

Bosse Olympic Triathlon Plan - 10weeks

Summary	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1 Swim 1:30 Bike 1:00 Run 0:45 Day Off 0:00 Hours 3:15/0:00/0:00	Workout 1 Day Off None Relax <i>Your first day, and it's off! Time to research this whole training plan thing and make sure you have everything in place!</i>	Workout 1 Run 0:45 BT: Warm up well. Then run a 30 minute time trial on flat course/track. Punch HR monitor 'lap' button 10 minutes into Time Trial. Average heart rate for last 20 minutes predicts Lactate Threshold Heart Rate (LTHR). <i>Note: For full info on testing, as well as how to determine your zones, go here.</i>	Workout 1 Swim 0:45 BT: WU. Then do 10 x 100 with 10 seconds rests. All-out effort. What was your total time for this set (or average 100 time)? This avg 100 time sets your pace for all future swim intervals, so remember it! <i>Swim test day...do your best to pace yourself through all 10 reps!</i>	Workout 1 Bike 1:00 Ride in zones 1-2. Flat course. Low effort--light on pedals. Comfortably high rpm. <i>Just a nice leisurely ride - find a safe place to do this during the week!</i>	Workout 1 Swim 0:45 WU: 100 free, 2x50 kick free, 100 pull buoy free. DR: 6x50 catch up drill: hold that bottom arm out there until the other one "catches up" to it. MS: 10x75 as 25 drill of your choice, 50 moderate freestyle. WD: 150 pull free. Total: 1500. The focus of the catch up drill is relaxed, long swimming and learning how to move one hand (recovering out of the water) independently of the other (relaxed and long in front of you). Do not pull through until you feel your body roll through the center/horizontal plane! <i>Drill Day.</i>	Workout 1 Bike 16 mi Ride in zones 1-2. Flat course. Low effort--light on pedals. Comfortably high rpm. <i>Easy ride, make sure everything is still working.</i>	Workout 1 Run 5 mi Run a hilly course. Heart rate in zones 2-3 on uphill. Otherwise heart rate in zones 1-2. Avoid heart rate zones 4-5. Take it easy on the downhills. <i>Rolling hills run...nice and steady effort throughout.</i>

Summary	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 2 Swim 1:00 Bike 2:20 Run 1:00 Day Off 0:00 Hours 4:20/0:00/0:00	Workout 1 Day Off None Relax <i>Recovery Day!</i>	Workout 1 Bike 1:00 'Hills.' On flat course. Warm up 15 mins with easy spinning, HR Zones 1-2. Main Set: Shift so you are in a lower gear in the back (harder), your cadence down to about 70. Do the following 8 times: 30 seconds @ 70-80 rpm, 30 seconds shift harder, 30 seconds shift harder again!, 90 seconds recovery. Seated. Heart rate 4-5 zones. Warm Down: Rest of time back home. <i>Interval Workout Today.</i>	Workout 1 Swim 1:00 WU: 100 swim easy, 50 kick easy, 100 swim moderate, 50 kick moderate, 100 swim build speed, 50 kick build speed. MS:CD: 200-300 easy swim. Total: 2450-2550 For the first set decrease times with each work interval. All aerobic—easy breathing. 4 x 300 (10") moderate. Rest 2 minutes. Kick 300 steady. 6 x 50 relaxed speed (15").	Workout 1 Bike 1:20 Ride primarily at 1-3 zones on a rolling course. Mostly in saddle on hills to build & maintain hip strength. Small and big chain rings. <i>Steady ride, just stay seated the entire time...low + high cadences are okay, learn to cope!</i>	Workout 1 Run 0:45 On soft but firm surface, heart rate in zones 1-3. Relaxed form and quick cadence. <i>Easy run here.</i>	Workout 1 Bike 20 mi Ride in zones 1-3. Flat course. Comfortably high rpm. Include 5 x 3 minutes in a bigger (harder) gear with 2 minute recoveries in an easier gear. Building some strength here! <i>Another easy endurance ride. Practice riding + standing when in a safe space.</i>	Workout 1 Run 5.5 mi Run a hilly course. Heart rate in zones 2-3 on uphill. Otherwise heart rate in zones 1-2. Avoid heart rate zones 4-5. Take it easy on the downhill. <i>Rolling hills run...nice and steady effort throughout.</i>
		Workout 2 Run 0:15 Take 5' and get your run shoes on. Hit the road for this EASY jog. <i>Easy run here...building competency.</i>					

