

THE PERFORMANCE PLAN

1 INTRO WEEK

MONDAY
STRENGTH: Core + Activation work

TUESDAY
KS: 2 x:
6 x 100 easy, 10 sec. rest.
2 x 100 fast, 25 sec. rest.
50 easy and smooth

KR: 40 min. smooth. Include some pick-ups as: 20-40-60-40-20 sec. with 60 sec. easy jog recovery

WEDNESDAY
KB: 3 x
90 sec. as: 15 sec. max effort sprint ino 75 sec. best sustainable pace, with 4 min. easy recovery between rounds

THURSDAY
SS: Technique swim: 3 x (12 x 25 fast, 400 smooth) with snorkel, buoy, band

FRIDAY
STRENGTH: Core + Activation work

SATURDAY
KB: Ride ~2 hours including MS: 2 x 15 min. as 10 min. strong but smooth, 5 min. hard effort.
5 min. easy spin @ 95 RPM between rounds

BR: 20 min. easy jog OTB

SUNDAY
KS: 8 x 100 swim as: 2 @ 75%, 85%, 90%, 95% effort with 20-40sec. rest

KR: 60 min. smooth running, working in some hills

2 BUILDING WEEK

MONDAY
STRENGTH: Full Strength Day

SR: Light resilience run, 60 min.

TUESDAY
KS: 2 x 100 smooth with paddles on 30 sec. rest. 10 x 25 @ 90% with ~5-7 sec. rest

KR: 10 min. easy aerobic effort, 5 min. steady running, 5 min. up-tempo

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

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

FRIDAY
STRENGTH: Full Strength Day

SATURDAY
KB: Ride 1.5-2 hours including: 15 min. strong endurance pace ~65-75 RPM, 8 min. lighter endurance at choice RPM, 4 min. building to race pace. Spin easy 5 min. then repeat.

BR: 20 min. easy jog OTB

SUNDAY
KS: 12 x 100 swim as 3 @ 75%, 80%, 85%, 90%, 95% effort with 20-40 sec. rest.

KR: 60 min. smooth running, working in some hills

3 BUILDING WEEK

MONDAY
STRENGTH: Full Strength Day

SR: Light resilience run, 60 min.

TUESDAY
KS: 2 x
4 x 100 fast, best effort you can hold, 10 sec rest.
400 smooth pull between rounds

KR: 2 x 6 x 60 sec. hard uphill running, easy jog down into 8-10 min. strong running on flat

WEDNESDAY
KB: 3 x
5 x 1 min. hard @ high RPM. 1 min easy spin.

5 min. smooth effort between rounds

BR: 20 min. easy OTB

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

FRIDAY
SB: Easy bike, 90 min.

SATURDAY
KB: Ride up to 2.5 hours including 2 x 5 min. building to 80% effort, 4 min. @ 85-90% effort, 1 min. best effort then 20 min. build effort by 10 min. to finish @ goal race pace for last 10 min. all @ choice RPM.

BR: 30 min. easy OTB

SUNDAY
KS: 2 x 200 @ 75%, 8 x 25 fast. Finish with: 2 x 100 fast on 1 min. rest

KR: 70-80 min. run including 2 x 5 min. @ race pace with 3 min. easy walk/jog between

4 TRANSITIONAL WEEK

MONDAY
STRENGTH: Core + Activation work

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

KR: 30-60 min. recovery run

WEDNESDAY
KB: 60-80 min. light rolling hills ride, including 8-12 rounds of: 3 min. easy riding @ choice RPM, 2 min. hard effort at ~65 RPM

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

FRIDAY
SB: Easy bike, 90 min.

SATURDAY
KB: Lighter 2-2.5 hrs ride including 2-3 x
5 min. smooth riding @ 100+ RPM
5 min. stronger @ choice RPM

SUNDAY
KS: 12 x 100 swim as 6 @ 80%, then 3 @ 90%, 3 @ 95% effort, with 20-40 sec. rest

KR: Low stress, rolling trail run of up to 60-70 min.

