

12-May	build	Monday	tues	wed	thurs	fri	sat	sun	
swim		fartlek: 50min		submax: 60min		submax with speed: 70min		3 hr	
bike		threshold: 90min		submax: 90min		submax: 4hr 45min (with 90 min @ 70-75% LT power, adv)		7hr 45min	
run		recov: 20		sub: 45min		tempo*: 45		submax: 2hr	
ft									
other		*tempo is 5k pace+ 30-40sec							14hr 35min
19-May	build	Monday	tues	wed	thurs	fri	sat	sun	
swim		recov/submax: 55min		submax: 70min		speed: 55min		30min	
bike		threshold: 1hr 45 min		submax: 90min		submax: 5hr (with 65 min @ 80-85% LT power, adv)		8hr 15min	
run		recov: 30		sub: 50		tempo*: 50		submax: 2hr 10min with ten 4hr 15min	
ft									
other		*tempo is 5k pace+ 30-40sec							16hr
26-May	build	Monday	tues	wed	thurs	fri	sat	sun	BRICK
swim		submax: 55min		submax: 75min		speed: 55min		3hr	
bike		threshold: 1hr 30min		submax: 90min		submax: 2hr		3hr 30min with 2hr@ race p 8hrs 30min	
run		recov: 45		tempo*: 45				60 min @ race pace	
ft									
other		*tempo is 5k pace+ 30-40sec							14hr
2-Jun	build	Monday	tues	wed	thurs	fri	sat	sun	
swim		recov: 30min		submax: 60min		submax: 30min		2hr	
bike		recov: 60min		vq indoor: 60min		submax: 3hr		5hr	
run				recov: 30min		strides: 30		submax: 60min	
ft									
other									9hr
9-Jun	build	Monday	tues	wed	thurs	fri	sat	sun	
swim		speed: 60min		submax/form: 60min		submax: 75min		3hr 15min	
bike		v02: 90min		submax: 2hrs		submax: 5hr 15min (with 75 min @ 80-85% LT power, adv)		8hr 45min	
run		recov: 30		sub: 55min		tempo*: 55		submax: 2hr 20min	
ft									
other		*tempo is 5k pace+ 30-40sec							16hr 40min
16-Jun	build	Monday	tues	wed	thurs	fri	sat	sun	
swim		submax: 60min		submax: 80min		speed: 60min		45min	
bike		v02: 90min		submax: 2hr		submax: 5hr 30min		4hr 5min	
run		recov: 30		sub: 60		tempo: 50*		submax: 2hr 30min	
ft									
other		*tempo is 5k pace+ 30-40sec							17hr 55min
23-Jun	build	Monday	tues	wed	thurs	fri	sat	sun	
swim		recov: 30min		submax: 60min		submax: 30min		2hr	
bike		recov: 60min		vq indoor: 60min		submax: 2hr 30min		4hr 30min	
run				recov: 30min		strides: 30		submax: 60min	
ft				75min				1hr 15min	
other									9hr 45min
30-Jun	build	Monday	tues	wed	thurs	fri	sat	sun	VQ 1/2IM
swim		submax: 60min		submax w/speed: 80min		submax: 60min		2k	
bike		v02: 90min		submax: 1hr 30min		submax: 1hr 30 min		56miles	
run		recov: 45		tempo: 40*				13miles	
ft									
other		*tempo is 5k pace+ 30-40sec							9hr 15min+
7-Jul	build	Monday	tues	wed	thurs	fri	sat	sun	
swim		speed: 60min		submax/form: 70min		submax: 75min		3hr 25min	
bike		submax: 1hr 30min		threshold: 1hr 30min		submax: 5hr 45min (with 75 min @ 80-85% LT power, adv)		8hr 45min	
run		recov: 30		tempo: 50*		submax: 55		submax: 2hr 40min	
ft									
other		*tempo is 5k pace+ 30-40sec							17hr 15min
14-Jul	build	Monday	tues	wed	thurs	fri	sat	IM sim	sun
swim		submax: 60min		submax: 80min		speed: 60min		3hr 20min	
bike		threshold: 2hrs		submax: 2hr		submax: 6hr with last 1/3 >IM p		10hr	
run		recov: 30		sub: 65		tempo: 50*		submax: 2hr 50min	
ft									
other		*tempo is 5k pace+ 30-40sec							19hr
21-Jul	build	Monday	tues	wed	thurs	fri	sat	sun	
swim		submax: 65min		submax: 85min		speed: 60min		3hr 30min	
bike		threshold: 1hr 30min		submax: 1hr 30min		submax: 4hr		7hr 15min	
run		recov: 30		sub: 60		tempo: 45*		submax: 3hr	
ft									
other		*tempo is 5k pace+ 30-40sec							16hr 50min
28-Jul	build	Monday	tues	wed	thurs	fri	sat	sun	
swim		submax: 70min		submax: 80min		submax: 70min		3k	
bike		recov: 1 hr 15min		threshold: 1hr 30min		sub: 60min		100mi @ IM pace	
run		recov: 30min		submax: 60				45min @ IM pace	
ft									
other									9hr 40min+