

## THE DEVELOPING ATHLETE PLAN

### 1 INTRO WEEK

**MONDAY**  
**STRENGTH:** Core + Activation work  
**SR:** Light resilience run, 40 min.

**TUESDAY**  
**KS:** 2 x  
8 x 100 easy with 10 sec. rest.  
2 x 100 fast with 25 sec. rest.  
50 easy and smooth

**KR:** 50 min. smooth running, include pick-ups as:  
20-40-60-40-20 (all seconds) with 60 sec. easy jog recovery

**WEDNESDAY**  
**KB:** 4 x (90 sec. as: 15 sec. max. effort sprint into 75 sec. best sustainable pace, 4 min. easy recovery spin)

**BR:** 30 min. easy off the bike (OTB) with good form and foot speed

**THURSDAY**  
**SS:** Technique swim: 3 x (8 x 25 fast, 1 x 400) with snorkel, buoy, and band

**FRIDAY**  
**STRENGTH:** Core + Activation work

**SB:**  
4 x 9 min. building cadence

**SATURDAY**  
**KB:** Ride -2 hours, including 4 x 15 min. as:  
10 min. strong into 5 min. hard effort  
5 min. easy spin @ 95+ RPM then repeat.

**BR:** 5 min. easy jog into:  
1-2-3-2-1 min. @ strong effort with equal time easy recovery jog

**SUNDAY**  
**KS:** 10 x 100 swim as: 2 @ 75%, 2 @ 80%, 2 @ 85%, 2 @ 90%, 2 @ 95% effort with 20-40 sec. rest

**KR:** 75 min. smooth run, working in some hills

### 2 BUILDING WEEK

**MONDAY**  
**STRENGTH:** Full Strength (see p.30-31)

**SR:** Light resilience run, 40 min.  
Finish with 6 x 30 sec. strides

**TUESDAY**  
**KS:** 2 x  
300 smooth with paddles on 30 sec. rest; 20 x 25 @ 90% with -5-7 sec. rest.

**KR:** 15 min. easy aerobic effort; 10 min. steady;  
5 min. up-tempo

**WEDNESDAY**  
**KB:** 6 x 4 min. hard effort. Change RPM every other rep.  
4 min. easy recovery between each hard effort

**BR:** 30 min. OTB

**THURSDAY**  
**SS:** Building ladder swim: 50, 100, 150, 200, 250 and back down. Increase effort on the back half

**FRIDAY**  
**STRENGTH:** Full Strength Day

**SB:** Easy bike spin. All low stress with varied cadence., 60-90 min.

**SATURDAY**  
**KB:** Ride 1.5-2 hr. including  
**MS:** 2 x  
10 min. strong endurance effort; 8 min. lighter endurance effort @ choice cadence;  
4 min. building to race pace.  
Easy spin 5 min. between sets

**BR:** 10 min. light run to find form.  
4 x 15 strong but controlled,  
2 min. easy

**SUNDAY**  
**KS:** 15 x 100 swim as 3 @ 75%, 80%, 85%, 90%, 95% effort with 20-40 sec. rest

**KR:** 4 x  
1 min. hard. running right into:  
6 min. controlled,  
4 min. easy jog between reps

### 3 BUILDING WEEK

**MONDAY**  
**STRENGTH:** Full Strength Day

**SR:** Light resilience run, 50 min.  
Finish with 8 x 30 sec. strides

**TUESDAY**  
**KS:** 2 x  
4 x 100 best effort you can hold on 10 sec. rest.  
400 pull between. Rest 1 min.

**KR:** 60 min. including 6 x 60 sec. hard uphill run, easy jog down into 8-10 min. strong effort

**WEDNESDAY**  
**KB:** 3 x  
5 x 1 min. hard @ high cadence into 1 min. easy spin.  
5 min. smooth between

**BR:** 30 min. easy OTB

**THURSDAY**  
**SS:** 8 x 200 smooth swim on 30-40 sec. rest.  
8 x 50 as 25 fast/25 easy on short rest

**FRIDAY**  
**STRENGTH:** Full Strength Day

**SATURDAY**  
**SB:** 2-3 x 6 min. building effort every 2 min.  
5 min. recovery @ 95+ RPM  
**KB:** Ride up to 2.5 hours including 3 x  
5 min. building to 80%, 4 min. @ 85-90% effort, 1 min. best effort, then 20 min. build effort by 10 min. to finish at goal race pace for the last 10 min.

