

Chinook Triathlon Olympic Distance Plan- B78 : 7/6/2015 - 8/2/2015



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7/6	7/7	7/8	7/9	7/10	7/11	7/12
Other : Start Date Swim : Pull Duration (P): 1:00:00 Distance (P): 2400 meters Workout Description: Beginner- 1200m- Do half of everything written Advanced- 2400m Warm up- 200 choice, 100 kick, 4*50 scull/swim by 25m with pull buoy, 100 pull Main Set Advanced 4*(400m pull no paddles with 1min rest) Beginners 4*(200m pull no paddles with 1min rest) Cool down 100 choice, 4*25 perfect freestyle on 10sec rest	Run : Speed Endurance Duration (P): 1:07:00 Workout Description: Beginner Run 51min Advanced Run 67min Warm up- 15 minutes easy Activation- 4*(30sec building pace, 90sec easy) 2 minutes easy Main Set 4-8*(2min fast, 2min easy) Fast is 5km race pace or faster Beginners do 4 rounds Advanced do 8 rounds Cool down- 10 minutes easy Bike : Recovery/Technical Duration (P): 1:00:00 Workout Description: Beginners do 30 minutes with the following set 5*(1min at 90+rpm, 2min at 80rpm) Advanced do 60 minutes with the following set 4*(4min at 100+rpm, 1min at 90rpm)	Swim : Speed Endurance Duration (P): 1:00:00 Distance (P): 3000 meters Workout Description: Beginner- 1500m- Do half of everything written Advanced- 3000m Warm up- 200 choice, 200 kick, 200 scull/swim Activation 8*50 freestyle on 15sec rest descending 1-4 (get faster) Main Set 16*100 on 10-15sec rest at goal race pace Cool down 100 backstroke, 100 kick, 100 freestyle, 4*25 perfect freestyle on 10sec rest	Brick : Bike/Run Transition Workout Duration (P): 2:00:00 Workout Description: Beginner- 1.5 hours Advanced- 2 hours Warm up- 20 minutes easy biking Activation 4*(30sec strong, 90sec easy) 2min easy Main Set- Aerobars where appropriate 3-5*(10min at 40km race pace, 5min easy) Beginners do 3 rounds Advanced do 5 rounds Transition to Run (have your transition set up ahead of time) Run Beginners 15 minutes continuous Advanced 3*(5min at goal race pace, 1min rest) Cool down- 10 minutes easy running	Day Off	Bike : Endurance Duration (P): 2:00:00 Workout Description: Beginners ride 90 minutes Advanced ride 2 hours Choose a pace that allows you to carry on a conversation Swim : Open water Duration (P): 0:45:00 Workout Description: Warm up- 10 minutes easy mixed strokes Activation 4*(20 strokes fast, 30 strokes easy) Main Set Beginners 2*(8min continuous, 2min rest) Advanced 30min continuous Cool down- 5 minutes easy mixed strokes including some backstroke	Run : Endurance Duration (P): 1:15:00 Workout Description: Beginners run 45 minutes Advanced run 75 minutes Choose a pace that allows you to carry on a conversation

Planned: Swim: 2:45:00 / 5400 meters Run: 2:22:00 Bike: 3:00:00 Brick: 2:00:00 Total: 10:07:00

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7/13	7/14	7/15	7/16	7/17	7/18	7/19
Swim : Pull Duration (P): 1:00:00 Distance (P): 3000 meters Workout Description: Beginner- 1250m- Do half of everything written Advanced- 2600m	Run : Speed Endurance Duration (P): 1:05:00 Workout Description: Beginner Run 50min Advanced Run 65min Warm up- 15 minutes easy	Swim : Speed Endurance Duration (P): 1:00:00 Distance (P): 3200 meters Workout Description: Beginner- 1600m- Do half of everything written	Brick : Bike/Run Transition Workout Duration (P): 2:00:00 Workout Description: Beginner- 1 hour 35min Advanced- 2 hours Warm up- 20 minutes easy	Day Off	Bike : Endurance Duration (P): 2:30:00 Workout Description: Beginners ride 1 hour 45min Advanced ride 2.5 hours Choose a pace that allows you to carry on a conversation	Run : Endurance Duration (P): 1:30:00 Workout Description: Beginners run 60 minutes Advanced run 90 minutes Choose a pace that allows you to carry on a conversation

