

June 01, 2006
Thursday

All Day

REST DAY

All Day

Weigh in goal: 170

June 02, 2006
Friday

All Day

Pilates/Weight Training

June 03, 2006
Saturday

7:30 AM - 10:30 AM

Bike 160'

Bike
Lvl5

Rolling hills, if you are on a climb longer than 2' ensure you do not elevate your HR beyond LVL7, SLOW DOWN if you do. Remember this is aerobic plumbing time of the year, can't do that when you are anaerobic.

ALL LEVELS
160'

June 04, 2006
Sunday

All Day

Run (5x 7' run, 2' walk) 45 minutes

Lvl4-5: 5x(7'run2'walk)
Run to bart and back. 4 miles.

All Day

Swim 1400

Warm up

2 x(25s lvl4,25sask)no ri
2 x(25s lvl5, 25 HS)no ri 100 pull with pull buoy

MAIN SET

250 yds @ lvl5 10" RI

250 yds @ lvl5 45" RI

100 yds @ lvl7 45" RI

2 x 200 lvl5 10" RI

Cool down

100 lvl2, yards: 1400

June 05, 2006
Monday

12:00 AM - 12:00 AM

****Week 7**

Training Nutrition - 170 pounds

Restrict caloric intake by 1000 per day to lose 2 pounds per week.

Caloric figures are computed using a weight of 170 pounds. I am using the low range (for women)

Day off:

(12-14 calories per lb) 2040-2380 calories (restrict to 1040-1380)

1 hour training at moderate intensity:

(15-17 calories per pound) 2550 calories (restrict to 1550)

(2.25-3.0 grams/lb.) 382 grams carbs: Moderate intensity training for one hour or very low intensity for several hours

70 grams protein

NO MORE THAN 70 grams healthy fats

2 hours training at moderate intensity:

(18-24 calories per pound) 3060 calories (restrict to 2060)

(3.0-4.5 grams/lb) 510 grams carbs. Greater than 120 minutes daily at moderate intensity. Consume from the high end of the range for several hours of moderate intensity.

70 grams protein

NO MORE THAN 70 grams healthy fats

Several hours training daily

(25-30 calories per pound) 4250 calories (restrict to 3250)

(3.0-4.5 grams/lb) 510 grams carbs. Greater than 180 minutes daily at moderate intensity. Consume from the high end of the range for several hours of moderate intensity.

70 grams protein

NO MORE THAN 70 grams healthy fats

In the two hours before longer training sessions consume up to 50-75 grams of carbohydrate. Pay attention to recovery nutrition and consume 0.5 g/lb. carbohydrate after longer training sessions. You can also add in 10-15 g of protein to your recovery snack. You can consume the same nutritional amounts again in 2 hours after longer training sessions.

All Day

Recovery Week

All Day

Pilates/Weight Training

All Day

Run 10' walk 10'

Run 1v15/Walk 1v13
10'/10'

June 05, 2006 (continued)

Monday

All Day

Swim 1950

Recovery Week

Swim

Warm up

2 x (25 swim LVL4, 25 1CFD) NO RI

2 x (25 swim LVL5, 25 HS) NO RI

100 pull

MAIN SET

8 x 50 LVL7 10" RI

8 x (25 LVL3, 25 LVL8) 10" RI

100 stroke easy

6 x 25 kick only, with hands forward. 10" RI.

6 x 100 lv15 10" RI

Cool down

100 LVL2

TOTAL yardage: 1800 plus vertical kicking.

June 06, 2006

Tuesday

12:00 AM - 12:00 AM

****Week 7**

Please See Above

All Day

REST DAY

June 07, 2006

Wednesday

All Day

Run LSD, 40'

LSD run day

ALL

40'

EZ pace, no higher than lv15

June 08, 2006

Thursday

All Day

Pilates/Weight Training

All Day

Swim 1800

Warm up

2 x (25 swim LVL4, 25 1ASOSB) NO RI

2 x (25 swim LVL5, 25 BF) NO RI

100 pull with buoy

MAIN SET

3 x 300 LVL4 RI 15"

5 x 100 LVL4 RI 10"