**BR:** 30 min. easy OTB

**SUNDAY**  
**KS:** 4 x 400 at 75%, 8 x 25 fast.  
Finish with:  
2 x 100 fast on 1 min. rest

**KR:** 60 min. smooth endurance run into  
2 x 8 min. @ race pace with 3 min. easy walk/jog between

### 4 TRANSITIONAL WEEK

**MONDAY**  
**STRENGTH:** Core + Activation work

**SR:** Light resilience run, 30 min.  
Finish with 10 x 30 sec. strides

**TUESDAY**  
**KS:** 2 x 500 with buoy @ 75% on 30 sec. rest.  
2 x 300 with buoy @ 80% on 30 sec. rest.  
2 x 100 swim @ 90% on 45 sec. rest.

**KR:** 30-60 min. easy recovery run

**WEDNESDAY**  
**KB:** Light rolling hills ride. Do 6-10 rounds of:  
3 min. easy riding @ choice cadence,  
2 min. hard effort @ <65 RPM

No brick run today. Rest for next week!

**THURSDAY**  
**SS:** Building Ladder: 50, 100, 150, 200, 250, 300 and back down. Increase effort on the back half

**FRIDAY**  
**STRENGTH:** Core + Activation work

**PM:** Relax!

**SATURDAY**  
**KB:** Lighter 2-2.5 hrs ride including 4 x 5 min. smooth riding @ 100+ RPM into 5 min. stronger @ choice RPM

**SUNDAY**  
**KS:** 15 x 100 swim as 9 @ 80%, 3 @ 90%, 3 @ 95% with 20-40 sec. rest

**KR:** Low-stress, rolling trail run of up to 60-70 min. Nothing deep today, prepare for next week

### 5 RACE SIMULATION WEEK

**MONDAY**  
**STRENGTH:** Full Strength Day

**PM:** Relax!

**TUESDAY**  
**KS:** 2 x 300 smooth with paddles on 30 sec. rest,  
30 x 25 @ 90% with -5-7 sec. rest

**KR:** 20 min. easy aerobic effort into 15 min. steady running, finish with 10 min. up-tempo pace

**WEDNESDAY**  
**KB:** 4 x 2 min. as:  
20 sec. max effort sprint into 1 min. 40 sec. @ best sustained pace.  
4 min. recovery spin

**BR:** Optional run today, only if time and energy  
30 min. easy OTB

**THURSDAY**  
**SS:** Technique swim: 3 x (6 x 50 fast, 300 smooth) with snorkel, buoy band

**FRIDAY**  
**STRENGTH:** Full Strength Day

**SB:** 3-4 x 6 min. building effort every 2 min. Easy spin between builds

**SATURDAY**  
**KB:** Ride 2-3 hours including 2 x  
20 min. @ strong endurance pace -65-75 RPM.  
10 min. lighter endurance @ choice RPM.  
8 min. building to race pace.  
Easy spin 5 min. then repeat.

**BR:** 6 x 1K @ race pace, 2 min. easy between

**SUNDAY**  
**KS:** 600 at 75%  
4 x 25 max. effort on 20 sec. rest.  
600 @ 80-85%  
4 x 50 fast on 30 sec. rest.  
600 @ 85-90%  
8 x 25 max effort on 20 sec. rest.  
600 @ 95%  
4 x 100 fast on 1 min. rest

**KR:** 60 min. smooth endurance run including 4 x 8 min. @ race pace with 3 min. easy walk/jog between

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### 6 SHARPENING WEEK

**MONDAY**  
**STRENGTH:** Full Strength Day

**SR:** Easy 30-40 min. light, low stress running

**TUESDAY**  
**KS:** 300 with paddles + buoy @ 70%,  
4 x 100 steady with buoy @ 70% with 20 sec. rest,  
300 with paddles + buoy @ 70%,  
6 x 75 @ 75-80% with 5 sec. rest.  
300 with paddles + buoy at 70%,  
8 x 50 @ 85% with 10 sec. rest,  
300 with paddles + buoy at 70%,  
10 x 25 @ 90% with 15 sec. rest

**KR:** 4 x 60 sec. pick-ups with high cadence, 60 sec rest between, then:  
3 x 8 min. building by 2 min. to strong pace.  
3 min. easy running between.

