Tritualner.com	Tritualogr.co	arriyaalaar.com	rritaalaar.com	rritualoor.co	gyrkaalner.com	rritaaloor.com	rrinalaar.com	tritualner.com
			26 WEEK	OLYMPIC D	ISTANCE	TRAINING	PLAN	
You should	consult yo	ur doctor be	efore attem	oting this p	lan as the	<u>athlete</u>		
assumes all	risks of at	tempting su	<u>ich a plan a</u>	nd TRI-TRA	INER.CO	<u> Massume</u>	s no	
liability for p	roviding t	his plan. Ap	pendix at th	e end of th	e plan.			
If you have o	questions	please E Ma	il Razortri@	aol.com				
Acknowledg	ements to	Joe Friel - 7	The Triathle	tes's Traini	ng Bible, (Gale Bernl	nardt - Tr	aining
Plans for Mu	ıltisport At	hletes, Tudo	or Bompa -	Theory and	Methodo	logy of Tra	<u>ining</u>	
TRI-TRAINE	R.COM							
WEEK			PREP PHA	SE				
1	MON	TUE	WED	THUR	FRI	SAT	SUN	TOTAL
STR	1.00 AA				1.00 AA			2
SWIM		00.30 Tec		00.45 T1		1.00 E1		2.15
BIKE			00.45 S1				1.00 E2	1.45
RUN		00.30 E1		00.30 S1		1.00 E1		2
								8
2	!							
STR	1.00 AA				1.00 AA			2
SWIM		00.45 Tec		00.45 E1		1.00 E2		2.3
BIKE			00.45 S1				1.15 E2	2
RUN		00.30 E1		00.30 S1		1.00 E2		2
								8.3
3								
STR	1.00 AA				1.00 AA			2
SWIM		00.45 Tec		00.45 E2		1.00 E2		2.3
BIKE			00.45 S1				1.15 E2	2
RUN		00.45 E2		00.45 S1		1.00 E2		2.3
								9
4								
STR	1.00 AA				REST			1
SWIM		00.45 Tec		00.45 E2		1.00 E2		2.3
BIKE			00.45 E2				1.00 E2	1.45
RUN		00.30 E1		00.45 S1		00.45 E1		2
								7.15
STRENGTH				/ *** =				
AA - Anatom							-	
Leg Press, C		<u> </u>	•	n Press, Ro	ow, Standi	ng Lat Pul	li down.	
Break elbow	early to m	IIMIC SWIM S	stroke.					
OVAZIBA								
SWIM								

T1 - Time Tria	al 3 x 300 w	ith 30 secs	RI. Fastes	t and slowe	st to be w	ithin 15 se	econds of
	0 71 000 11			d 3 again to			
				c 100 @ T 1	_		
Tec - Technic							
E1 - Very eas	•			echnique.			
E2 - Techniqu							
BIKE							
E2 - Zone 2 F	iR						
S1 - Spin. Hiç	gh Cadence	e. RPM at 1	00 and abo	ve on easy	gear or lo	w level if o	on
stationar	y bike or tr	ainer.					
RUN							
E1 - Zone 1 F	IR - Very sl	ow. Relax.					
E2 - Zone 2 F	IR - Easy.						
S1 - After eas	sy Warm Up	(w/u) 4-5	30 sec acce	lerations. N	lot flat ou	t. Build .	
Full reco	very for 1 r	ninute Zon	e 1 betweei	ı reps.			