5 RACE SIMULATION WEEK

MONDAY
STRENGTH: Full Strength Day

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

KR: 15 min. easy aerobic, 10 min. steady, 10 min. up-tempo

WEDNESDAY
10 min. up-tempo
KB: 3 x 2 min. as: 20 sec. max effort,

1 min. 40 sec. @ best sustained pace, 4 min. recovery between efforts

THURSDAY
SS: Technique swim: 2 x (12 x 25 fast, 2 x 400) with snorkel, buoy, band

FRIDAY
STRENGTH: Full Strength Day

SATURDAY
KB: Ride ~2 hours including: 20 min. @ strong endurance pace @ ~65-75 RPM, 10 min. lighter effort @ choice RPM, 8 min. building to race pace, easy spin 5 min. then repeat

BR: 3-4 x 1K @ race pace, 2 min. easy between

SUNDAY
KS: 200 @ 75%
4 x 25 max effort on 20 sec. rest.
200 @ 80-85%
4 x 50 fast on 30 sec. rest.
200 @ 85-90%
8 x 25 max effort on 20 sec. rest.
200 @ 95%
4 x 100 fast on 1 min. rest

KR: 60 min. smooth endurance run including 4 x 5 min. @ race pace with 3 min. easy walk/jog between

THE PERFORMANCE PLAN

6 SHARPENING WEEK

MONDAY
STRENGTH: Full Strength Day

SR: Light resilience run, 60 min. Finish with 5-10 min. of drills to prepare for tomorrow

TUESDAY
KS: 300 with paddles + buoy @ 70%, 4 x 100 steady with buoy @ 70% with 20 sec. rest,
300 with paddles + buoy @ 70%, 8 x 50 strong @ 85% with 10 sec. rest,
300 with paddles + buoy @ 70%, 10 x 25 @ 90% with 15 sec. rest

KR: 4 x 60 sec. pick-ups with high cadence on 60 sec. rest
2 x 6 min. building by 2 min. to strong pace, 3 min. easy running between

WEDNESDAY
KB: 3-4 x
5 min. @ race pace with cadence below 70 RPM,
4 min. recovery between

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

THURSDAY
SS: 3 x (8 x 50 fast, 400 smooth)

FRIDAY
STRENGTH: Full Strength Day

SATURDAY
KB: ~2 hr. ride including 3 x 5 min. strong building 1-3 with #3 as best effort, 4 min. spin between, then 10 min. building from strong effort to race pace

BR: 30 min. of great posture and technique. Low stress and conversational

SUNDAY
KS: 2 x
4 x 50 fast on 20 sec. rest,
2 x 100 @ 85% on 20 sec. rest.
200 @ 90-95%, holding pace from 100s, 50 easy

KR: Easy run for 50-60 min.

7 RACE PREP WEEK

MONDAY
STRENGTH: Core + Activation work

SR: Easy 30-40 min. run, finish with 5-10 min. of drills to prepare for tomorrow

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

KR: Sharpening run: 6 x 400m (or ~90 sec) @ race pace into 8 min. at/ just above race pace

WEDNESDAY
KB: 2 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

THURSDAY
SS: 3 x (8 x 50 fast, 400 smooth)

FRIDAY
SB: Easy spin, 50-60 min.

SATURDAY
KB: ~2 hr. ride including 3 x 5 min. strong building 1-3 with #3 as best effort, 4 min. spin between, then 10 min. building from strong effort to race pace

BR: 2 x 4 min. @ race pace, 4 min. easy between

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

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

8 RACE WEEK

MONDAY
SB: Easy spin, 45-60 min.

TUESDAY
KS: 200 with snorkel + buoy, 12 x 25 swim as 3 x progressing effort 1-4 (easy to fast) on 10 sec. rest
MS: 8 x 100 as2 @ 70%, 2 @ 80%, 2 @ 85%, 2 @ 90%, 30 sec. rest between

KR: 4 x 4 min. building to race pace, 1 min. easy between
6 x 30 sec. pickups, 30 sec. easy

WEDNESDAY
KB: PS: 2 x 3 min. aerobic, 2 min. strong @ cadence ~65 RPM, 1 min. build to fast and high effort @95+ RPM, 1 min. easy

MS: 3 x 4 min. progress effort each interval as:
#1. Build to 80%; #2. Build to 85%; #3. Build to best effort
2 min. easy spin between each then into 5 min. at race pace (by feel, no data)

BR: 15-20 min. easy jog

THURSDAY
SS: Longer progressive building effort swim. 45 min.

FRIDAY
SB: Easy bike spin, 45-50 min.

SATURDAY
Open-water prep swim: Warm-up for 10-15 min. then 2-3 x 30 strokes race effort, 30 strokes smooth, 20 strokes race effort, 30 strokes smooth, 10 strokes above race effort, 30 strokes smooth

PREP BIKE:
Ride ~20-45 min. include 4 x 3 min. builds, spinning up to quick cadence. Spin easy 2 min. between efforts

SUNDAY Race Day!

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