Summary	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 3	Workout 1	Workout 1	Workout 1	Workout 1	Workout 1	Workout 1	Workout 1
Swim 1:45							
Bike 1:00	Day Off None	Bike 1:00	Swim 1:00	Run 0:50	Swim 0:45	Bike 24 mi	Run 6 mi
Run 1:20	Relax <i>Recovery Day!</i>	'Hills.' On flat course. Warm up 15 mins with easy spinning, HR Zones 1-2. Main Set: Do 5 x 5 mins as 3 mins in a big gear at 60-70rpms with 2' recoveries in an easier gear. Warm Down: Rest of time back home. <i>Interval Workout Today.</i>	WU: 100 swim easy. 50 kick easy. 100 swim moderate. 50 kick moderate. 100 swim building speed throughout. 50 kick building speed throughout. MS: 400 constant pace, moderate effort. Rest 1 minute. 4 x 100 (20") Start easy. Make each 100 faster. Rest 1 minute after last one. 300 constant, moderate pace. Rest 1 minute. 3 x 100 (20") Start easy. Make each 100 faster. 200 constant, moderate pace. Rest 1 minute. 2 x 100 (20") Start easy. Make each 100 faster. CD: 200-300 easy swim. Total: 2450-2550	On soft but firm surface, HR Zones 1-3. Pretty form and quick cadence. <i>Again, nothing hard here...nice steady run.</i>	WU: 5-minute swim with your choice of kicks and swims. Drills: Focus on how well you do the drills, not on how fast. Set #1 scull front, set #2 scull chest, set #3 scull back 3 x (3 x 50 done as 25 skull, 25 distance per stroke emphasis). MS: Using the "feel" for the water you just developed: 500 swim at moderate/aerobic effort. Kick 200 moderate effort. CD: 500 straight here...try to swim as continuously as possible during this set! If you need to take a break, please minimize it as much as possible. 5 minutes of kicks and swims. Total: 1150+	Ride in zones 1-2. Flat course. Comfortably high rpm. Include 5 x 3 minutes STANDING big (harder) gear with 2 minute recoveries in an easier gear...done after the halfway mark. Building some more strength here! <i>Another easy endurance ride. Practice riding + standing when in a safe space.</i>	Run a hilly course. Heart rate in zones 2-3 on uphills. Otherwise heart rate in zones 1-2. Avoid heart rate zones 4-5. Take it easy on the downhills. <i>Rolling hills run...nice and steady effort throughout.</i>
Day Off 0:00		Workout 2					
Hours		Run 0:15					
4:05/0:00/0:00		Take 5' and get your run shoes on. Hit the road for this EASY jog. <i>Easy run here...building competency.</i>					

Summary	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 4	Workout 1	Workout 1	Workout 1	Workout 1	Workout 1	Workout 1	Workout 1
Swim 1:25							
Bike 0:45	Day Off None	Bike 0:45	Swim 0:40	Run 0:45	Swim 0:45	Bike 16 mi	Run 4 mi
Run 0:45	Relax <i>Recovery Day!</i>	Ride in zones 1-2. Flat course. Low effort--light on pedals. Comfortably high rpm. <i>Easy spin on the recovery week! Enjoy it! Up to one hour if you have energy.</i>	WU: All easy. 100 swim, 100 kick, 100 pull, 100 swim. MS: 3 x 100 mod (10"). 1 min rest. 3 x 100 mod (10"). CD: 300 easy swim. Total: 1300 <i>Shorter swim today...even split the 2 sets of 3 x 100.</i>	BT: Warm up well. Then run a 30 minute time trial on flat course/track. Punch HR monitor 'lap' button 10 minutes into Time Trial. Average heart rate for last 20 minutes predicts Lactate Threshold Heart Rate (LTHR).	WU: 100 free, 2x50 kick free, 100 pull free. DR: 6x50 fist drill freestyle--swim with fists down, normal swim back. MS: 10x75 as 25 drill of your choice, 50 moderate freestyle. WD: 150 pull free. Total: 1500. The focus of the fist drill is on using your forearms to pull your body through the water (instead of your palms). Maintain the same even pace of your regular swimming, but focus on bending your arm earlier to get your forearm into the equation. Note: You hold fists in and out of the water. <i>Drill Day! The fist drill is tough but really helps you improve your interaction with the water (Really!).</i>	Ride in zones 1-2. Flat course. Low effort--light on pedals. Comfortably high rpm. Practice bike handling skills, particularly cornering and descending if possible. <i>Shorter ride; it's a recovery week after all!!!!</i>	On soft but firm surface, HR Zones 1-2. Pretty form and quick cadence. <i>Again, nothing hard here (walk a bit if you have to). Goal is to stay loose and finish your recovery week on a positive note!</i>
Day Off 0:00							
Other 0:00							
Hours 2:55/0:00/0:00							