Ray Kelly							
<u>razortri@aol.</u>	com						
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			26 WEEK	OLYMPIC I	DISTANCE	TRAININ	G PLAN	
Appendix	of training	code at e		4 week plar				
- ' '		•				∟ Bible. Ga	⊥ Ie Bernha	rdt - Training
					ory and Me			
WEEK			BASE 1		increase V			
	MON	TUE	WED	THUR	FRI	SAT	SUN	TOTAL
STR	1.00 MS	_			1.00 MS			2
SWIM		1.00 E2		1.00 Tec		1.00 E3		3
BIKE			00.45 S2		00.45 ME		1.00 E2	2.3
RUN		00.30 E1		00.45 S1		1.00 E2		2.15
								9.45
6								
STR	1.00 MS				1.00 MS			2
SWIM		1.00 E2		1.00 Form		1.00 E3		3
BIKE			00.45 S1		00.45 ME		1.30 E2	3
RUN		00.30 E1		00.45 S2		1.15 E2		2.3
								10.3
7								
STR	1.00 MS				1.00 MS			2
SWIM		1.00 E2		1.00 Form		1.00 E3		3
BIKE			00.45 S2		00.45 ME		2.00 E3	3.3
RUN		00.30 E1		00.45 S1		1.30 E3		2.45
								11.15
8								
STR	1.00 MS				REST			1
SWIM				00.45 T1		1.00 E2		1.45
BIKE			00.45 S1				1.00 E2	1.45
RUN		00.30 E1				1.00 E2		1.3
								6
STRENG	TH							
MS - Max	kimum Str	ength - 6-	8 Reps x 3	-4. Increas	e each wee	k if you c	an rep 10	X.
SWIM								
E2 - Tecl	nnique + Z	Zone 2 Ma	in Set					
E3 - Lon	ger Sets a	ınd HR , ie	300 w/u 5	x 300 30' F	RI, 5 x 200 2	20' RI etc.		
Tec - Tec	hnique fo	cus for 70)% of work	out				
FORM -	Concentra	ite on Lon	g Stroke. (Count them	. Try to 'fe	el' the wa	ater.	
Tec	hnique to	start,						
BIKE								

S1 - Spin. High Cade	nce. RPM a	t 100 and a	bove on eas	sy gear or lo	w level if c	n stationa	ry
S2 - w/u then isolated	d leg on sta	tionary. Sta	art 30 secs e	each leg , EA	SY GEAR	build to 3	minutes
each leg with 2 n	ninutes eas	y spin betw	veen each b	oth legs.			
E2 - Zone 2 HR							
E3 - Zone 3 HR - Sor	ne hill worl	(seated)					
ME - Muscular Endur	ance - HR	Zone 3 , Hig	her Gear, N	lax 80 RPM,	Stay seate	d.	
RUN							
E1 - Zone 1 HR - Very	slow. Rela	ıx.					
E2 - Zone 2 HR - Eas	y.						
S1 - After easy Warm	Up (w/u) 5	-6 30 sec ad	celerations	. Not flat ou	t. Build . F	ull recover	y between.
S2 - After easy w/u in	crease pad	e to comfo	rtable stride	. Keep form	for 1 minu	ite and rec	over.
HR Zone 3 Max.	Recover fo	r 2 minutes.					
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646-644-3988							

TC:THAINGT.COO	TT : TRAJAGT . COL	evitaalaer.cea	Tri-Tealnet.com	evel-mainer.ce	mritalaer.ce	myritaaloor.com	eritalor.com	eri mainer, com
						TRAINING P		
Appendix o	f training co	de at end.of	each 4 wee	ek plan.				
					ining Bible	Gale Bernh	nardt - Traii	ning
						ology of Tra		
TRI-TRAIN								
WEEK			BASE 2	Sport Spe	cific Strengt	h - Lactate te	esting (E4)	
9	MON	TUE	WED	THUR	FRI	SAT	SUN	TOTAL
STR	1.00 PE**		1.00 PE**					2
SWIM		1.00 F		0.45 E2		1.00 Form		2.45
BIKE					0.30 S1		1.45 E4	2.15
RUN		0.30 E2		0.30 S2		1.00 E2		2
								9
10								
STR	1.00 PE**		1.00 PE**					2
SWIM		1.00 F		1.00 E2		1.15 M		3.15
BIKE					1.00 S1		2.15 E2	3.15
RUN		0.30 E2		0.30 S2		1.15 E4		2.15
								10.45
11								
STR	1.00 PE**		1.00 PE**					2
SWIM		1.00 F		1.00 E2		1.15 E1		3.15
BIKE					1.00 S1		2.45 E4	3.45
RUN		0.30 E2		0.45 S2		1.30 E4		2.45
12								
STR	1.00 PE**		1.00 PE**		REST			2
SWIM		0.30 Form		0.30 T1				1
BIKE				0.45 S3			1.00 T1	1.45
RUN		0.30 E2				1.00 T1		1.3
								6.15
STRENGTH								
SM - Streng	th Maintena	nce - 3 x 10 (0 70% of MS	S. Slow to M	oderate.			
