

Rage in the Sage Sprint

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Jan. 22	23	24	25	26	27	28
Day Off <i>*Recovery Week!*</i>	Coached Swim or Ride 40' all flat, all zones 1 and 2	Ride 40' all flat, all zones 1 and 2 or Coached Swim	Run 20', same intensity as yesterday	Day Off	Coached Bike Ride	Run 4 miles in Z1, Z2
29	30	31	Feb 1	2	3	4
Day Off	Coached Swim or Run 6 miles which include hills	Run 6 miles which include hills or Coached Swim	Ride 20 miles in Zones 1, 2	Swim 30' steady with long strokes	Coached Run	Brick: Ride 15 miles easy, Run 3 mi steady right off the bike!
5	6	7	8	9	10	11
Day Off	Coached Swim or Ride 20 mi., the middle 10 in Z3.	Ride 20 mi., the middle 10 in Z3 or Coached Swim	Run 45 minutes: 10' easy 15' mod 15' faster 5' easy	Swim 30' steady with long strokes	Coached Ride	Run 40 minutes in Z2 and Z3
12	13	14	15	16	17	18
Day Off	Coached Swim or Run 3 miles easily	Run 3 miles easily or Coached Swim	Run 50 min in Z1, Z2, Z3	Swim 40' GOLF	Coached lopsided Brick (bike-heavy)	Run 60 minutes steady in Z2, Z3
19	20	21	22	23	24	25
Day Off <i>*Recovery Week!*</i>	Coached Swim or Run 2' all Z1, Z2	Run 2' all Z1, Z2 or Coached Swim	Swim 30' steady and easy	Day off	Coached Run	Ride 25 miles all hills

26	27	28	March 1	2	3	4
Day Off	Coached Swim or Ride 20 miles steady in Z1, Z2	Ride 30 miles steady in Z1, Z2 or Coached Swim	Ride 90 min all hills!	Swim 30' easy	Coached Bike Ride	Run 50 min in Z2, Z3
5	6	7	8	9	10	11
Day Off	Coached Swim or Run 30 minutes	Run 30 minutes or Coached Swim	Ride 75': 15' easy 25' mod 25' faster 10' easy	Swim 40' GOLF	Coached Run	Run 40' 20' Z2 15' Z3 5' cool
12	13	14	15	16	17	18
Day Off	Coached Swim or Ride 20 miles with long periods of some intensity in the middle 10 miles	Ride 20 miles with long periods of some intensity in the middle 10 miles or Coached Swim	Run 40' 20' Z2 15' Z3 5' cool	Swim 40' GOLF	Coached Brick	Run 1 hour in Z1 and Z2 – focus on a steady pace and practice race nutrition!
19	20	21	22	23	24	25
Day Off <i>*Recovery Week!*</i>	Coached Swim or Run 20' all Z1, Z2	Run 20' all Z1, Z2 or Coached Swim	Swim 30' steady and easy	Day off	Coached Run	Ride 20 miles Z1, Z2, Z3