Summary	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 5 Swim 1:45 Bike 1:00 Run 1:20 Brick 0:00 Day Off 0:00 Hours 4:05/0:00/0:00	Workout 1 Day Off None Relax <i>Recovery Day!</i>	Workout 1 Bike 1:00 BT: Tempo intervals. On road or trainer. Do 3 x 6 minutes in the 3 zone (4 minute recoveries). Relax! Smooth pedaling. 80-90 rpm. Aero position. <i>Warm up and down well in Zones 1+2; choose a safe place to do your intervals if you are riding outside!</i> Workout 2 Run 0:15 Take 5' and get your run shoes on. Hit the road for this EASY jog. <i>Easy run here...see how you feel after the intense effort!</i>	Workout 1 Swim 1:00 WU: 100 swim, 100 kick, 100 swim, 100 kick. MS: Pyramid intervals: Choose a pace for the 300 interval that is below your T-pace. Then maintain that pace for the "step-up" portion of the set. For the "step-down" portion try to make each interval faster than the previous so that the last interval is the fastest of the entire set. But never faster than T-pace. Recoveries are seconds in parentheses. 50 (15") 100 (20") 200 (30") 300 (30") 200 (30") 100 (30") 50. CD: even pacing throughout, regardless of distance! Easy stroking for 10 minutes varying strokes. Total: 1900	Workout 1 Run 0:50 On soft but firm surface, HR Zones 1-3. Pretty form and quick cadence. <i>Good effort here...finish with 4 x 30 seconds fast on a slight downhill/soft surface, jogging back to the top to recover.</i>	Workout 1 Swim 0:45 WU: 100 free, 2x50 kick free, 100 pull free. DR: 6x50 one arm freestyle--left arm down, right arm back. MS: 10x75 as 25 drill of your choice, 50 moderate freestyle. WD: 150 pull free. Total: 1500. The focus on this drill is relaxation and rotation. Breathe every two strokes, reach the active hand out beyond the stationary one, and do not pull through until your hips have rotated back to horizontal. <i>good solid drill here....be patient with the active hand, allow it to glide out in front of you and make a nice anchor.</i>	Workout 1 Brick 20 mi Ride 20 miles on a rolling course, building to the last 3 miles at estimated race pace (Zones 3+). Then transition to a 15 mins moderate run (zones 2-4). Pay close attention to your breathing on run. This is your best clue as to how hard you are running--not your legs. Good effort here! <i>Brick workout! Pace yourself on the bike, then head back home/to your car and transition quickly (5 mins or less) to the run. Do 15 min run as outlined above. Cool down by walking and stretching!</i>	Workout 1 Run 6 mi Zones 1-4 today, as you feel. Start easy and pick up the pace if you feel good...bottom of Zone 4 is your limit! <i>Build your effort over the course of this run, finishing strong!</i> Workout 2 Run 0:15 1. Wash your face and get out of your wet clothes into sweats, etc (no shower yet!). 2. Get right to some liquid calories (can be a home-made shake or recovery drink), must be consumed in first 15' after finishing. 3. Shower. 4. Lay down on floor and put legs up - 1' up for every 15' run. You do the math. Watch TV upside down, etc. 5. Get up and make a meal. Be sure to include protein in this (preferable a 4:1 ratio of carbs to protein). 6. Sit down with legs up...watch TV, maybe nap. MANDATORY!