**PE - Powe	r Endurance	e - 65% of MS	but Explos	ive recovery	. ONLY for e	xperienced.		
as there is i	risk of injury	if not proper	rly exercised	d. SM worko	ut alternative	9.		
SWIM								
-		cusing on fo	rm and Tech	nnique.Long	Sets			
	que + Zone 2		 =: : :			1.11		
		ets with Padd			•			
		Long Stroke	. Count ther	n . Iry to "fe ⊟	er the water.	·		
Technique t		e - Sets of 'T'	Time Pace					
				nd slowest t	o he within '	 5 seconds of	f	
		to get ave. 3					_	
Cucii Otilei.	Divide by 5	to get ave. J	oo ana o ay	uni to get av	C. 100 1 till			

Use this tim	ne +/- when de	ning sets. Le	10 x 100 @	T 15' (sec) F	RI (rest inter	val)		
	io -/- which di	Jing 3013. 1.6	. 13 X 100 W	, 1 10 (300) 1	i (rest inter	· u.,		
BIKE								
S3 - Accele	rations aftew	w/u. 30 sec	accels with	full recovery	between . 5	-10 ?		
E2 - Zone 2	HR							
E4 - Zone 1	- 4 HR - Worl	harder, Atta	ack hills, Ins	ert some Spe	eed			
T1 - Time Ti	rial - If you ha	ve your favo	rite outdooi	r route, pick a	a spot and s	ee how		
long it take	s to get there	going hard.	Part of your	longer route	works.			
RUN								
E2 - Zone 2	HR - Easy.							
E4 - Zone 1	I-4 running hi	lls and flats	pushing HR	at times into	and holdin	g Zone 4		
S2 - After ea	asy w/u incre	ase pace to	comfortable	stride. Keep	form for 1 r	ninute and re	ecover.	
HR Zon	e 3 Max. Rec	over for 2 mi	inutes.					
T1 - Time Ti	rial - 1-3 Miles	on Track, o	r a nice flat	road. w/u the	n Test. Use	in the future.		
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			26 WEEK	OLYMPIC D	ISTANCE	TRAINING	G PLAN	
Appendix of	of training co	ode at end.c	of each 4 w	eek plan.				
<u>Acknowle</u>	dgements	<u>to Joe Friel</u>	- The Tria	<u>thletes's Trai</u>	ning Bibl	<u>e, Gale B</u>	ernhardt -	<u>Training</u>
Plans for	Multisport .	<u> Athletes, Τι</u>	ıdor Bomp	oa - Theory a	nd Metho	dology of	Training	
TRI-TRAIN	IER.COM							
WEEK			BASE 3	Volume inc	rease an	d Lactate	Threshold	l Intervals
1:	3 MON	TUE	WED	THUR	FRI	SAT	SUN	TOTAL
STR	1.00 SM							•
SWIM		1.00 E2		0.45 Force		1.00 E2		2.45
BIKE			1.00 M4		1.00 S5		2.15 E2	4.15
RUN		0.30 S1		0.30 E2		1.00 M2		2
								10
14	4							
STR	1.00 SM							1
SWIM		1.00 E2		1.00 S		1.15 E2		3.18
BIKE			1.00 M4		1.15 E2		2.30 E4	4.45
RUN		0.30 S2		1.00 E4		1.15 E2		2.45
								11.45
1	5							
STR	1.00 SM							•
SWIM		1.00 Form		1.00 S		1.15 E2		3.15
BIKE			1.00 E2		1.00 M4		3.00 E4	
RUN		0.30 S1		1.00 E4		1.30 E2		3
								12.15
10	6							
STR	1.00 SM				REST			•
SWIM		0.45 T1		0.45 E2		0.45 E1		2.15
BIKE			1.00 S5				1.00 T1	2
RUN		0.30 E1		0.30S2		1.00 T1		2
								7.15
STRENGTH	1							
SM - Streng	gth Maintena	ance - 3 x 10	@ 70% of N	IS. Slow to Mo	oderate.			
