

David Glover : 2/20/2012 - 3/4/2012



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2/20	2/21	2/22	2/23	2/24	2/25	2/26
Day Off Workout Description: Enjoy the down time!	Bike Planned Time: 1:00:00 Workout Description: Z2 on a hilly course with any hills in Z3. Swim Planned Time: 1:00:00 Workout Description: 1000 z2 (include 4 x 50 non-free mixed in), r30s 10 x 50 (25 zipper drill, 25 free), r10s (see embedded video) 4 x 200 steady, r20s C/D: 200 easy choice	Run : Long Run Planned Time: 1:40:00 Workout Description: Z2. Run on softer surfaces (e.g. dirt, grass, etc.) if possible. Practice nutrition and hydration. Strength : OPTIONAL Workout Description: Core routine focusing on abs, back and hips.	Bike : Recovery Planned Time: 1:00:00 Workout Description: Z1/Z2. Use small chain ring in front and keep cadence 90+ rpm. Swim Planned Time: 0:40:00 Workout Description: W/U: 300 every 3rd length fingertip drag drill (see embedded video) 4 x 50 (very fast, EZ), r15s 1 x 1000 steady, r20s W/D 300 any	Run Planned Time: 0:45:00 Workout Description: Z2. Focus on relaxing upper body. Swim Planned Time: 1:00:00 Workout Description: W/U: 600 every 3rd length double entry drill (see embedded video) Main Set: 400 easy, r20s 400 Z2 steady, r20s 400 easy, r20s 400 Z3 fast, r20s C/D: 300 with pull buoy focusing on long, gliding stroke	Bike : Long Ride Planned Time: 3:15:00 Workout Description: Maintain a steady Z2 effort over the duration of the ride. Practice nutrition and hydration as if in a race. Make a note of what you ate and drink during your ride. Run : BRICK Planned Time: 0:20:00 Workout Description: Easy Z1 off the bike (within 5 minutes of finishing ride) to simulate race	Run Planned Time: 0:50:00 Workout Description: Easy Z1. Include 4-6 strides - quick accelerations for 20 sec (not all out efforts) Strength : OPTIONAL Workout Description: Whole body strength exercising with focus on core

Planned: Bike: 5:15:00 Swim: 2:40:00 Run: 3:35:00 Total: 11:30:00

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2/27	2/28	2/29	3/1	3/2	3/3	3/4
Day Off Workout Description: Enjoy the down time!	Bike Planned Time: 1:10:00 Workout Description: Z2 on a hilly course with any hills in Z3. Swim Planned Time: 1:00:00 Workout Description: W/U: 300 easy practice breathing both sides M/S: 4 x 500 alternate easy and steady, r20s C/D: 200 easy	Run : Long Run Planned Time: 1:50:00 Workout Description: Z2. Run on softer surfaces (e.g. dirt, grass, etc.) if possible. Practice nutrition and hydration. Strength : OPTIONAL Workout Description: Core routine focusing on abs, back and hips.	Bike : Recovery Planned Time: 1:00:00 Workout Description: Z1/Z2. Use small chain ring in front and keep cadence 90+ rpm. Swim Planned Time: 0:40:00 Workout Description: W/U: 300 every 3rd length zipper drill 4 x 50 (very fast, EZ), r15s 1 x 1000 steady, r20s W/D 300 any	Swim Planned Time: 1:10:00 Workout Description: W/U: 300 every 3rd length fingertip drag drill Main Set: Pyramid (use pull buoy on odd intervals - e.g. 100, 300): 100, 200, 300, 400 steady, r15s 400, 300, 200, 100 steady, r15s 8 x 50 (25 very fast, 25 EZ), r15s C/D: 200 easy Run Planned Time: 0:50:00 Workout Description: Z2. Focus on relaxing upper body.	Bike : Long Ride Planned Time: 3:30:00 Workout Description: Maintain a steady Z2 effort over the duration of the ride. Practice nutrition and hydration as if in a race. Make a note of what you ate and drink during your ride. Run : BRICK Planned Time: 0:20:00 Workout Description: Easy Z1 off the bike (within 5 minutes of finishing ride) to simulate race	Run Planned Time: 1:00:00 Workout Description: Easy Z1. Include 4-6 strides - quick accelerations for 20 sec (not all out efforts) Strength : OPTIONAL Workout Description: Whole body strength exercising with focus on core