon as you sip</p>	<p>the hard/easy ratio is starting to shift to more work, less rest, to begin to prepare you for the demands you will put on yourself on race day</p> <p>hydration and nutrition check? Are you getting down 1+ full bottle of fluid? some calories? You aren't just biking on race day and you will need this fuel on the bike to prep you for the run.</p>	

WEEK 8
MONDAY June 26 – SUNDAY July 2 **GOALS**

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SESSION	Swim	Run	Outdoor Bike 5x3' hard	Run Interval Day 4	Planned Day Off	Swim and Outdoor Bike	Outdoor Bike and Run
DISTANCE/TIME	40 min	50 min	75 min	45 min		45 min/1 hour	1 hour 45 min/20 min
INTENSITY							
SESSION DETAILS	<p>5' warm up 4 x (1' fast, 5' all day pace, 2' easy, easy, with a focus on pushing water back to your toes) last minute, race into finish, kicking your legs and stand up and run a few steps out of the water If in a pool, swim the last minute hard, with a strong kick, stand up and see what it feels like - looking for a bit out of breath, but not much, thoughts able to focus on what is next</p>	<p>10' easy warm up 10' steady effort, RPE 16-17 can still say a few words at a time, if needed 4 x (:20 stride, 1:40 steady) 2 x (4' @ 1 hour race effort/10k effort, 2' steady) after the first one, make adjustments to the 4' effort as needed. This isn't about crushing yourself, this is about dialing in and practicing your race effort over and over, so on race day that effort is easy to find. remainder E pace to finish with focus on cadence, posture, and engaging the booty</p>	<p>20' spin, settle in to all day effort, focus on smooth circle pedaling and softly bent elbows. 5 x (3' hardest effort possible for whole time, 3' back to steady effort) remainder of time, steady RPE 13, practice one hand coming off handle bars smoothly and staying straight as you pedal.</p>	<p>10' warm up, cadence target 88+ 5 x (1' accelerate to fast, 2' running @ fast, 2' easy trot) 10' E pace, RPE 12-13 to finish</p>		<p>Swim first. For the swim: 10' get comfortable, focus on bent arm pushing and long body 5 x (:30 hard!, 1:30 swim steady) 5 x (3' hard!, :30' easy swim) remainder easy cool down swimming For the bike: 5' settle into spin 6 x (3' push harder than you could race, 3' @ just under race effort) easy spin to finish</p>	<p>Bike first. For the bike: 10' warm up spin, add in 3 x increase cadence/spin faster for 30 seconds then return to your normal 6 x (5' hard effort/RPE 17+, followed by 2' steady riding RPE 13) remaining time spin, as you encounter corners, practice moving smoothly through on a predictable curve that maintains some speed For the run: first half, find your land legs. second half, push a hard effort (RPE 16-- hard but manageable for longer than you are going here, and a bit longer than last week)</p>

Volume and intensity are pushing you a bit more right now, manage each session, one at a time. Nourish and refuel with a focus on protein and veggies.

WEEK 8 MONDAY June 26 – SUNDAY July 2								GOALS
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
SESSION	Swim	Run	Outdoor Bike 5x3' hard	Run Interval Day 4	Planned Day Off	Swim and Outdoor Bike	Outdoor Bike and Run	
DISTANCE/ TIME	40 min	50 min	75 min	45 min		45 min/1 hour	1 hour 45 min/20 min	
TRAINING NOTES	Reminders this week: when you want to look where you are going, think of an alligator: lift your chin so your eyes are above the surface, get a look at where you are going, preferably using landmarks that are high above the water-- buildings, treetops, etc.	Steady effort-- think RPE 16-17 not easy, not hard If you needed to talk or sing, you could get out 4 - 5 words easily, but a longer sentence would be hard Race Effort-- the effort you think feel is sustainable for your 6.2 miles-- E pace -- think RPE 13, could do this all day, could talk or sing along to music with little difficulty				sighting as little as you need to stay straight	if you are running near your house or car, try to set up a water station and run 2 10' loops, picking up water or hydration drink in the middle. You will need about 1/2-1/3 as many calories on the run and about 1/2 of the fluid as on the bike, but it is harder to take down, so starting to practice this skill in training now will make race day easier and give you an idea of what you, as an individual, can tolerate.	