Summary	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 6 Swim 1:00 Bike 2:40 Run 1:25 Brick 0:00 Day Off 0:00 Hours 5:05/0:00/0:00	Workout 1 Day Off None <i>Relax Recovery Day!</i>	Workout 1 Bike 1:00 BT: Tempo intervals. On road or trainer. Do 4 x 5 minutes in the 3 zone (3 minute recoveries). Relax! Smooth pedaling. 80-90 rpm. Aero position. <i>Warm up and down well in Zones 1+2; choose a safe place to do your intervals if you are riding outside!</i> Workout 2 Run 0:15 Take 5' and get your run shoes on. Hit the road for this EASY jog. <i>Easy run here...see how you feel after the intense effort!</i>	Workout 1 Swim 1:00 WU: 4 x 100 swim done as 25s each of kick, R arm only, L arm only, swim. MS:CD: Easy combination of kicks and strokes for 10 minutes. Total: 2400 The even intervals are done at 5 seconds slower than 100 T-pace. The others are relaxed swims with good technique. Recoveries are in seconds within parentheses. 100 (15") 200 (20") 300 (40") 400 (60") 300 (40") 200 (30") 100.	Workout 1 Bike 1:40 Ride primarily at 1-3 zones on a rolling course. Mostly in saddle on hills to build & maintain hip strength. Small and big chain rings. <i>Steady ride, just stay seated the entire time.</i>	Workout 1 Run 0:55 On soft but firm surface, HR Zones 1-3. Pretty form and quick cadence. <i>Good effort here...finish with 6 x 30 seconds fast on a slight downhill/soft surface, jogging back to the top to recover.</i>	Workout 1 Brick 25 mi Ride 25 miles on a rolling course, building to the last 5 miles at estimated race pace (Zones 3+). Then transition to a 15 mins moderate run (zones 2-4). Pay close attention to your breathing on run. This is your best clue as to how hard you are running--not your legs. Good effort here! <i>Brick workout! Pace yourself on the bike, then head back home/to your car and transition quickly (5 mins or less) to the run. Do 15 min run as outlined above. Cool down by walking and stretching!</i>	Workout 1 Run 6.5 mi Zones 1-4 today, as you feel. Start easy and pick up the pace if you feel good...bottom of Zone 4 is your limit! <i>Build your effort over the course of this run, finishing strong!</i> Workout 2 Run 0:15 1. Wash your face and get out of your wet clothes into sweats, etc (no shower yet!). 2. Get right to some liquid calories (can be a home-made shake or recovery drink), must be consumed in first 15' after finishing. 3. Shower. 4. Lay down on floor and put legs up - 1' up for every 15' run. You do the math. Watch TV upside down, etc. 5. Get up and make a meal. Be sure to include protein in this (preferable a 4:1 ratio of carbs to protein). 6. Sit down with legs up...watch TV, maybe nap. MANDATORY!

