

TEAM IN TRAINING Triathlon Program

Big Kahuna/Pacific Grove/ Malibu

WEEK 7: Monday, July 2 to Sunday, July 8

This is the start of a 3 week build period. Pace yourself, there will be plenty of longer, harder workouts to come so try and stay within the requested Zones and distances. The big change here is that some workouts are now based on distances just like the race. Focus on Technique here and for the next 2 weeks.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MALIBU	Day Off	Run/Walk 25 min. on a flat course, mostly Z2/Z3 with three 30 sec. accelerations into Z4. Recover to Z2 between accelerations	Coached Swim @ Glassel 8-9 pm	Ride 10 mi. Warm slowly to a comfortable "go all day" kind of pace. Ez finish.	Swim 1100 yards. 200y: Warm-up Drill/Swim 6x50: Balance 3x50: Technique Swim 4x50: on 10s rest 1x200: straight 1x50: Cool down	Coached Ride at 8am SHARP <u>Clinics:</u> #9 Tire Change #10 Bike Maintenance	Run 2 miles on a course with some short hills. Recover to Z2 on downhills and flats.
PACIFIC GROVE	Day Off	Run/Walk 40 minutes on a flat course, mostly Z2/Z3 with four 30 second accelerations into Z4. Recover to Z2 between accelerations	Coached Swim @ Glassel 8-9 pm	Ride 15 mi. Warm slowly to a comfortable "go all day" kind of pace. Ez finish.	Swim 1600 yards. 300y: Warm-up Drill/Swim 6x50: Balance 3x50: Technique Swim 8x50: on 10s rest 1x400: straight 1x50: Cool down	Coached Ride at 8am SHARP <u>Clinics:</u> #9 Tire Change #10 Bike Maintenance	Run 3 miles on a course with some short hills. Recover to Z2 on downhills and flats.
BIG KAHUNA	Day Off	Run/Walk 60 minutes on a flat course, mostly Z2/Z3 with five 60 second accelerations into Z4. Recover to Z2 between accelerations	Coached Swim @ Glassel 8-9 pm	Ride 25 mi. Warm slowly to a comfortable "go all day" kind of pace. Ez finish.	Swim 2150 yards. 300y: Warm-up Drill/Swim 6x50: Balance 6x50: Technique Swim 8x50: 10s rest 1x800: straight 1x50: Cool down	Coached Ride at 8am SHARP <u>Clinics:</u> #9 Tire Change #10 Bike Maintenance	Run 6 miles on a course with some short hills. Recover to Z2 on downhills and flats.

Zone	Description	Intensity	Level of Talking	Example
Z1	Warm Up/Recovery	Very Low	Normal	Walking
Z2	Recovery -> Aerobic	Low	Comfortable	Jogging
Z3	Aerobic	Medium	Short Sentences	Running
Z4	Anaerobic	Hard	1-3 words only	10 min. Sprint
Z5	Maximum Effort (Anaerobic)	All out	none	10 sec. Sprint

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WEEK 8: Monday, July 9 to Sunday, July 15