WEEK 9
MONDAY July 3 – SUNDAY July 9 **GOALS**

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Race Rehearsal time
SESSION	Swim	Run	Outdoor Bike 7x3' hard	Run Interval Day 5	Planned Day Off	Swim and Outdoor Bike	Outdoor Bike (Race Rehearsal Day) and Run	
DISTANCE/TIME	45 min	1 hour	90 min	45 min		45 min/1 hour	1 hour 30 min/ 30 min	
INTENSITY								
SESSION DETAILS	<p>10' warm up, adding in at least 3 x 1' surges (starting moderate building up speed to very fast) followed by 1' easy</p> <p>4 x (6' race effort RPE 15-16- not hard, but a little more effort than warm up, followed by 1' rest, floating where you are-- really) Adjust each effort as needed to find a sustainable pace for the entire 6', that would let you continue on for longer</p> <p>final minutes, build back to the beach, finishing with fast kicking legs to stand up and run</p>	<p>10' easy warm up 15' steady effort, RPE 16-17 can still say a few words at a time, if needed</p> <p>4 x (:20 stride, 1:40 steady)</p> <p>3 x (4' @ 1 hour race effort/10k effort, 2' steady) remainder E pace to finish with focus on cadence, posture, and engaging the booty</p>	<p>15' spin, settle in to all day effort, focus on smooth circle pedaling and softly bent elbows.</p> <p>7 x (3' hardest effort possible for whole time, 3' back to steady effort)</p> <p>remainder of time, steady RPE 13, practice one hand coming off handle bars smoothly and staying straight as you pedal.</p>	<p>10' warm up, cadence target 88+</p> <p>5 x (1' accelerate to fast, 3' running @ fast, 1' easy trot)</p> <p>10' E pace, RPE 12-13 to finish</p>		<p>Swim first. 10' warm up swim, include 3 x (1' hard, 1' easy)</p> <p>This is going to be the standard warm up from this point on-- it will be something you get used to and something you can do on race day.</p> <p>1 x 5' continuous swim @ race effort, 2' easy</p> <p>1 x 20' continuous swim, strongest effort you can maintain for entire 20' including sighting every 6-20 strokes, depending on how straight you swim</p> <p>1' hard!!</p> <p>1' easy</p> <p>1' hard!!</p> <p>easy to finish For the bike: 5' settle into spin</p> <p>7 x (4' push harder than you could race, 2' @ just under race effort)</p> <p>easy spin to finish</p>	<p>Bike first. For the bike: 10' warm up spin, add in 3 x increase cadence/spin faster for 30 seconds then return to your normal</p> <p>6 x (4'hard effort/RPE 17+, followed by 1' steady riding RPE 13, then right into 3' hard!, 1' steady)</p> <p>remaining time spin at 88-92 cadence or even a little faster, maintaining steady effort, start mentally preparing for the run, while still keeping attention on what you are doing</p> <p>For the run: longer outing off the bike today-- longest outing to date! Celebrate by keeping a steady RPE 13-14 effort for the whole 30 min</p>	

WEEK 9 MONDAY July 3 – SUNDAY July 9								GOALS
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
SESSION	Swim	Run	Outdoor Bike 7x3' hard	Run Interval Day 5	Planned Day Off	Swim and Outdoor Bike	Outdoor Bike (Race Rehearsal Day) and Run	
DISTANCE/TIME	45 min	1 hour	90 min	45 min		45 min/1 hour	1 hour 30 min/ 30 min	
TRAINING NOTES	remember to practice sighting skills!		warm down is still important, so warm up time has been shortened slightly. If necessary, build the first 3' interval from easy to hard and let the warm up come to you during the effort				<p>Know what you are wearing on race day? Wear it today!! Wouldn't you rather know you hate it now! Hydration and nutrition check? Are you getting down at least 1 full bottle of fluid? some calories? You aren't just biking on race day and you will need this fuel on the bike to prep you for the run.</p> <p>Have the breakfast you plan to on race morning, wear your race outfit, and dial in race effort feel</p>	

