

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Swim</b>	600 warm up, mixing in some non-freestyle 10x 50, alternating kick/swim and drill swim 1600 mostly easy, but with every 4 <sup>th</sup> 50 fast 200 cool down		400 Warm up 5x 100 of 50 kick/50 drill 4x 50 build w/ :20 rest 6x 300 alternating build by 100 and 300 strong w/ :30 rest after each 4x 50 sprint w/ :40 rest 200 cool down		400 Warm up 4x 100 as 25 kick/ 25 drill/ 50 swim 4x 150 build by 50 w/ :20 rest 500 easy, rest :30 4x 100 fast w/ :20 rest 300 easy, rest :30 4x 50 sprint w/ :20 rest 200 cool down		
<b>Bike</b>		<b>Bike 1:30 easy</b> (HR generally under 131) Include 6 short bursts (near maximum power, each lasting about 30 seconds)				<b>Bike 4 hours total:</b> 2 hours easy (HR under 131) 2x 20 min at threshold effort (HR of 144-150) w/ 10 min easy after each 1 hour easy (HR under 131)	<b>Bike 3 hours easy</b> (HR under 131)
<b>Run</b>	<b>Run 1 hour easy</b> (HR under 140)		<b>Run 1:15 total:</b> 15 min easy (HR under 140) <b>Three times through:</b> 10 min fast (HR of 150-155) w/ 5 min easy after each 15 min easy				<b>Run 1 hour easy ASAP after biking</b> (HR under 140)
<b>Other</b>	Weights (maintenance only – not too heavy)			Core exercises and stretching			Stretching

Description of Goal:	Achieved ?	Comments:
1. Make sure the threshold intervals on Wednesday's run and Saturday's bike are strong and crisp. Think first about good technique, then find your rhythm, then add effort.	<input type="checkbox"/>	
2. Try to stretch for at least 5-10 minutes each day this week.	<input type="checkbox"/>	

<p>600 warm up, mixing in some non-freestyle</p> <p>10x 50, alternating kick/swim and drill swim</p> <p>1600 mostly easy, but with every 4<sup>th</sup> 50 fast</p> <p>200 cool down</p>	<p>400 Warm up</p> <p>5x 100 of 50 kick/50 drill</p> <p>4x 50 build w/ :20 rest</p> <p>6x 300 alternating build by 100 and 300 strong w/ :30 rest after each</p> <p>4x 50 sprint w/ :40 rest</p> <p>200 cool down</p>	<p>400 Warm up</p> <p>4x 100 as 25 kick/ 25 drill/ 50 swim</p> <p>4x 150 build by 50 w/ :20 rest</p> <p>500 easy, rest :30</p> <p>4x 100 fast w/ :20 rest</p> <p>300 easy, rest :30</p> <p>4x 50 sprint w/ :20 rest</p> <p>200 cool down</p>
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