Mileage begins to creep up here – Don't get behind on sleep or hydration. Give your body the rest it needs and deserves. Focus this week is the swim: keep your mind active while in the water and don't be afraid to exaggerate the roll or hold that "on your side glide" a bit longer.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MALIBU	Day Off!	Run/Walk 3 miles, 2 ½ mi Z2 ½ mi Z3	Coached Swim 8-9 pm	Ride 14 mi. Warm slowly to a comfortable "go all day" kind of pace. Ez finish	Swim 1200 yards. 200y: Warm-up Drill/Swim 6x50: Balance 3x50: Technique 2x50: Site Swim 4x50: on 10s rest 1x200: straight 1x50: Cool down	Training Weekend Or Brick (10 mile Bike & 3 mile Run)	Training Weekend or Ride 10 miles on a course with some steep hills.
PACIFIC GROVE	Day Off!	Run/Walk 5 miles 2 ½ mi Z2 2 mi Z3 ½ mi Z2 Include 3 60s pick- ups to Z4, recover to Z2 between each.	Coached Swim 8-9 pm	Ride 20 mi. Warm slowly to a comfortable "go all day" kind of pace. Ez finish	Swim 1800 yards. 300y: Warm-up Drill/Swim 6x50: Balance 3x50: Technique 2x50: Site Swim 8x50: on 10s rest 1x500: straight 1x50: Cool down	Training Weekend Or Brick (15 mile Bike & 4 mile Run)	Training Weekend or Ride 18 miles on a course with some steep hills.
BIG KAHUNA	Day Off!	Run/Walk 9 miles 4 mi Z2 4 mi Z3 1 mi Z2 Include 5 30s pick- ups to Z4, recover to Z2 between each.	Coached Swim 8-9 pm	Ride 40 mi. Warm slowly to a comfortable "go all day" kind of pace. Ez finish	Swim 2400 yards. 300y: Warm-up Drill/Swim 6x50: Balance 6x50: Technique 2x50: Site Swim 8x50: 10s rest 1x800: straight 1x50: Cool down	Training Weekend Or Brick (25 mile Bike & 7 mile Run)	Training Weekend or Ride 36 miles on a course with some steep hills.

Zone	Description	Intensity	Level of Talking	Example
Z1	Warm Up/Recovery	Very Low	Normal	Walking
Z2	Recovery -> Aerobic	Low	Comfortable	Jogging
Z3	Aerobic	Medium	Short Sentences	Running
Z4	Anaerobic	Hard	1-3 words only	10 min. Sprint
Z5	Maximum Effort (Anaerobic)	All out	none	10 sec. Sprint

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WEEK 9: Monday, July 16 to Sunday, July 22

This is a big week! Focus this week has to be recovery between workouts. If you expect to have anything to offer the next day's workout you **must** eat properly "in the window" after each workout and stay hydrated. Sleep is also a big factor – Get 9 hours per night minimum.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MALIBU	Day Off!	Ride 16 miles in hilly terrain. Manage energy by staying seated & spinning at 90 rpm.	Coached Swim 8-9 pm	Run/Walk 4 mi. in hilly terrain. It is ok for heart rate(HR) to go to Z4/Z5 on uphill. Allow HR to come down on downhills and flats.	Swim 1200 yards. 200y: Warm-up Drill/Swim 6x50: Balance 3x50: Technique 2x50: Site Swim 4x50: on 10s rest 1x200: straight 1x50: Cool down	Coached Run 8am Sharp Clinic Triathlon Clothing	Ride 14 mi. Warm slowly to a comfortable "go all day" kind of pace. Ez finish.
PACIFIC GROVE	Day Off!	Ride 22 miles in hilly terrain. Manage energy by staying seated & spinning at 90 rpm.	Coached Swim 8-9 pm	Run/Walk 6 mi. in hilly terrain. It is ok for heart rate(HR) to go to Z4/Z5 on uphill. Allow HR to come down on downhills and flats.	Swim 2000 yards. 300y: Warm-up Drill/Swim 6x50: Balance 3x50: Technique 4x50: Site Swim 8x50: on 10s rest 1x600: straight 1x50: Cool down	Coached Run 8am Sharp Clinic Triathlon Clothing	Ride 20 mi. Warm slowly to a comfortable "go all day" kind of pace. Ez finish.
BIG KAHUNA	Day Off!	Ride 44 miles in hilly terrain. Manage energy by staying seated & spinning at 90 rpm.	Coached Swim 8-9 pm	Run/Walk 10 mi. in hilly terrain. It is ok for heart rate(HR) to go to Z4/Z5 on uphill. Allow HR to come down on downhills and flats.	Swim 2700 yards. 300y: Warm-up Drill/Swim 6x50: Balance 7x50: Technique 4x50: Site Swim 10x50: 10s rest 1x1000: straight 1x50: Cool down	Coached Run 8am Sharp Clinic Triathlon Clothing	Ride 40 mi. Warm slowly to a comfortable "go all day" kind of pace. Ez finish.