WEEK 10
MONDAY July 10 – SUNDAY July 17 **GOALS**

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SESSION	Swim	Run	Outdoor Bike 9x3' hard	Run Interval Day 6	Planned Day Off	Swim and Outdoor Bike	Outdoor Bike (Race Rehearsal 2) and Run
DISTANCE/TIME	45 min	70 min	90 min	45 min		45 min/45 min	1 hour 45 min/30 min
INTENSITY							
SESSION DETAILS	<p>10' warm up, adding in at least 3 x 1' surges (starting moderate building up speed to very fast) followed by 1' easy</p> <p>4 x (6' race effort RPE 15-16- not hard, but a little more effort than warm up, followed by :30 sec rest, floating where you are-- really) Adjust each effort as needed to find a sustainable pace for the entire 6', that would let you continue on for longer</p> <p>final minutes, build back to the beach, finishing with fast kicking legs to stand up and run</p>	<p>10' easy warm up 20' steady effort, RPE 16-17 hard, but can still say a few words at a time, if needed</p> <p>4 x (:20 stride, 1:40 steady)</p> <p>4 x (4' @ 1 hour race effort/10k effort, 2' steady) remainder E pace to finish with focus on cadence, posture, and engaging the booty</p>	<p>15' spin, settle in to all day effort, focus on smooth circle pedaling and softly bent elbows.</p> <p>9 x (3' hardest effort possible for whole time, 3' back to steady effort)</p> <p>remainder of time, steady RPE 13, practice one hand coming off handle bars smoothly and staying straight as you pedal.</p>	<p>10' warm up, cadence target 88+</p> <p>6 x (1' accelerate to fast, 3' running @ fast, 1' easy trot)</p> <p>5' E pace, RPE 12-13 to finish</p>		<p>Swim first. For the swim: 10' warm up swim, include 3 x (1' hard, 1' easy)</p> <p>1 x 5' continuous swim @ race effort, 2' easy</p> <p>1 x 25' continuous swim, including sighting every 6-20 strokes, depending on how straight you swim</p> <p>1' hard!!</p> <p>1' easy</p> <p>1' hard!!</p> <p>easy to finish For the bike: 5' settle into spin</p> <p>5 x (5' push harder than you could race, 1' @ just under race effort)</p> <p>10' easy spin to finish</p>	<p>For the bike: 10' warm up spin, add in 3 x increase cadence/spin faster for 30 seconds then return to your normal</p> <p>4 x (5' race effort 13-15, 1' steady riding RPE 13, then right into 3' hard!, 1' steady RPE 13)</p> <p>3' reset easy</p> <p>1 x 15' steady hard (like 2 interval sets, but without that nice 2' rest built in) Nail this-- get low, get focused!</p> <p>remaining time spin at 88-92 cadence or even a little faster, maintaining steady effort, start mentally preparing for the run, while still keeping attention on what you are doing</p> <p>For the run: 1st 10' steady RPE 13-14 effort</p> <p>2nd 10' a tick harder RPE 15-16</p> <p>3rd 10' as you feel, either holding the same effort or getting even 1 tick harder</p>
TRAINING NOTES	remember to practice sighting skills!						Have the breakfast you plan to on race morning, wear your race outfit, and dial in race effort feel