SWIM								
E1 - Very ea	asy swim, Fo	ocusing on f	orm and Te	chnique.Long	Sets ie 5x	400		
	•	2 Long Main						
				with Fast 50s				
FORM - Co	ncentrate or	n Long Strok	e. Count th	em . Try to 'fee	el' the wate	er.		
Technique	to start,							
M - Muscul	ar Endurand	e - Sets of 'T	' Time Pace	e ie 10x100 @	T (10') RI			

each other.	Divide by 3	to get ave. 3	300 and 3 ag	ain to get ave	e. 100 'T' ti	me.		
Use this tim	e +/- when o	doing sets. I.	e. 10 x 100 @	D T 15' (sec) I	RI (rest int	terval)		
BIKE								
S1 - Spin. H	igh Cadenc	e. RPM at 10	0 and above	on easy gear	r or low lev	el if on st	ationary	
S3 - Acceler	ations aftev	v w/u. 30 sec	accels with	full recovery	between .	5-10 ?		
S5 - w/u the	n 3mins 100	RPM, 2 mins	s 110 RPM, 1	min 120+ RP	M - Easy o	gear. 2 min	s rec.	
repeat sev	veral times.							
E2 - Zone 2	HR							
E4 - Zone 1-	4 HR - Wor	k harder, Att	ack hills, Ins	ert some Spe	eed			
M4- w/u .Bu	ild to Zone	4 HR and hol	d for 30 - 40	minutes				
T1 - Time Tr	ial - If you h	ave your fav	orite outdoo	r route, pick	a spot and	l see how		
long it takes	to get ther	e going hard	l. Part of you	r longer rout	e works.			
Tri-Trainer.c	om							
RUN								
E1 - Very ea	sy recovery	run.						
E2 - Zone 2	HR- Easy.							
E4 - Zone 1	-4 running h	nills and flats	s pushing HF	R at times into	and hold	ing Zone 4	ı	
S1 - After ea	ısy Warm U	p (w/u) 5-6 30) sec accele	rations. Not f	lat out. Bu	ild . Full re	covery bet	ween.
S2 - After ea	sy w/u incr	ease pace to	comfortable	stride. Keep	form for	l minute a	nd recover.	
HR Zone	e 3 Max. Re	cover for 2 n	ninutes.					
M2 - w/u the	n 4-5 x 5 mi	ns at top of	Zone 3 HR a	nd hold . Lac	tateThresh	old. 1 min	recovery	
T1 - Time Tr	ial - 1-3 Mile	s on Track,	or I like Fore	st Avenue. w	/u then Tes	st. Use in t	he future.	
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TELEGATE CONTENTIAL CONTENTAL CONTEN

			26 WEEK C	DLYMPIC D	ISTANCE	TRAINING	PLAN	
Appendix of t	raining cod	de at end.of	each 4 week	plan.				
