



**BOSTON
TRIATHLON**

**COLUMBIA
THREADNEEDLE**
INVESTMENTS

12-week training plan for triathlon beginners

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.



What I want to start off with is addressing those of you in the “Oh, I couldn’t possibly” group. You can. There is a place for you in this event and I am here to be a resource for you to find your way to a successful race day.

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

I can be a resource for you, whether you are wondering if this event is something you can even do (you can!) or if you are looking to maximize your training and looking for a race day best.

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								
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	GOALS
SESSION	Plan and organize what you need for the week			Run	Planned Day Off	Swim	Outdoor Bike	
DISTANCE/TIME				15 min		20 min	30 min	
INTENSITY				Steady, not hard				
SESSION DETAILS				<p>effort levels stay even throughout the run</p> <p>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</p>		<p>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 300+ yards in a pool.</p>	<p>Bike first.</p> <p>10' warm up spin, practice moving one hand off the handlebars to take a drink smoothly.</p> <p>count cadence--15 seconds, how many Left foot down. Target is 22-24, much like the run.</p>	<p>Building a routine of allocating time to train. Letting your muscles start to work into focused training</p>

WEEK 1

MONDAY May 8 – SUNDAY May 14

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	GOALS
SESSION	Plan and organize what you need for the week			Run	Planned Day Off	Swim	Outdoor Bike	
DISTANCE/TIME				15 min		20 min	30 min	
INTENSITY				Steady, not hard				
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	
SESSION	Swim	Planned Day Off	Run	Bike	Planned Day Off	Swim	Outdoor Bike and Run	
DISTANCE/TIME	20 min		25 min	20 min		20 min	20 min/10 min	
INTENSITY			Steady	Steady			1 hard effort	
SESSION DETAILS	Spend a few minutes focusing on bent elbow pushing, then swimming straight, then repeat.		This (and all of your runs) can be 2-5' running, with 1-2' walk breaks-- a run/walk method lets you go longer while still gaining LOTS of fitness	20' spin, settle in to all day effort, focus on smooth circle pedaling and softly bent elbows.		Let's start to break this up 5' get comfortable, focus on bent arm pushing and long body 8 x (:30 push harder to your toes, 1:30 swim steady) 3 x (1' hard!, 3' easy swim) 2' easy cool down swimming	Bike first. 10' warm up spin, again, practice moving one hand off the handlebars to take a drink smoothly. 1 x (4'hard effort/RPE 17, followed by 5' steady riding RPE 13) remaining time spin and get ready to run; 10" easy run, right off the bik; just find your legs, roll with it	

Learning skill/drill work for technique improvement

WEEK 2
MONDAY May 15 – SUNDAY May 21 **GOALS**

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
SESSION	Swim	Planned Day Off	Run	Bike	Planned Day Off	Swim	Outdoor Bike and Run	
DISTANCE/TIME	20 min		25 min	20 min		20 min	20 min/10 min	
INTENSITY			Steady	Steady			1 hard effort	
TRAINING NOTES			<p>Recommended: No Music on Weekday Runs-- these are bread and butter race prep runs and there are no headphones on race day!</p>	<p>if outdoors, always safety first. 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>A spin class or bike at the gym works for this!</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>Find out in training what does and doesn't work for you, rather than waiting until race day!</p>	

WEEK 3 MONDAY 22 – SUNDAY May 28								GOALS
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Start to build your confidence by recognizing what goes well and what you accomplish each session.
SESSION	Swim	Planned Day Off	Run	Bike	Planned Day Off	Swim	Outdoor Bike and Run	
DISTANCE/TIME	20 min		25 min	25 min		25 min	25 min/12 min	
INTENSITY			Steady	1 min hard			1 hard effort	
SESSION DETAILS	Practice exhaling. A gentle exhale when your face is down, then a powerful exhale right before taking your breath.		Steady run or run/walk. Enjoy moving!	Mostly steady for this ride, but add 1' pushing a touch out of your comfort zone..		5' get comfortable, focus on bent arm pushing and long body similar to last week, just 1 more 4 x (1' hard!, 3' easy swim) 2' easy cool down swimming	Bike first. 10' warm up spin 1 x (4'hard effort/RPE 18, followed by 5' steady riding RPE 13) remaining time spin and get ready to run; 10' easy run, right off the bike; try to focus on cadence	
TRAINING NOTES			Recommended: No Music Weekday					

