

Wildflower Long (½-IM)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
January 22	23	24	25	26	27	28
Day Off <i>*Recovery Week!*</i>	Coached Swim or Ride 60' all flat, all zones 1 and 2	Ride 60' all flat, all zones 1 and 2 or Coached Swim	Run 30', same intensity as yesterday	Day Off	Coached Bike Ride	Run 6 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 30 miles in Zones 1 - 3	Run 5 miles: 1 st mile Z2, 2 nd -4 th mile in Z3, 5 th mile Z2	Coached Run	Brick: Ride 40 mi with hills, Run 4 mi steady right off the bike
5	6	7	8	9	10	11
Day Off	Coached Swim or Ride 30 mi., the middle 20 in Z3.	Ride 30 mi., the middle 20 in Z3 or Coached Swim	Brick: Ride 20 miles easy, then run 6 miles right off the bike!	Swim 30' easy	Coached Ride	Run 9 miles Z1, Z2
12	13	14	15	16	17	18
Day Off	Coached Swim or Run 6 miles easily	Run 6 miles easily or Coached Swim	Ride 30 miles all hills	Run 7 miles all hills	Coached lopsided Brick (bike-heavy)	Run 10 miles steady in Z2, Z3
19	20	21	22	23	24	25
Day Off <i>*Recovery Week!*</i>	Coached Swim or Run 30' all Z1, Z2	Run 30' all Z1, Z2 or Coached Swim	Swim 30' steady and easy	Day off	Coached Run	Ride 45 miles all hills
26	27	28	March 1	2	3	4
Day Off	Coached Swim or Ride 30 miles steady	Ride 30 miles steady or Coached Swim	Run 7 miles "Tempo": 1 st mile Z1, 2 nd mile Z2, 3 rd -6 th mile steady in Zone 3, 7 th mile Z1	Swim 60 minutes with long strokes	Coached Bike Ride	Brick: Ride 35 miles with hills, then run 4 miles Z2, Z3 right off the bike.

5	6	7	8	9	10	11
Day Off	Coached Swim or Ride 25 miles focused on steady pedal stroke	Ride 25 miles focused on steady pedal stroke or Coached Swim	Brick: Ride 30 miles, then run 8 miles	Swim 30' easy, "recovery" style!	Coached Run	Ride 45 miles with significant hills!
12	13	14	15	16	17	18
Day Off	Coached Swim or Ride 30 miles with long periods of some intensity in the middle 20 miles	Ride 30 miles with long periods of some intensity in the middle 20 miles or Coached Swim	Run 7 miles with as much in hills and on trails as you can!	Swim long and steady for 60 minutes	Coached Brick	Ride 60 miles long and steady in Z1, Z2, Z3
19	20	21	22	23	24	25
Day Off <i>*Recovery Week!*</i>	Coached Swim or Run 30' all Z1, Z2	Run 30' all Z1, Z2 or Coached Swim	Swim 30' steady and easy	Day off	Coached Run	Ride 45 miles all hills