Acknowledg				<u>'</u>	ing Bible	Gale Bern	⊔ hardt - Tra	ining
Plans for Mu					_			
TRI-TRAINE								
WEEK			BUILD 1	Higher Int	tensity to	Race Spee	d and Rec	overv
17	MON	TUE	WED	THUR	FRI	SAT	SUN	TOTAL
STR	1.00 SM	102	1125	IIIOIX	1 1 1 1	0 , (1	JOIN	101712
SWIM		1.00 E2		1.00 A		1.00 E2		3
BIKE		1.00 LL	1.00 S5	1.0071	1.00 E2	1.00 LL	3.00 E1-5	5
RUN		1.00 I (E5)	1.00 00	0.30 E1	1.00 LZ	1.00 S2	0.00 L 1 0	2.3
		1.001(20)		0.00 = 1		1.00 02		11.3
18							BRICK	11.0
STR	1.00 SM						Bitioit	1
SWIM	7.00 0141	1.00 E2		1.00 A		1.15 E2		3.15
BIKE		1.00 LZ	1.00 M4	1.00 /	1.15 E1	1.10 LZ	2.00 E2-3	4.15
RUN		1.00 E2	1.00 1014	0.30 S1	1.10 L1	1.00 A	0.30 E2	3
KON		1.00 LZ		0.30 3 1		1.00 A	0.30 LZ	11.3
19							BRICK	11.0
STR	1.00 SM						BRICK	1
SWIM	1.00 3101	1.00 Form		1.00 A		1.15 E2		3.15
BIKE		1.00 1 01111	1.00 E2	1.00 A	1.00 M4	1.10 LZ	2.00 E2-3	3.13
RUN		0.30 S1	1.00 EZ	1.00 I E5	1.00 1014	1.30 E2	0.30 E2	3.3
KUN		0.30 51		1.001 E3		1.30 EZ	0.30 EZ	11.45
20							BRICK	11.43
					DECT		DRICK	1
STR SWIM	1.00 SM	0.45 T1		1.00 E1	REST			1.45
		0.43 11	1.00.05	1.00 🗀 1		4 00 T4	4 20 52	
BIKE			1.00 S5	0.45.74		1.00 T1	1.30 E3	3.3
RUN				0.45 T1			0.30 E3	1.15
STRENGTH								7.3
SM - Strength	Maintonan	000 2 v 10 @	70% of MS	Slow to Mos	lorato			
Jivi - Juengui	i wiaiiileiidi	ιce - 3 x 10 @	, 10 % OI WIS.	SIOW TO INIOC	iciale.			
SWIM								
E1 - Very easy	⊥ / swim. Foo	using on for	m and Techn	igue.Long S	∣ Sets ie 5x40	00		
E2 - Techniqu	· · ·			· •	I I I I I I I			
FORM - Conc					the water.			
Technique to				-				
M - Muscular		- Sets of 'T'	Time Pace ie	10x100 @ T	(10') RI			
A - Anearobic						s fast as po	ssible.	
T1 - Time Tria	l 3 x 300 wi	th 30 secs R	I. Fastest and	l slowest to	be within '	15 seconds	of	

each other. Divide by 3 t	to get ave. 30	0 and 3 again	to get ave.	100 'T' tim	ne.		
Use this time +/- when do	oing sets. I.e.	. 10 x 100 @ T	15' (sec) R	(rest inte	erval)		
BIKE							
S1 - Spin. High Cadence	. RPM at 100	and above or	n easy gear	or low leve	el if on statio	nary	
S3 - Accelerations aftew	w/u. 30 sec a	accels with fu	II recovery b	etween .	5-10 ?		
S5 - w/u then 3mins 100F	RPM, 2 mins	110 RPM, 1 m	in 120+ RPN	I - Easy ge	ear. 2 mins r	ec.	
repeat several times.							
E2 - Zone 2 HR							
E4 - Zone 1- 4 HR - Work	k harder, Atta	ck hills, Inser	t some Spe	ed			
M4- w/u .Build to Zone 4	HR and hold	for 30 - 40 m	inutes				
T1 - Time Trial - If you ha	ve your favo	rite outdoor r	oute, pick a	spot and	see how		
long it takes to get there	going hard.	Part of your le	onger route	works.			