<p>Warm up- 200 choice, 100 kick, 4*50 scull/swim by 25m with pull buoy, 100 pull</p> <p>Main Set Advanced 3*(600m pull no paddles with 1min rest) Beginners 3*(300m pull no paddles with 1min rest)</p> <p>Cool down 100 choice, 4*25 perfect freestyle on 10sec rest</p>	<p>Activation- 4*(30sec building pace, 90sec easy) 2 minutes easy</p> <p>Main Set 3-6*(3min fast, 2min easy) Fast is 5km race pace or faster Beginners do 3 rounds Advanced do 6 rounds</p> <p>Cool down- 10 minutes easy</p> <p>Bike : Recovery/Technical Duration (P): 1:00:00 Workout Description: Beginners do 30 minutes with the following set 5*(1min at 90+rpm, 2min at 80rpm)</p> <p>Advanced do 60 minutes with the following set 4*(4min at 100+rpm, 1min at 90rpm)</p>	<p>Advanced- 3200m</p> <p>Warm up- 200 choice, 200 kick, 200 scull/swim Activation 8*50 freestyle on 15sec rest descending 1-4 (get faster)</p> <p>Main Set 12*150 on 10-15sec rest at goal race pace</p> <p>Cool down 100 backstroke, 100 kick, 100 freestyle, 4*25 perfect freestyle on 10sec rest</p>	<p>biking Activation 4*(30sec strong, 90sec easy) 2min easy</p> <p>Main Set- Aerobars where appropriate 3-4*(12min at 40km race pace, 3min easy) Beginners do 3 rounds Advanced do 5 rounds</p> <p>Transition to Run (have your transition set up ahead of time)</p> <p>Run Beginners 20 minutes continuous</p> <p>Advanced 4*(4min at goal race pace, 1min rest)</p> <p>Cool down- 10 minutes easy running</p>	<p>Swim : Open water Duration (P): 0:55:00 Workout Description: Warm up- 10 minutes easy mixed strokes</p> <p>Activation 4*(20 strokes fast, 30 strokes easy)</p> <p>Main Set Beginners 5*(4min continuous, 1min rest) Advanced 35min continuous</p> <p>Cool down- 5 minutes easy mixed strokes including some backstroke</p>
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Planned: Swim: 2:55:00 / 6200 meters Run: 2:35:00 Bike: 3:30:00 Brick: 2:00:00 Total: 11:00:00

7/20	7/21	7/22	7/23	7/24	7/25	7/26
<p>Swim : Pull Duration (P): 1:00:00 Distance (P): 2800 meters Workout Description: Beginner- 1350m- Do half of everything written Advanced- 2800m</p> <p>Warm up- 200 choice, 100 kick, 4*50 scull/swim by 25m with pull buoy, 100 pull</p> <p>Main Set Advanced 4*(500m pull no paddles with 1min rest) Beginners 2*(500m pull no paddles with 1min rest)</p> <p>Cool down 100 choice, 4*25 perfect freestyle on 10sec rest</p>	<p>Run : Speed Endurance Duration (P): 1:15:00 Workout Description: Beginner Run 55min Advanced Run 75min Warm up- 15 minutes easy Activation- 4*(30sec building pace, 90sec easy) 2 minutes easy</p> <p>Main Set 5-10*(2min fast, 2min easy) Fast is 5km race pace or faster Beginners do 3 rounds Advanced do 6 rounds</p> <p>Cool down- 10 minutes easy</p> <p>Bike : Recovery/Technical Duration (P): 1:00:00 Workout Description: Beginners do 30 minutes with the following set 5*(1min at 90+rpm, 2min</p>	<p>Swim : Speed Endurance Duration (P): 1:00:00 Distance (P): 3400 meters Workout Description: Beginner- 1700m- Do half of everything written Advanced- 3400m</p> <p>Warm up- 200 choice, 200 kick, 200 scull/swim Activation 8*50 freestyle on 15sec rest descending 1-4 (get faster)</p> <p>Main Set 40*50 on 10sec rest at goal race pace</p> <p>Cool down 100 backstroke, 100 kick, 100 freestyle, 4*25 perfect freestyle on 10sec rest</p>	<p>Brick : Bike/Run Transition Workout Duration (P): 2:10:00 Workout Description: Beginner- 1 hour 50min Advanced- 2 hours 10min</p> <p>Warm up- 20 minutes easy biking Activation 4*(30sec strong, 90sec easy) 2min easy</p> <p>Main Set- Aerobars where appropriate 3-4*(15min at 40km race pace, 5min easy) Beginners do 3 rounds Advanced do 4 rounds</p> <p>Transition to Run (have your transition set up ahead of time)</p> <p>Run Beginners 20 minutes continuous</p> <p>Advanced</p>	<p>Day Off</p>	<p>Bike : Endurance Duration (P): 3:00:00 Workout Description: Beginners ride 2 hours Advanced ride 3 hours Choose a pace that allows you to carry on a conversation</p> <p>Swim : Open water Duration (P): 1:00:00 Workout Description: Warm up- 10 minutes easy mixed strokes</p> <p>Activation 4*(20 strokes fast, 30 strokes easy)</p> <p>Main Set Beginners 3*(10min continuous, 1min rest) Advanced 40min continuous</p> <p>Cool down- 5 minutes easy mixed strokes including some backstroke</p>	<p>Run : Endurance Duration (P): 1:30:00 Workout Description: Beginners run 60 minutes Advanced run 1 hour 30 minutes Choose a pace that allows you to carry on a conversation</p>