WEEK 4								GOALS
MONDAY May 29 – SUNDAY June 4								
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
SESSION	Swim	Run	Planned Day Off	Bike	Planned Day Off	Swim	Outdoor Bike and Run	
DISTANCE/TIME	30 min	30 min		30 min		25 min	30 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 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 10' E pace to finish</p>		<p>20' spin, settle in to all day effort, focus on smooth circle pedaling and softly bent elbows. 1 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>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' easy cool down swimming</p>	<p>Bike first. 10' warm up spin, 2 x (3'hard effort/RPE 17+, followed by 5' steady riding RPE 13) remaining time spin, 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>	<p>On this 4th week in, there starts to be a bit more race specific preparation. Intensity starts to vary within sessions as part of that preparation.</p>

WEEK 5								GOALS
MONDAY June 5 – SUNDAY June 12								
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
SESSION	Swim	Planned Day Off	Run	Bike	Planned Day Off	Swim	Outdoor Bike and Run	
DISTANCE/TIME	35 min		35 min	35 min		30 min	30 min/15 min	
INTENSITY								
SESSION DETAILS	5 minutes longer than the last one. Add a few minutes focusing on bent elbow pushing, then swimming straight, then repeat.		10' steady run or run/walk 10' a little hard 10' your choice of effort last 5' all run, building the last min to fast	20' spin, settle in to all day effort, focus on smooth circle pedaling and softly bent elbows. 2 x (1' hardest effort possible for whole time, 3' back to steady effort) remainder of time, steady RPE 13		5' get comfortable, focus on bent arm pushing and long body 8 x (:30 push harder to your toes, 1:30 swim steady) 4 x (1' hard!, 3' easy swim) 2' easy cool down swimming	On the bike, nutrition focus, 2 x 3' hard, 2' easy efforts; 15' easy run, right off the bike; just find your legs, roll with it	
TRAINING NOTES			Recommended: No Music				Start to play with hydration/nutrition -- for this, try to drink 1/2 of a bottle of sports drink on the bike. Find out in training what does and doesn't work for you, rather than waiting until race day!	

Fueling is critical. This isn't gym fitness class. In a triathlon, you need calories, which are best taken in on the bike. Try sports drinks, sports gels, or other easy to consume fuels to see what you like and can tolerate.

WEEK 6								GOALS
MONDAY June 12 – SUNDAY June 18								
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
SESSION	Swim	Run	Planned Day Off	Bike	Planned Day Off	Swim	Outdoor Bike and Run	
DISTANCE/TIME	30 min	30 min		45 min		35 min	40 min/ 15 min	
INTENSITY								
SESSION DETAILS	5' warm up 5 x (1' fast, 3' all day pace, 2' easy, easy,	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. 10' E pace to finish		20' spin, settle in to all day effort, focus on smooth circle pedaling and softly bent elbows. 3 x (1' hardest effort possible for whole time, 3' back to steady effort) remainder of time, steady RPE 13, longest ride yet!		Swim first. 5' get comfortable, 5 x (:30 push harder to your toes, 1:30 swim steady) 6 x (1' hard!, 2' easy swim) 1' easy cool down swimming	longer ride today, add in 3 x 3' hard effort, with 2' easy after. Include hydration/calories on the bike. Use the last 2' on the bike to spin faster and easily to prepare for the run	Swim skill is the focus this week-sighting, looking where you are going is the focus of each swim.

