



Athletes Name: Olympic Distance Program (10-12hrs Max train time)

Week #: 7

Week Commencing: 15/10

	Swim	Bike	Run	Other / Notes
Monday	Am 2500m 500m free, 200m kick, 4x100m - 50m 1 arm change arms after 25m / 25m catch up / 25m free – 15sec, 200m easy back / free, <b>5x200m fartlek – with pad (no pull buoy) - (25 sprint / 125 @ 75% / 50 @ 90% on 4.00</b> , 200m easy back / free with fins, 200m fins easy free DPS		PM Steady Aerobic 45min / undulating terrain keep <b>HR Zones 2-3</b> while keeping leg cadence high	Race Goal – <b>3 weeks</b>
Tuesday		Am 1hr30mins – steady aerobic WU 30min – spin ups – 15 x 30 sec @ Zone 4-5a perceived effort / 30sec easy @ 110+rpm/ 5min easy / 15min – big gear – (3mins @50rpm / 5min @ 60rpm / 7min @ 70rpm) – HR zones 3-5a - spin warm down	Off Bike 15min @ <b>Zones 3-4</b> - faster leg cadence with shorter strides	Yoga / Stretching
Wednesday	Pm 2500m easy free, 200m kick, 6x100m – 50m fist / 25 scull / 25m free – 10sec, 500m easy free paddles, 8x50m fins – 25m high elbow / 25m free Dps – 10sec, 200m kick, <b>600m paddles 100m hard / 50 easy 50m hard / 50 easy / 25m hard – 25m easy) – do x 2</b> , 200m easy back / free with fins			
Thursday		Am easy 1hr aerobic flat terrain and keep rpm over 90 as an average	Pm Track 45min – 15min warm up / <b>3x1600m</b> – 1 @ ½ marathon race pace - 3min easy 2 @ 10k pace – 3min easy / 3 @ 5k pace - 3min easy, / <b>4x200m</b> @ 5km race pace / 200m float between / warm down 10min	Strength circuit adapt phase
Friday	<b>REST DAY – OPTIONAL WALK / Stretch / Yoga</b>			
Saturday	Pm 2000m 400m easy free 3 <sup>rd</sup> 50 – catch up), 100m kick, 4x100m – 50m fist / 25m breast / 25m free – 10sec, <b>12x50m (6x50m fins – 25 m high elbow / 25m free / 6x25m polo / 25m easy free) – 20sec</b> , 4x50m – 1 x 25m scull / 25m free / 1xstroke count 10 sec, 100m easy back / free, 200m choice		Am 1hr Long steady distance aerobic over undulating terrain keeping <b>Zones 1-2 HR</b>	Yoga / Stretching
Sunday		Am 3hrs / staying aerobic zone / first 1.5hrs / then add 3x8min @ tempo pace Zone 3 on flat terrain 85- 90rpm / 2min aerobic recovery spin between each – ride on with an easy aerobic pace to complete		
Leg Total	2.45HRS/7KM	TOTAL 5.30HRS	TOTAL 2.45HRS	Yoga / Stretching / Strength
			<b>Weekly Total</b>	<b>11.00HRS + YOGA / Strength</b>





**Lactate Threshold Heart Rate (Cycling) – is approx 153 for you**

**Heart Rate Training zones based on Lactate Threshold Heart Rate**

ZONE	RPE (Exertion Scale 1-20)	PURPOSE	% OF LTHR (HR #)
<b>1</b>	<10	Recovery	65-81% = (99– 23)
<b>2</b>	10-12	Aerobic	82-88% = (125–134)
<b>3</b>	13-14	Tempo	89-93% = (136–142)
<b>4</b>	15-16	Sub Threshold	94-100% = (143–152)
<b>5A</b>	17	Super Threshold	101-02% = (154–156)
<b>5B</b>	18-19	Aerobic Capacity	103-105% = 157–160)
<b>5C</b>	20+	Anaerobic Capacity	106%+ = (162+)

**LTHR (Running) – is approx 161 for you**

**Heart Rate Training zones based on Lactate Threshold Heart Rate**

ZONE	RPE (Exertion Scale 1-20)	PURPOSE	% OF LTHR (HR #)
<b>1</b>	<10	Recovery	65-81% = (104–130)
<b>2</b>	10-12	Aerobic	82-88% = (132–141)
<b>3</b>	13-14	Tempo	89-93% = (143–149)
<b>4</b>	15-16	Sub Threshold	94-100% = (151–161)
<b>5A</b>	17	Super Threshold	101-102% = (162–164)
<b>5B</b>	18-19	Aerobic Capacity	103-105% = (165–169)
<b>5C</b>	20+	Anaerobic Capacity	106%+ = (170+)

**Strength training – (adaptation Phase)**

**Circuit – warm up 5min stationary bike / light stretch upper body routine 12-15reps of following: Crunches / Lunges with 5kg dumbbell each hand / bench press / lat pull down / bicep curl / leg press / tricep extension / seated row – no rest between stations / have 1min stand down rest between sets – do whole set x 3 – warm down spin bike or cross trainer 5min**