RUN							
E1 - Very easy recovery	run.						
E2 - Zone 2 HR - Easy.							
S1 - After easy Warm Up	(w/u) 5-6 30	sec accelerat	ions. Not fla	t out. Buil	d . Full reco	very betwee	en.
S2 - After easy w/u incre	ase pace to c	comfortable s	tride. Keep t	orm for 1	minute and	recover.	
HR Zone 3 Max. Rec	over for 2 mi	nutes.					
I (E5)- Warm up 10 mins.	5-6 Intervals	taking HR up	to Zone 5.	Recover to	o Zone 2 and	d repeat.	
A - At Race pace, maybe	a 10K race?						
T1 - Time Trial - 1-3 Miles	on Track, or	r I like Forest	Avenue. w/ι	then Test	t. Use in the	future.	
BRICK							
For both Bike and Run, f	irst half of ea	ach should be	moderate a	nd faster	2nd half. Tra	nsition	
to Run within 5 minutes.	Easy run sta	art to loosen ເ	up and faste	r finish.			
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646-644-3988							
					1	1	1

Tel-trainer_contributions_cont

			26 WEEK	OLYMPIC D	ISTANCE '	TRAINING	ΡΙΔΝ	
Annendiy of	training c	ode at end.c			ISTANGE	INAIMINO	LAN	
				hletes's Tra	ining Rible	o Galo Bo	rnhardt Tr	lining
	_							anning
TRI-TRAIN		Atmetes, it	idor boilib	<u>a - Theory a</u>	<u>na wemo</u>	uology of	<u>iraining</u>	
	EK.COIVI		DIII D 1 a					
WEEK	14011		BUILD 2 a	1		0.47	01111	T0T41
	MON	TUE	WED	THUR	FRI	SAT	SUN	TOTAL
STR	1.00 SM	4 00 50		1.00.1		4 00 50		1
SWIM		1.00 E2		1.00 A		1.00 E2		3
BIKE			1.00 M4		1.00 E2		3.00 E1-5	5
RUN		1.00 TR		0.30 E1		1.00 S2		2.3
								11.3
22							BRICK	
STR	1.00 SM							1
SWIM		1.00 M		1.00 A		1.00 E2		3
BIKE			1.00 M4		1.15 E2		2.30 E2-3	4.45
RUN		1.00 TR		0.30 S1		1.00 A	0.30 E3-4	3
								11.45
23							BRICK	
STR	REST							
SWIM		1.00 M		1.00 A		1.00 E2		3
BIKE			1.00 E2		1.00 M4		3.00 E2-4	5
RUN		1.00 TR		0.45 S1		1.00 E2	0.45 E3-4	3.30
								11.30
24							BRICK	
STR	REST				REST			
SWIM		0.45 T1		1.00 E1				1.45
BIKE			1.00 S5			1.00 T1	1.30 E3	3.3
RUN				0.45 T1			0.30 E3	1.15
T.O.T.				0.10 11			0.00 20	6.3
STRENGTH								0.0
	th Maintena	nce - 3 x 10	@ 70% of M	IS. Slow to M	oderate.			
3								
SWIM								
E2 - Technic	ue + Zone	Long Mair	ւ ո Set - 40 mi	ns ?				
Technique to								
•	•	e - Sets of '7	Γ' Time Pace	ie 10x150 @	T (15') RI			
A - Anearob	ic - 100s an	d 50s at top	speed with	up to 1-2 min	rest. Each	as fast as	possible.	
BIKE								
E2 - Zone 2				-				

S5 - W/II the	n 3mins 10	ORPM 2 min	s 110 RPM '	1 min 120+ RF	M - Fasy	gear 2 mins	rec	
	veral times		,	1 11111 120 111	III - Lusy	9041. 2 111113	100.	