Race Specific preparation in each discipline

WEEK 11
MONDAY July 17 – SUNDAY July 23 **GOALS**

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Sharpen your speed for racing next week!
SESSION	Swim	Run	Bike	Run Interval Day 7	Planned Day Off	Swim and Outdoor Bike	Outdoor Bike (Race Rehearsal 3) and Run	
DISTANCE/TIME	45 min	75 min	1 hour	45 min		45 min/45 min	1 hour 45 min/40 min	
INTENSITY								
SESSION DETAILS	10' warm up swim, include 3 x (1' hard, 1' easy) 2 x 15' race effort swim, including sighting every 6-20 strokes, depending on how straight you swim 3' easy shake out between 15' efforts and at the end to finish	10' easy warm up 20' steady effort, RPE 16-17 hard, but can still say a few words at a time, if needed 4 x (:20 stride, 1:40 steady) 5 x (4' @ 1 hour race effort/10k effort, 2' steady) remainder E pace to finish with focus on cadence, posture, and engaging the booty	10' warm up spin 1' build to hard 1' easy 2' hard 2' easy 3' hard 3' easy 2' hard 2' easy 1'hard 1' easy 10' steady effort RPE 16-17--not easy, not super hard 6 x :30 sprint!!, 1:30 easy 10' easy spin to finish	15' thorough warm up 3 x (3 minutes alternating :20 fast!, :20 very easy, 3' E pace run) remainder of run E pace, visualizing your race along Carson Beach next week, especially your finish!		Swim first. For the swim: 10' warm up swim, include 3 x (1' hard, 1' easy) 1 x 30' continuous swim, including sighting every 6-20 strokes, depending on how straight you swim 1' hard!! 1' easy 1' hard!! 2' easy to finish For the bike: 5' settle into spin 10' race effort 5' harder than race effort 5' back to race effort-- try not to back off too far, too fast. the discomfort will give way in about 2', if you dial in 2' harder than race effort 3' race effort 10' easy spin to finish	Bike first. For the bike: 10' warm up spin, add in 3 x increase cadence/spin faster for 30 seconds then return to your normal 4 x (6' race effort steady riding RPE 13-15, then right into 3' hard!, 1' steady) 3' reset easy 1 x 15' steady hard (like 2 interval sets, but without that nice 2' rest built in) Nail this-- get low, get focused! remaining time spin at 88-92 cadence or even a little faster, maintaining steady effort, start mentally preparing for the run, while still keeping attention on what you are doing For the run: 1st 10' steady RPE 13-14 effort 2nd 10' a tick harder RPE 15-16 3rd 10' as you feel, either holding the same effort or getting even 1 tick harder 4th 10' truly as you feel, either holding steady, easing back a bit, or up ticking 1 more time	

WEEK 11 MONDAY July 17 – SUNDAY July 23								GOALS
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
SESSION	Swim	Run	Bike	Run Interval Day 7	Planned Day Off	Swim and Outdoor Bike	Outdoor Bike (Race Rehearsal 3) and Run	
DISTANCE/ TIME	45 min	75 min	1 hour	45 min		45 min/45 min	1 hour 45 min/40 min	
TRAINING NOTES	Swim outdoors, wearing what you plan to race in		Make sure you shift through all of your gears today, checking that everything is working smoothly for you-- if anything is hinky, go to your local bike mechanic for a quick check in this week.			remember to focus on meeting your hydration and nutrition needs during the over/at race efforts	Have the breakfast you plan to on race morning, wear your race outfit, and dial in race effort feel If you have felt flat or full on the brick runs, adjust your on bike nutrition either up or down, dialing in what you need to fuel for the day Hydration practice should be included in this day's run	

WEEK 12								GOALS
MONDAY July 24 – SUNDAY July 30								
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
SESSION	Swim	Run	Bike	Day Off	Bike and Run	Swim at Carson Beach	Race Day	
DISTANCE/TIME	40 min	45 min	45 min		30 min/10 min	10 min		
INTENSITY								
SESSION DETAILS	10' warm up swim, include 3 x (1' hard, 1' easy) come out of water and stop for 2' 20' race effort swim, including sighting every 6-20 strokes, depending on how straight you swim 10' easy shake out	10' easy warm up 4 x (:20 stride, 1:40 steady) 3 x (4' @ 1 hour race effort/10k effort, 2' steady) 9' steady to finish with focus on cadence, posture, and engaging the booty	15' warm up 4 x (2' hard!, 4' easy) 4 x (:30 sprint!!, :30 easy) 2' to finish		For the bike: 10' warm up spin, shift through all of your gears, making sure it's all smooth 4 x (1' accelerate to harder than race effort, 2' easy spin) 8' practice cornering smoothly, braking, and riding in the straightest line possible one final time before race day. For the run: Once your shoes are on, charge out at 80% effort 2 x (build to race effort for 3', go easy 1') last minute or 2 easy shake out	10 - 15 minute swim in the water you will be swimming in tomorrow. Look at the entry (you'll be entering in front of the boathouse...yep, all the way over there!). Look at the exit, which will be near the transition area. Look at the path up the beach and along the grass to where you will enter the transition area, so that it is familiar tomorrow morning.	warm up with a short run (10 min) and a short swim (10 min) to prepare for the effort today. Race smart, race strong, and every one of those butterflies you feel is a sign of this being important to you. Take 3 slow deep breaths, recognize what fun you are about to have. Once the race starts, they'll flutter away!	
TRAINING NOTES	wearing what you plan to race in remember to practice sighting skills!	Yep, it's race week, so a big drop in volume, but with some speed peaks built in			have your shoes set up before you bike, so that you can practice your bike to run transition plan			

RACE and HAVE FUN!