WEEK 6
MONDAY June 12 – SUNDAY June 18 **GOALS**

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
SESSION	Swim	Run	Planned Day Off	Bike	Planned Day Off	Swim	Outdoor Bike and Run	
DISTANCE/TIME	30 min	30 min		45 min		35 min	40 min/ 15 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.					Outdoors, if possible start to think about sighting on where you are going To sight: when your 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 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 7
MONDAY June 19 – SUNDAY June 25 **GOALS**

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
SESSION	Swim	Run	Bike	Planned Day Off	Oooh, another Run!	Swim and Bike	Outdoor Bike and Run	
DISTANCE/TIME	35 min	20 min	45 min		20 min	35 min/30 min	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 5' at your choice of effort 5' back to steady run or run/walk</p>	<p>20' spin, settle in to all day effort, focus on smooth circle pedaling and softly bent elbows. 1 x 15' race target effort, what you think you could race at for the whole distance, remainder at your choice effort</p>		<p>15' warm up, cadence target 88+ 1 x (1' accelerate to fast, 1' running @ fast, 2' easy trot) E pace, RPE 12-13 to finish</p>	<p>Swim first. 5' get comfortable, focus on bent arm pushing and long body 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 2 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, focus on tall posture</p>	

Adding a bit more volume this week- you ARE ready for it!

WEEK 7								GOALS
MONDAY June 19 – SUNDAY June 25								
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
SESSION	Swim	Run	Bike	Planned Day Off	Oooh, another Run!	Swim and Bike	Outdoor Bike and Run	
DISTANCE/TIME	35 min	20 min	45 min		20 min	35 min/30 min	40 min/15 min	
TRAINING NOTES		For all weekday runs from now on, no music is recommended!				Ooh, look, more hard than easy in the intervals Nail it!	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	

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

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
SESSION	Swim	Run	Bike 4x3' hard	Planned Day Off	Run	Swim and Outdoor Bike	Outdoor Bike and Run	
DISTANCE/TIME	40 min	30 min	60 min		30 min	35 min/45 min	50 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 14 4 x (:20 stride, 1:40 steady) 2 x (4' @ 1 hour race effort/10k effort, 2' steady or walk) 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. 4 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+ 3 x (1' accelerate to fast, 1' running @ fast, 2' easy trot/walk) remainder 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: 10' settle into spin 1 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 2 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, focus on picking a point down the road, running to it, rather than thinking about what is going on inside your body</p>	

Definitely more speed/hard efforts here in preparation for feeling strong on race day. Train with some hard efforts now, so race day feels easy

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

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	GOALS
SESSION	Swim	Run	Bike 4x3' hard	Planned Day Off	Run	Swim and Outdoor Bike	Outdoor Bike and Run	
DISTANCE/TIME	40 min	30 min	60 min		30 min	35 min/45 min	50 min/20 min	
TRAINING NOTES						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	
SESSION	Planned Day Off	Run	Bike 6x3' hard	Run	Planned Day Off	Swim and Outdoor Bike	Outdoor Bike (Race Rehearsal 1) and Run	
DISTANCE/TIME		40 min	1 hour	35 min		45 min/45 min	1 hour/ 22 min	
SESSION DETAILS		<p>10' easy warm up 15' steady effort, RPE 16-17 can still say a few words at a time, if needed 4 x (:20 stride, 1:40 steady) 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. 6 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+ 3 x (1' accelerate to fast, 2' running @ fast, 1' easy trot) 10' E pace, RPE 12-13 to finish</p>		<p>Swim first. 10' warm up swim, include 3 x (1' hard, 1' easy) 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. 1 x 5' continuous swim @ race effort, 2' easy 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 1' hard - 1' easy - 1' hard - easy to finish For the bike: 10'settle into spin - 5 x (4' push harder than you could race, 2' @ just under race effort) 5' 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 3 x (4'hard effort/RPE 17+, followed by 1' steady riding RPE 13, then right into 3' hard!, 1' steady) 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: 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>	
								<p>Taking things out for a trial run-- clothes, fueling, celebrating!</p>