Summary	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 7 Swim 2:00 Bike 1:00 Run 1:15 Brick 0:00 Day Off 0:00 Hours 4:15/0:00/0:00	Workout 1 Day Off None Relax <i>Recovery Day!</i>	Workout 1 Bike 1:00 BT: Tempo intervals. On road or trainer. Do 4 x 6 minutes in the 3 zone (2 minute recoveries). Relax! Smooth pedaling. 80-90 rpm. Aero position. <i>Warm up and down well in Zones 1+2; choose a safe place to do your intervals if you are riding outside!</i> Workout 2 Run 0:15 Take 5' and get your run shoes on. Hit the road for this EASY jog. <i>Easy run here...see how you feel after the intense effort!</i>	Workout 1 Swim 1:00 WU: 500 swim easy. 8 x 50 done as 25 drill and 25 swim. MS: 7 x 100 (20") #1 is easy. Descending time for each interval. Rest 1-2 minutes. 3 x 100 (20") each same pace as #7 of first set. 300 kick steady effort. CD: 200 easy swim. Total: 2400	Workout 1 Run 0:45 BT: Cruise intervals. Warm up well. Then 3 x 3 minutes. Build heart rate to zone 4-5a. 2 minute recovery interval. Relaxed form! Listen to breathing. <i>Critical workout here to build upper end of your aerobic strength...do not go over your Threshold!</i>	Workout 1 Swim 1:00 WU: 5-minute swim with your choice of kicks and swims. Drill 2 x (4 x 50 done as 25 catch up drill, 25 distance per stroke emphasis). MS: Using the "feel" for the water you just developed: 2 x 400 swim (1' rest) at moderate/aerobic effort. Kick 400 moderate effort. CD: <i>You are a fish!!! You love the water. Pace yourself well and learn to deal w/ mental (not physical) fatigue associated with longer swim sets. Try to finish last 100 of second 400 strong! 5 minutes of kicks and swims.</i> Total: 2000+	Workout 1 Brick 30 mi Ride 30 miles on a rolling course, building to the last 10 miles at estimated race pace (Zones 3+). Then transition to a 15 mins HARD run (zones 4-5). Pay close attention to your breathing on run. This is your best clue as to how hard you are running--not your legs. Really let it go here and see how you feel! <i>Brick workout! Pace yourself on the bike, then head back home/to your car and transition quickly (5 mins or less) to the run. Do 15 min run as outlined above. Cool down by walking and stretching!</i>	Workout 1 Run 7 mi Zones 1-4 today, as you feel. Start easy and pick up the pace if you feel good...bottom of Zone 4 is your limit! No more than 15 minutes hard. <i>Build your effort over the course of this run, finishing strong!</i>

Summary	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 8 Swim 1:25 Bike 1:00 Run 1:00 Day Off 0:00 Other 0:00 Hours 3:25/0:00/0:00	Workout 1 Day Off None Relax <i>Recovery Day!</i>	Workout 1 Bike 1:00 Ride in zones 1-2. Flat course. Low effort--light on pedals. Comfortably high rpm. <i>Easy spin on the recovery week! Enjoy it!</i> Workout 2 Run 0:15 Take 5' and get your run shoes on. Hit the road for this EASY jog. <i>Easy run here...see how you feel after the intense effort!</i>	Workout 1 Swim 0:40 WU: Build effort on each rep. 50 swim, 50 kick, 50 swim, 50 kick, 50 swim. MS:CD: 150 easy with drills. Total: 1000 <i>super short and sweet here...get in and get out!</i> Each numbered set is done non-stop as a 200. #1—100 easy, 50 mod, 50 fast (20"). #2—50 easy, 100 mod, 50 fast (30"). #3—50 easy, 50 mod, 100 fast .	Workout 1 Run 0:45 BT: Cruise intervals. Warm up well. Then 4 x 3 minutes. Build heart rate to zone 4-5a. 2 minute recovery interval. Relaxed form! Listen to breathing. <i>Critical workout here to build upper end of your aerobic strength...do not go over your Threshold!</i>	Workout 1 Swim 0:45 WU: 100 free, 2x50 kick free, 100 pull free. DR: 6x50 fist drill freestyle--swim with fists down, normal swim back (see video). MS: 10x75 as 25 drill of your choice, 50 moderate free. WD: 150 pull free. Total: 1500. The focus of the fist drill is on using your forearms to pull your body through the water (instead of your palms). Maintain the same even pace of your regular swimming, but focus on bending your arm earlier to get your forearm into the equation. Note: You hold fists in and out of the water. <i>Drill Day! The fist drill is tough but really helps you improve your interaction with the water (Really!).</i>	Workout 1 Bike 16 mi Ride in zones 1-2. Flat course. Low effort--light on pedals. Comfortably high rpm. Practice bike handling skills, particularly cornering and descending if possible. <i>Shorter ride; it's a recovery week after all!!!!</i>	Workout 1 Run 5 mi On soft but firm surface, HR Zones 1-2. Pretty form and quick cadence. <i>Nice easy run here.</i>

