



Weekly Training Plan

Week 10 - 7/21/08

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
SWIM	Easy Effort		Medium Effort		Easy Effort		
BIKE		Big Gear Interval		Tempo		1.5 hours	4 hours:
		20 min warm-up		15 min		HR @ 135	1st Hour HR 140, watts 175
		5 x 3 min Interval		HR < 140		15 min run ez	2nd Hour HR 150, watts 200
		HR 155 200w		12 min @ HR:			30 min HR 140, watts 175
		HR 160 (2)220w		145 170w			30 min HR 150, watts 200
		HR 165 (2)235w		150 185w			4th Hour HR 140, watts 175
		5 min rec @ HR 145		155 200w			
		10 min run		145 170w			
				150 185w			
				155 200w			
				140w			
RUN	45 min		105 min TOTAL		20 min / warm up		20 min:
	Build @ 9 min		15 min / warm up		3 x 10 min Interval:		HR 163
	Intervals:		75 min @ Pace 7:00-6:45		5:50 pace HR 183		
	7:00		HR 155 - 165		2-3 min ez jog rec		
	6:30		15 min / cool down		20 min CD		
	6:00						
	5:30 for 1 Mile						
	7:00 remaining cool down						
	Stick to Pace and record HR						
LIFT		Wt Circuit					Wt Circuit
		3 x 12 reps					3 x 12 reps
		Squat					Squat
		Lunge					Lunge
		Bend					Bend
		Push					Push
		Pull					Pull
		Twist					Twist