WEEK 9								GOALS
MONDAY July 3 – SUNDAY July 9								
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
SESSION	Planned Day Off	Run	Bike 6x3' hard	Run	Planned Day Off	Swim and Outdoor Bike	Outdoor Bike (Race Rehearsal 1) and Run	
DISTANCE/TIME		40 min	1 hour	35 min		45 min/45 min	1 hour/ 22 min	
TRAINING NOTES			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 Use a run/walk pattern if it helps you keep the effort level at RPE 13. What matters is time on feet</p>	

WEEK 10
MONDAY July 10 – SUNDAY July 18 **GOALS**

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
SESSION	Swim	Run	Planned Day Off	Bike 8x3' hard	Planned Day Off	Swim and Outdoor Bike	Outdoor Bike (Race Rehearsal 2) and Run	
DISTANCE/TIME	45 min	50 min		70 min		45 min/45 min	70 min/25 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; final minutes, build back to the beach, finishing with fast kicking legs to stand up and run</p>	<p>10' easy warm up</p> <p>20' steady effort, RPE 15-16 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 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>8 x (3' hardest effort possible for whole time, 3' back to steady effort) remainder of time, steady RPE 13,</p>		<p>Swim first.</p> <p>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>	
								Adjust using what you learned last week, making this week more race ready

WEEK 10								GOALS
MONDAY July 10 – SUNDAY July 18								
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
SESSION	Swim	Run	Planned Day Off	Bike 8x3' hard	Planned Day Off	Swim and Outdoor Bike	Outdoor Bike (Race Rehearsal 2) and Run	
DISTANCE/TIME	45 min	50 min		70 min		45 min/45 min	70 min/25 min	
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	

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

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SESSION	Swim	Run	Bike	Planned Day Off	Run	Swim and Outdoor Bike	Outdoor Bike (Race Rehearsal 3) and Run
DISTANCE/TIME	45 min	50 min	1 hour		45 min	45 min/45 min	80 min/40 min
INTENSITY							
SESSION DETAILS	<p>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</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 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</p>	<p>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</p>		<p>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!</p>	<p>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</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 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</p>

Dial in final race preparation, time to peak!

WEEK 11								GOALS
MONDAY July 17 – SUNDAY July 23								
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
SESSION	Swim	Run	Bike	Planned Day Off	Run	Swim and Outdoor Bike	Outdoor Bike (Race Rehearsal 3) and Run	
DISTANCE/TIME	45 min	50 min	1 hour		45 min	45 min/45 min	80 min/40 min	
TRAINING NOTES	Remember to practice sighting skills!		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 – race day on 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	30 min	45 min		30 min/10 min	10 min		
INTENSITY								
SESSION DETAILS	<p>10' warm up swim, include 3 x (1' hard, 1' easy) come out of water and stop for 2'</p> <p>20' race effort swim, including sighting every 6-20 strokes, depending on how straight you swim</p> <p>10' easy shake out</p>	<p>10' easy warm up</p> <p>4 x (:20 stride, 1:40 steady)</p> <p>1 x (4' @ 1 hour race effort/10k effort, 2' steady) remainder steady to finish with focus on cadence, posture, and engaging the booty</p>	<p>15' warm up</p> <p>4 x (2' hard!, 4' easy)</p> <p>4 x (:30 sprint!!, :30 easy)</p> <p>2' to finish</p>		<p>For the bike: 10' warm up spin, shift through all of your gears, making sure it's all smooth</p> <p>4 x (1' accelerate to harder than race effort, 2' easy spin)</p> <p>8' practice cornering smoothly, braking, and riding in the straightest line possible one final time before race day.</p> <p>For the run: Once your shoes are on, charge out at 80% effort</p> <p>2 x (build to race effort for 3', go easy 1')</p> <p>last minute or 2 easy shake out</p>	<p>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.</p>	<p>Warm up with a short run (10 min) and a short swim (10 min) to prepare for the effort today.</p> <p>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.</p> <p>Once the race starts, they'll flutter away!</p>	

WEEK 12								GOALS
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SESSION	Swim	Run	Bike	Day Off	Bike and Run	Swim at Carson Beach	Race Day	
DISTANCE/TIME	40 min	30 min	45 min		30 min/10 min	10 min		
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			