

Lactate Threshold and Endurance Phase - Hard Training not racing.

Week Planned Hours: 15 h 5 min

Monday 2011-03-21	Swim	1: 30		Notes: ----- Easy with 3x1km efforts above race pace -----
	Bike			
	Run	1: 00		
Tuesday 2011-03-22	Swim			Notes: ----- Indoor workout 8 miles recovery with 10x100 strides -----
	Bike	1: 00		
	Run	0: 50	13	
	Yoga	40		
Wednesday 2011-03-23	Swim			Notes: ----- 15 miles Medium-Long run -----
	Bike			
	Run	1: 50	15	
	Weights			
Thursday 2011-03-24	Swim			Notes: ----- Coaching the bike workout 7 Miles Recovery -----
	Bike	2: 00	14	
	Run	0: 50	13	
Friday 2011-03-25	Swim	1: 30		Notes: ----- Club Swim ----- Recovery -----
	Bike			
	Run	0: 40	14	
Saturday 2011-03-26	Swim	30		Notes: swim ----- Long Run 20-21 Miles, 8 miles at effort -----
	Bike			
	Run	2: 45	16	
Sunday 2011-03-27	Swim			Notes: ----- Day Off -----
	Bike			
	Run			

Specific Race Prep Phase - This is what counts. Bring your "A" game

Week Planned Hours: 15 h 53 min

Monday 2011-03-28	Swim	1: 00		Notes: easy swim ----- ----- 13 miles Medium-Long run ----- -----
	Bike			
	Run	1: 45	15	
Tuesday 2011-03-29	Swim			Notes: ----- Indoor workout ----- Threshold Interval - 5km race pace ----- -----
	Bike	1: 00		
	Run	1: 15	16	
	Yoga	40		
Wednesday 2011-03-30	Swim			Notes: ----- Day Off ----- -----
	Bike			
	Run			
	Weights			
Thursday 2011-03-31	Swim			Notes: ----- Coaching the bike workout ----- 12 kms with 5km at Marathon Pace ----- -----
	Bike	2: 00	14	
	Run	1: 05	14	
Friday 2011-04-01	Swim	1: 30		Notes: ----- Club Swim ----- 6 Miles Recovery ----- -----
	Bike			
	Run	0: 55	13	
Saturday 2011-04-02	Swim			Notes: ----- ----- 10 km race simulation ----- Warmup and cooldown ----- -----
	Bike			
	Run	38	19	
	Run	20	11	
Sunday 2011-04-03	Swim	30		Notes: ----- easy swim ----- ----- Long Run 18 miles ----- no pressure to run fast, Slowest run of build. -----
	Bike			
	Run	2: 15	13	

Specific Race Prep Phase - This is what counts. Bring your "A" game

Week Planned Hours: 13 h 0 min

Monday 2011-04-04	Swim			Notes: ----- Day off ----- -----
	Bike			
	Run			
Tuesday 2011-04-05	Swim			Notes: ----- Indoor workout ----- 6 Miles Recovery ----- 4 Miles Recovery pm -----
	Bike	1: 00		
	Run	50	13	
	Run	30	13	
Wednesday 2011-04-06	Swim			Notes: ----- 11 Miles with 6x1000m slightly above marathon pace ----- -----
	Bike			
	Run	1: 20	17	
Thursday 2011-04-07	Swim			Notes: ----- Coaching the bike workout ----- 12 miles Medium-Long run ----- -----
	Bike	2: 00	14	
	Run	1: 30	15	
Friday 2011-04-08	Swim	1: 30		Notes: ----- Club Swim ----- 8 Miles Aerobic ----- -----
	Bike			
	Run	0: 50	15	
Saturday 2011-04-09	Swim			Notes: ----- 6 Miles Recovery ----- -----
	Bike			
	Run	50	14	
Sunday 2011-04-10	Swim			Notes: ----- 20 Mile Long Run ----- -----
	Bike			
	Run	2: 40	16	

Specific Race Prep Phase - This is what counts. Bring your "A" game

Week Planned Hours: 12 h 51 min

Monday 2011-04-11	Swim			Notes: ..... DAY OFF ..... .....
	Bike			
	Run			
Tuesday 2011-04-12	Swim			Notes: ..... Indoor workout ..... 8 Miles with 4x1km slightly above marathon pace .....
	Bike	1: 00		
	Run	1: 10	16	
Wednesday 2011-04-13	Swim			Notes: ..... ..... 12 miles Medium-Long run .....
	Bike			
	Run	1: 25	16	
	Weights			
Thursday 2011-04-14	Swim			Notes: ..... Coaching the bike workout ..... 6 Miles Recovery .....
	Bike	2: 00	14	
	Run	50	14	
Friday 2011-04-15	Swim	0: 30		Notes: ..... Easy Swim ..... up to 27 kms Long Run .....
	Bike			
	Run	2: 20	14	
Saturday 2011-04-16	Swim			Notes: ..... ..... 5 miles Recovery ..... .....
	Bike			
	Run	0: 40	18	
	Run		12	
Sunday 2011-04-17	Swim	30		Notes: ..... easy swim ..... ..... St Albert 10 Miler ..... Warmup and cooldown .....
	Bike			
	Run	1: 06	18	
	Run	20	12	

Taper Phase - The money is in the bank.

Week Planned Hours: 11 h 50 min

Monday 2011-04-18	Swim			Notes: ..... DAY OFF ..... .....
	Bike			
	Run			
Tuesday 2011-04-19	Swim			Notes: ..... Indoor workout 8 Miles + 10x100m strides ..... .....
	Bike	1: 00		
	Run	1: 05	14	
Wednesday 2011-04-20	Swim			Notes: ..... 4 Miles Recovery ..... .....
	Bike			
	Run	0: 30	13	
	Weights			
Thursday 2011-04-21	Swim			Notes: ..... Coaching the bike workout 8 Miles with 3x1mile slightly above marathon pace ..... .....
	Bike	2: 00	14	
	Run	1: 05	17	
Friday 2011-04-22	Swim	1: 30		Notes: ..... Club Swim 5 Miles Recovery ..... .....
	Bike			
	Run	40	13	
Saturday 2011-04-23	Swim			Notes: ..... 6miles recovery with 10x100 strides ..... .....
	Bike			
	Run	50	14	
Sunday 2011-04-24	Swim	30		Notes: ..... easy swim 13 miles Medium-LongRun ..... .....
	Bike			
	Run	1: 40	13	

Taper Phase - Race Week - Don't do anything stupid

Week Planned Hours: 7 h 44 min

Monday 2011-04-25	Swim			Notes: ..... DAY OFF .....
	Bike			
	Run			
Tuesday 2011-04-26	Swim			Notes: ..... 7 Miles Recovery .....
	Bike			
	Run	1: 00	13	
Wednesday 2011-04-27	Swim			Notes: ..... 7 Miles with 2Miles at MP .....
	Bike			
	Run	1: 00	14	
	Weights			
Thursday 2011-04-28	Swim			Notes: ..... 5 Miles Recovery .....
	Bike			
	Run	40	14	
Friday 2011-04-29	Swim			Notes: ..... 5 miles with 6x100 strides .....
	Bike			
	Run	40	14	
Saturday 2011-04-30	Swim			Notes: ..... 3miles recovery .....
	Bike			
	Run	20	13	
Sunday 2011-05-01	Swim			Notes: ..... Marathon Day 26.2 Miles - Embrace the opportunity Love it! .....
	Bike			
	Run	3: 04	17	