Summary	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 9 Swim 1:25 Bike 1:00 Run 0:45 Brick 0:00 Day Off 0:00 Hours 3:10/0:00/0:00	Workout 1 Day Off None Relax <i>Recovery Day!</i>	Workout 1 Bike 1:00 BT: Tempo intervals. On road or trainer. Do 2 x 12 minutes in the 3 zone (3 minute recoveries). Relax! Smooth pedaling. 80-90 rpm. Aero position. <i>Warm up and down well in Zones 1+2; choose a safe place to do your intervals if you are riding outside!</i>	Workout 1 Swim 0:40 Swim alone. Very easy swim. Do 10' warm up/ 20' steady/ 10' warm down. Warm Up: Swim up easy. Rest at each end as long as you want. Focus on a nice long reach in the water - this will help you on your balance. Main Set: Swim 20' steady. Pace yourself well and keep moving! Cool Down: Same as warm up, feel free to do breast stroke, back stroke, side stroke, etc., to cool down. <i>Test Swim interval!</i>	Workout 1 Run 0:45 BT: Cruise intervals. Warm-up well. Then do 2 x 6 minutes. Build to heart rate 4-5a zone (2 minute recoveries). Relaxed form! Listen to breathing. <i>Again, very hard work here...build your effort and once you hit the proper zones, dial in your pacing and try to relax here.</i>	Workout 1 Swim 0:45 WU: 6 x 50 increasing pace slightly each 25. MS:CD: 200 easy with emphasis on form. Total—1700 <i>Really push the 2 x 300...see what you've got!</i> All are at T-pace: 100 (10"), 200 (15"), 300 (15"), 300 (15"), 200 (15"), 100.	Workout 1 Brick 20 mi Ride 20 miles on a rolling course, building to the last 5 miles at estimated race pace (Zones 3+). Then transition to a 15 mins moderate run (zones 2-4). Pay close attention to your breathing on run. This is your best clue as to how hard you are running--not your legs. Good effort here! <i>Brick workout! Pace yourself on the bike, then head back home/to your car and transition quickly (5 mins or less) to the run. Do 15 min run as outlined above. Cool down by walking and stretching!</i>	Workout 1 Run 5 mi On soft but firm surface, mostly zone 2. Pick up the pace for your last 10 minutes to zone 4. <i>Tempo finish today.</i>

Summary	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 10 Swim 0:40 Bike 0:40 Run 0:50 Race 3:30 Day Off 0:00 Hours 5:40/0:00/0:00	Workout 1 Day Off None Use this day to buy all the stuff you'll need for race weekend, print out directions, plan you pre-race meals, etc. Don't wait until the last minute!!! <i>Preparation Day!</i>	Workout 1 Bike 0:40 After warm-up do 4 x 90 seconds in the heart rate 4-5a zones (3-minute recoveries). Finish with a very easy cool down and stretch. <i>Warm up well and get these efforts done quickly...time to sharpen up!</i> Workout 2 Run 0:15 Take 5' and get your run shoes on. Hit the road for this MODERATE run. <i>Quality run here...include 3 x 1' of intense effort w/ 3' recoveries.</i>	Workout 1 Swim 0:40 WU: 50 pull, 50 kick, 50 swim done twice. MS: Recoveries are indicated in parentheses as seconds. 3 x 75 descending times (30"). 50 kick easy. 3 x 75 descending times (30"). 50 kick easy. 3 x 75 descending times (30"). 50 kick easy. 1 x 75 fastest of workout (easy 25 swim). CD: 100 easy swim. Total—1150 <i>Go faster for each set of 75s (first rep is moderate, second rep is harder, third rep is hardest).</i>	Workout 1 Run 0:35 Tempo intervals. Warm up jog for 15 minutes. Then 3 x 3 minutes @ race pace (level 7-8 out of 10). 2 minute recovery interval after each 3 minute interval of work. Relaxed form! Walk for 5' after the end of this workout (from 30-35') <i>Take a few minutes at the end of this workout to stretch!</i>	Workout 1 Day Off None Relax	Workout 1 Race 0:30 Get all your gear together. 10' swim (in suit as needed). Review pre-race warm up. 10' bike (nice and easy). Do 2x30" @ race pace. 10' run (still easy). Do 2x30" @ race pace. Return home, get off your feet and review the race in your head! <i>Make sure you have everything you need to race!</i>	Workout 1 Race 3:00 <i>Race Race Day!!!</i>