	at 80rpm) Advanced do 60 minutes with the following set 4*(4min at 100+rpm, 1min at 90rpm)		5*(5min at goal race pace, 1min rest) Cool down- 10 minutes easy running		
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Planned: Swim: 3:00:00 / 6200 meters Run: 2:45:00 Bike: 4:00:00 Brick: 2:10:00 Total: 11:55:00

7/27	7/28	7/29	7/30	7/31	8/1	8/2
<p>Swim : Pull/Recovery Duration (P): 0:45:00 Distance (P): 1800 meters Workout Description: Beginner- 850m- Do half of everything written Advanced- 1800m</p> <p>Warm up- 200 choice, 100 kick, 4*50 scull/swim by 25m with pull buoy, 100 pull</p> <p>Main Set Advanced 20*(50m pull no paddles on 10sec rest) Beginners 10*(50m pull no paddles on 10sec rest)</p> <p>Cool down 100 choice, 4*25 perfect freestyle on 10sec rest</p>	<p>Run : Activation Duration (P): 0:55:00 Workout Description: Beginner Run 45min Advanced Run 55min Warm up- 15 minutes easy Activation- 4*(30sec building pace, 90sec easy) 2 minutes easy</p> <p>Main Set 5-10*(30sec fast, 90sec easy) Fast is 5km race pace or faster Beginners do 5 rounds Advanced do 10 rounds</p> <p>Cool down- 10 minutes easy</p>	<p>Bike : Activation Duration (P): 1:00:00 Workout Description: Beginner- 45min Advanced- 1 hour</p> <p>Warm up- 20 minutes easy</p> <p>Main Set- Aerobars where appropriate 5-10*(1min at 40km race pace, 2min easy) Beginners do 5 rounds Advanced do 10 rounds</p> <p>Cool down- 10 minutes easy</p>	<p>Day Off</p>	<p>Run : Activation Duration (P): 0:15:00 Workout Description: 10 minutes easy but technically engaged 5*(60m accelerations to 10km race pace)</p> <p>Bike : Activation Duration (P): 0:20:00 Workout Description: Easy ride to check gears, brakes and make sure bike is ready to go</p> <p>Swim : Activation Duration (P): 0:10:00 Workout Description: Warm up- 5 minutes easy, relaxed, long strokes</p> <p>Main Set 5*(50 strokes long and strong, 20 strokes easy)</p>	<p>Race : Chinook Olympic Distance Triathlon Workout Description: Good Luck! Suggested warm up: Easy 10 minutes running with some 50m accelerations Swim- 5 minutes easy with some sculling followed by 5*50 strokes long and strong, 20 strokes easy</p>	<p>Day Off</p>

Planned: Swim: 55:00 / 1800 meters Run: 1:10:00 Bike: 1:20:00 Total: 3:25:00