



1. WU: 2x(100 swim, 100 kick). MS: Pyramid intervals. For the first 100,200,300,400 swim slower than T-pace. For the last 300,200,100, swim each interval faster, but never faster than T-pace. 100 (15") 200 (20") 300 (30") 400 (30") 300 (30") 200 (30") 100. CD: Easy stroking for 10 minutes varying strokes. Total: 2400
2. Run on a flat to gently rolling course. Get at least 50% of run time with heart rate in zone 2. Avoid zone 3-5 heart rates.
3. WU: 10 minutes alternating slow-fast pacing. Play with different strokes while warming up. MS: 30-minute steady swim. Swim without stopping. Count your strokes on the first 25 of each 100. Are they staying constant? CD: 5 minutes very easy. Choice of strokes or floating on your back and sculling. Total: 45 minutes
4. Breakthrough! WU: 3 x 100 done as 25 kick, 25 R. arm, 25 L. arm, 25 swim . MS: 1600 straight swim alternating T-pace 50s with easy-pace 50s. CD: 300 kick easy. 200 swim good form. Total:2400
5. Run with heart rate in zone 1-2. Don't force zone 2. Flat to gently rolling. Continually check form. Quick cadence (92+ rpm). Flat footstrike with weight on ball of foot (not toes). Foot paws back just before footstrike.
6. Relax today. Stay off your feet and try to avoid physical activity. Drink plenty of water and have fun at the wedding!
7. Breakthrough! Warm up 20-30 minutes. Then ride 2 hours steady in Z2. You may creep into Z3 on hills, but avoid your LT. Observe heart rate at this effort. What was your average HR for the steady state portion?
8. After warm up do 3-4 sets of AA. Cool down with 5-10 minutes of spinning in easy gear/resistance at high rpm.
9. Use the cadence mode if you have this available. Spin on the high end of your comfortable range in the small chain ring in the 1-2 heart rate zones on a flat to gently rolling course. Allow your feet and legs to relax while spinning. Note and record your average cadence for the ride when done.
10. Brick run. First 15 minutes easy (Z1-Z2), and finish strong in Z3.
11. Spin-ups. Slowly spin-up to max rpm over 30 seconds. When you begin to bounce, back off and then hold it for several seconds. Recover completely and repeat several times. Stay RELAXED!
12. Strides. Warm up . On grass run 6-8x30 left-foot steps. Goal = 19-20 seconds. On the recoveries skip 60 times (30 skips each leg alternating). Include walking in recoveries. Perfect form! Zone 1 cool down.