Zone	Description	Intensity	Level of Talking	Example
Z1	Warm Up/Recovery	Very Low	Normal	Walking
Z2	Recovery -> Aerobic	Low	Comfortable	Jogging
Z3	Aerobic	Medium	Short Sentences	Running
Z4	Anaerobic	Hard	1-3 words only	10 min. Sprint
Z5	Maximum Effort (Anaerobic)	All out	none	10 sec. Sprint

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WEEK 10: Monday, July 23 to Sunday, July 29

Recovery week – you made it! <u>Let this week's focus again be RECOVERY.</u> You pushed hard the last 12 of 14 days so let those efforts drink in and give the body a chance to repair and grow stronger. EXTRA sleep, drive the automatic, use the valet, take the elevator, nap, & in general - pamper yourself Mon-Fri.							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MALIBU	Swim for 20' but more importantly swim easy – no kicking. Just feel the water and focus on technique.	Day Off!	Coached Swim 7-8 pm	. Ride for 40' all easy all Z1	Day Off	Coached Ride. 8am Sharp	Run 25' on flat. Throw in a few walks as needed, keep it easy (Z1/Z2)
PACIFIC GROVE	Swim for 35' but more importantly swim easy – no kicking. Just feel the water and focus on technique.	Day Off!	Coached Swim 8-9 pm	Ride for 50' all easy all Z1 & Z2	Day Off	Coached Ride. 8am Sharp	Run 40' on flat. Throw in a few walks as needed, keep it easy (Z1/Z2)
BIG KAHUNA	Swim for 45' but more importantly swim easy – no kicking. Just feel the water and focus on technique.	Day Off!	Coached Swim 7-8 pm	Ride for 90' all easy, all Z2 & Z3	Day Off	Coached Ride. 8am Sharp	Run 60' on flat. Throw in a few walks as needed, keep it easy (Z1/Z2)

Zone	Description	Intensity	Level of Talking	Example
Z1	Warm Up/Recovery	Very Low	Normal	Walking
Z2	Recovery -> Aerobic	Low	Comfortable	Jogging
Z3	Aerobic	Medium	Short Sentences	Running
Z4	Anaerobic	Hard	1-3 words only	10 min. Sprint
Z5	Maximum Effort (Anaerobic)	All out	none	10 sec. Sprint

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WEEK 11: Monday, July 30 to Sunday, Aug 5

First week of the last build period – Don't get behind on sleep or hydration. Give your body the rest it needs and deserves. Focus this week is the swim: keep your mind active while in the water and don't be afraid to exaggerate the roll or hold that "on your side glide" a bit longer.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MALIBU	Day Off!	Run/Walk 4 miles, 3 mi Z2 1 mi Z3	Coached Swim 8-9 pm	Ride 18 miles on mostly flat terrain. After a warm up Include 4 accelerations to Z4/Z5. Recover to Z2 in between.	Swim 1200 yards. 200y: Warm-up Drill/Swim 6x50: Balance 3x50: Technique 2x50: Sight Swim 4x50: on 10s rest 1x200: straight 1x50: Cool down	Coached Run 8am Sharp Clinic Race Nutrition Plan	Ride 18 miles on a course with some moderate hills.
PACIFIC GROVE	Day Off!	Run 6 miles 2 ½ mi Z2 2 ½ mi Z3 1 mi Z2 Include 3 60s pick- ups to Z4, recover to Z2 between each.	Coached Swim 8-9 pm	Ride 24 miles on mostly flat terrain. After a warm up Include 5 accelerations to Z4/Z5. Recover to Z2 in between.	Swim 1800 yards. 300y: Warm-up Drill/Swim 6x50: Balance 3x50: Technique 2x50: Sight Swim 8x50: on 10s rest 1x500: straight 1x50: Cool down	Coached Run 8am Sharp Clinic Race Nutrition Plan	Ride 24 miles on a course with some moderate hills.
BIG KAHUNA	Day Off!	Run 10 miles 4 mi Z2 4 mi Z3 2 mi Z2 Include 5 30s pick- ups to Z4, recover to Z2 between each.	Coached Swim 8-9 pm	Ride 50 miles on mostly flat terrain. After a warm up Include 8 accelerations to Z4/Z5. Recover to Z2 in between.	Swim 2400 yards. 300y: Warm-up Drill/Swim 6x50: Balance 6x50: Technique 2x50: Sight Swim 8x50: 10s rest 1x800: straight 1x50: Cool down	Coached Run 8am Sharp Clinic Race Nutrition Plan	Ride 50 miles on a course with some moderate hills.