-		4 HR and ho	ld for 30 - 40) minutos				
				or route, pick	a anot an	d see how		
				· •	•	u see now		
iong it takes	s to get thei	e going nard	i. Part of you	ur longer rout	e works.			
RUN								
E1 - Very ea	sy recovery	/ run.						
E2 - Zone 2	-							
S1 - After ea	asy Warm U	p (w/u) 5-6 3	0 sec accele	erations. Not f	lat out. Bu	ıild . Full rec	overy between.	
S2 - After ea	asy w/u incr	ease pace to	comfortabl	e stride. Keep	form for	1 minute and	d recover.	
HR Zon	e 3 Max. Re	cover for 2 n	ninutes and	repeat severa	al times.			
TR - Track w	vorkout . Bu	uild each wee	k. Warm Up	well. 6-8 x80	0 @ race p	ace 2 mins	recovery OR -	
Warm up 10	0 mins. 6-8	Intervals taki	ng HR up to	Zone 5. Reco	over to Zo	ne 2 and rep	eat.	
A - At Race	pace, mayl	oe a 10K race	?					
T1 - Time Tr	ial - 1-3 Mile	es on Track,	or I like Fore	est Avenue. w	/u then Te	st. Use in the	e future.	
BRICK								
For both Bil	ke and Run	first half of	each should	d be moderate	and faste	r 2nd half. T	ransition	
				en up and fast				
		-		<u> </u>				
Ray Kelly								
razortri@a	ol.com							
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A !!	.	<u> </u>	26 WEEK OLYMPIC DISTANCE TRAINING PLAN								
• • • • • • • • • • • • • • • • • • • •			end.of plar								
	_					_	Gale Bernhardt -	<u>Training</u>			
			s, Tudor E	<u> Bompa - T</u>	heory and	<u>d Methodo</u>	logy of Training				
TRI-TRAI	NER.CO	<u>/I</u>									
WEEK			TAPER A	AND RAC	E!						
25	MON	TUE	WED	THUR	FRI	SAT	SUN	TOTAL			
	REST						BRICK				
STR											
SWIM		0.45 M				0.45 A		1.3			
BIKE			1.00 M4		1.00 E2		1.30 E3-4	3.3			
RUN		0.45 S1		0.30 E1		1.00 S2	0.30 E3-4	2.45			
								7.45			
26					REST	BRICK	RACE				
STR											
SWIM		0.45 A		0.30 E2		0.3 **		1.15			
BIKE	0.45 S5					0.3 S3		1.15			
RUN			0.30 S1			0.15 S1		0.45			
-1011			0.000					3.15			
								0.10			
SWIM											
E2 - Zone	2										
M - Muscu	lar Endur	⊥ ance - Sets	of 'T' Time	Pace ie 1	0x150 @ T	(15') RI					
						` '	fast as possible.				
				· · ·			itions getting the				
feel of	your wets	uit and ded	ciding what	you will b	e sighting	on.					
BIKE											
E2 - Zone	2 HR										
S3 - Accel	erations a	ftew w/u. 3	30 sec acce	ls with full	recovery l	between .3-	4 only.				
S5 - w/u th	nen 3mins	100RPM, 2	2 mins 110	RPM, 1 mi	n 120+ RPI	/I - Easy gea	ar. 2 mins rec.				
repeat s	everal tim	ies.									
M4- w/u .E	Build to Zo	ne 4 HR ar	nd hold for	30 - 40 mir	nutes						
RUN											
E1 - Very	easy recov	ery run.									
							. Full recovery bet				
							ninute and recover.				
HR Zo	ne 3 Max.	Recover f	or 2 minute	s and repe	eat several	times.					
BRICK											

For both Bike and Run, first half of each should be moderate and faster 2nd half. Transition										
to Run within 5 minutes. Easy run start to loosen up and faster finish. Practice nutrition.										
Ray Kelly										
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646-644-3988										