4-Aug	peak/race	Monday	tues	wed	thurs	fri	sat	sun		
swim		submax w/ main set >race		OW @ IM pace: 60min		top speed: 45min			2hr 30min	
bike			submax: 2hr		threshold: 90min		submax: 4hr with 60 min @ race power -		7hr 30min	
run			recov: 35	tempo*: 40		submax: 40		submax: 90min with 35 mi	3hr 15min	
ft										
other	*tempo is 5k pace+ 20-30sec									13hr 15min

11-Aug	peak/race	Monday	tues	wed	thurs	fri	sat	sun BRICK		
swim		submax w/ main set >race		submax: 45min		top speed: 35min			1hr 55min	
bike			threshold, >100%: 75min		submax: 90min		submax: 1hr	1hr 30min with 45min @ ra	5hr 45	
run			recov: 30		tempo*: 35			45min with 20 min @ race	1hr 45min	
ft										
other	*tempo is 5k pace+ 20-30sec									9hr 25min

18-Aug	peak/race	Monday	tues	wed	thurs	fri	sat	IM Canada!		
swim		recov: 30min		open water/fartlek: 30min		submax + short race pace (		3.8k	1hr 30min	
bike			recov: 75min		submax: 60min		submax with	180k	3hr	
run				recov: 30		strides: 30	submax with	42k	1hr 20min	
ft										
other										5hr 40min

25-Aug	peak/race	Monday	tues	wed	thurs	fri	sat	sun		
swim			recov: 30min		recov: 30 min		recov: 60		2hr	
bike		recov: 30min		recov: 60min		recov: 60 min		recov: 60	3hr 30min	
run	no running for 14 days!									
ft										
other										5hr 30min