Zone	Description	Intensity	Level of Talking	Example
Z1	Warm Up/Recovery	Very Low	Normal	Walking
Z2	Recovery -> Aerobic	Low	Comfortable	Jogging
Z3	Aerobic	Medium	Short Sentences	Running
Z4	Anaerobic	Hard	1-3 words only	10 min. Sprint
Z5	Maximum Effort (Anaerobic)	All out	none	10 sec. Sprint

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WEEK 12: Monday, Aug 6 to Sunday, Aug 12

Another big week – stay focused! You will be pushing hard this week and next. Make sure you are staying hydrated all day long. Lot's of rest between workouts.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MALIBU	Day Off	Run/Walk 3 miles. Use the first ½ mile to warm up then hold in Z3 for 2 miles then recover to Z1 for the last ½ mile.	Coached swim 8-9 pm.	Run 5 miles, all Z2/3 Relaxed shoulders, comfortable arm swing.	Swim 1400 yards. 200y: Warm-up Drill/Swim 4x50: Balance 5x50: Technique 2x50: Sight Swim 4x50: on 10s rest 1x400: straight 1x50: Cool down	Coached Brick 8-9am Practice Transitions	Ride 22 miles Eat and drink race fuel.
PACIFIC GROVE	Day Off	Run/Walk 4 miles. Use the first ½ mile to warm up then hold in Z3 for 3 miles then recover to Z1 for the last ½ mile.	Coached swim 8-9 pm.	Run 7 miles, all Z2/3 Relaxed shoulders, comfortable arm swing.	Swim 2300 yards. 300y: Warm-up Drill/Swim 4x50: Balance 5x50: Technique 2x50: Sight Swim 8x50: on 10s rest 2x500: 30s rest 1x50: Cool down	Coached Brick 8-9am Practice Transitions	Ride 30 mi some rolling hills are great. Eat and drink race fuel.
BIG KAHUNA	Day Off	Run/Walk 8 miles. Use the first mile to warm up then hold in Z3 for 6 miles then recover to Z1 for the last mile.	Coached swim 8-9 pm.	Run 12 miles, all Z2/3 Relaxed shoulders, comfortable arm swing.	Swim 3000 yards. 400y: Warm-up Drill/Swim 6x50: Balance 8x50: Technique 4x50: Sight Swim 8x50: 10s rest 2x600: 30s rest 2x50: Cool down	Coached Brick 8-9am Practice Transitions	Ride 60 mi some rolling hills are great. Eat and drink race fuel.

Zone	Description	Intensity	Level of Talking	Example
Z1	Warm Up/Recovery	Very Low	Normal	Walking
Z2	Recovery -> Aerobic	Low	Comfortable	Jogging
Z3	Aerobic	Medium	Short Sentences	Running
Z4	Anaerobic	Hard	1-3 words only	10 min. Sprint
Z5	Maximum Effort (Anaerobic)	All out	none	10 sec. Sprint