**WEDNESDAY**  
**KB:** 5-6 x 5 min. @ race pace @ 70 RPM or lower, 4 min. recovery

**BR:** Brick Fartlek  
1-2-3-2-1 min. @ race pace with equal time recovery jog

**THURSDAY**  
**SS:** 45 min. including  
**MS:** 3 x (6 x 50 fast, 300 smooth)

**FRIDAY**  
**STRENGTH:** Full Strength Day

**SB:** 60-90 min. easy bike spin. All low stress with varied cadence

**SATURDAY**  
**KB:** 2-3 hours ride including: 4 x 6 min. @ race pace @ 70-80 RPM.  
10 min. smooth @ 85-95 RPM.  
Finish with 2 x 15 min. building efforts as:  
10 min. below race pace,  
5 min. @ race pace, easy 5 min. between

**BR:** 30 min. low stress run

**SUNDAY**  
**KS:** 3 x (4 x 50 fast, 20 sec. rest, 4 x 100 @ 85%, 20 sec. rest.  
400, holding 100 pace, -90-95%)  
50 easy swim

**KR:** Low stress endurance run for 80-90 min.

### 7 RACE PREP WEEK

**MONDAY**  
**STRENGTH:** Core + Activation work

**SR:** Easy 30-40 min. light, low stress running

**TUESDAY**  
**KS:** 2 x 300 smooth with paddles on 30 sec. rest, 40 x 25 @ 90% with -5-7 sec. rest

**KR:** Sharpening run  
8 x 400m (or -90 sec.) @ race pace into 12 min. at or just above race pace

**WEDNESDAY**  
**KB:** 3 x 2 min. strong @ 95 RPM, 4 min. choice RPM, 90 sec. strong @ 95 RPM, 3 min. choice RPM, 1 min. hard @ 95 RPM, 2 min. choice RPM, 45 sec. hard @ 95 RPM, 1 min. choice RPM, 30 sec. sprint @ 95 RPM

**BR:** 10 min. easy jogging into 8-10 x 20 sec. strong with 40 sec. easy between

**THURSDAY**  
**SS:** 45 min. including  
**MS:** 3 x (6 x 50, 300 smooth)

**FRIDAY**  
**STRENGTH:** Core + Activation work

**SB:** 6 x 1 min. building to sprint effort, 2 min. easy spin between.  
3 x 4 min. building RPM each min. 3 min. light spin between

**SATURDAY**  
**KB:** 2-3 hours ride including 3 x 5 min. strong building 1-3 with 3rd @ best effort, 4 min. spin between. Then 15 min. building from strong to race pace

**BR:** 3 x 4 min. @ race pace, 4 min. easy recovery with great form

**SUNDAY**  
**KS:** 6 x 100, building effort every 2 intervals (70%/80%/90%) on 20 sec. rest  
14 x 25 all fast, 20 sec. rest  
6 x 75 building effort every 2 intervals (70%/80%/90%) on 20 sec. rest  
14 x 25 all fast with 20 sec. rest  
6 x 50 building effort every 2 intervals (70%/80%/90%)  
14 x 25 all fast with 20 sec. rest

**KR:** 4 x 30 sec. strides into 40-50 min. easy aerobic effort

### 8 RACE WEEK

**MONDAY**  
**STRENGTH:** Core + Activation work

**SB:** 45 min. easy bike. All low stress with varied cadence

**TUESDAY**  
**KS:** 200 w/ snorkel + buoy, 12 x 25 swim as 3 x progressing effort 1-4 to fast on 10 sec. rest  
**MS:** 8 x 150-200 as 2 @ 70%, 2 @ 80%, 2 @ 85%, 2 @ 90%, 30 sec. rest between

**KR:** 3 x (3 min. steady endurance. 3 min. race effort, 1 min. easy)  
6 x 30 sec. pick ups, 30 sec. easy

**WEDNESDAY**  
**KB:** **PS:** 2 x (3 min. aerobic. 2 min. strong @ <65 RPM, 1 min. build to fast and high effort @ 95+ RPM, 1 min. easy recovery)  
**MS:** 3 x 4 min. progress effort each interval as: #1. Build to 75%; #2. Build to race pace; #3. Build to fastest effort  
2 min. easy spin between each, then 5 min. @ race pace

**BR:** 3 min. steady. 2 min. build to smooth effort, 3 min. steady, 2 min. build to race pace, 3 min. steady, 2 min. build to best effort

**THURSDAY**  
**SS:** Longer progressive building effort swim, 45 min. total

**FRIDAY**  
**STRENGTH:** Core + Activation work

**SB:** Short bike with pick-ups.  
3 x (6 min. build effort by 2 min. @ 70%, 80%, 90%) with 2 min. easy spin between

**SATURDAY**  
**PREP SWIM:** Warm-up for 10-15 min. then 2-3 x: 30 strokes race effort, 30 strokes smooth, 20 strokes race effort, 30 smooth, 10 above race effort, 30 smooth

**PREP BIKE:** Ride -20-45 min. include: 4 x 3 min. building up to quick cadence. Spin easy 2 min. between efforts

**SUNDAY**

## Race Day!

*Trust in your preparation, be patient, and have fun out there!*