Cool down

100 LVL2

TOTAL yardage: 1800

Core TNG

June 08, 2006 (Continued)
Thursday

June 09, 2006
Friday

All Day

Bike/run brick (bike 80', run 15')

Bike

80' total time/4x5' @lv17

10' warm-up/then 1st lv17 interval. Ensure you get your HR back down to lv13 prior to executing the 2nd, 3rd & 4th lv17 interval

Run 15' after the bike

June 10, 2006
Saturday

All Day

Bike 120'

Bike

Lvl5

Rolling hills, if you are on a climb longer than 3' ensure you do not elevate your HR beyond LVL7, SLOW DOWN if you do. Remember this is aerobic plumbing time of the year, can't do that when you are anaerobic.

ALL LEVELS

120'

All Day

Pilates/Weight Training

June 11, 2006
Sunday

All Day

Bike/run brick [4 x (15' - 10')]

BRICK

Bike Run

4 x (15' - 10')

June 12, 2006
Monday

All Day

****Week 8**

Training Nutrition - 170 pounds

Restrict caloric intake by 1000 per day to lose 2 pounds per week.

Caloric figures are computed using a weight of 170 pounds. I am using the low range (for women)

Day off:

(12-14 calories per lb) 2040-2380 calories (restrict to 1040-1380)

1 hour training at moderate intensity:

(15-17 calories per pound) 2550 calories (restrict to 1550)

(2.25-3.0 grams/lb.) 382 grams carbs: Moderate intensity training for one hour or

June 12, 2006 (continued)
Monday

very low intensity for several hours
70 grams protein
NO MORE THAN 70 grams healthy fats

2 hours training at moderate intensity:

(18-24 calories per pound) 3060 calories (restrict to 2060)

(3.0-4.5 grams/lb) 510 grams carbs. Greater than 120 minutes daily at moderate intensity. Consume from the high end of the range for several hours of moderate intensity.

70 grams protein

NO MORE THAN 70 grams healthy fats

Several hours training daily

(25-30 calories per pound) 4250 calories (restrict to 3250)

(3.0-4.5 grams/lb) 510 grams carbs. Greater than 180 minutes daily at moderate intensity. Consume from the high end of the range for several hours of moderate intensity.

70 grams protein

NO MORE THAN 70 grams healthy fats

In the two hours before longer training sessions consume up to 50-75 grams of carbohydrate. Pay attention to recovery nutrition and consume 0.5 g/lb. carbohydrate after longer training sessions. You can also add in 10-15 g of protein to your recovery snack. You can consume the same nutritional amounts again in 2 hours after longer training sessions.

All Day

REST DAY

June 13, 2006
Tuesday

All Day

Pilates/Weight Training

All Day

Swim 1800

Warm up

2 x (25 swim LVL4, 25 1ASOSB) NO RI

2 x (25 swim LVL5, 25 BF) NO RI

100 pull with buoy

MAIN SET

3 x 300 LVL5 RI 10"

5 x 100 LVL5 RI 3"

Cool down

100 LVL2

TOTAL yardage: 1800

June 14, 2006

Wednesday

All Day

LSD run 65-78'

LSD Run Day
Run
Lvl5
65'-78'

June 15, 2006

Thursday

All Day

Pilates/Weight Training

All Day

Swim 1800

Warm up
2 x (25 swim LVL4, 25 1ASOSB) NO RI
2 x (25 swim LVL5, 25 BF) NO RI
100 pull with buoy
MAIN SET
4 x 50 lvl7 15" RI
2 x (25 lvl3, 25 lvl5 2 breaths/length) 10" RI
100 stroke easy
8 x 25 kick only, with hands forward. 10" RI.
3 x 300 LVL5 15" RI
Cool down
100 LVL2
TOTAL yardage: 1800

June 16, 2006

Friday

All Day

Bike/run brick (bike 60', run 15')

Bike on trainer
On your own
Hills LVL 5
10' in LVL 7
10' single leg per leg
60' total time
EZ run off bike 15'

Stretch for 15 minutes

June 17, 2006

Saturday

All Day

Bike 150'

Bike
Lvl5
Rolling hills

ALL LEVELS
150'

June 18, 2006
Sunday

All Day

Run drill work

Run drill work
Complete Run Circuit Training, then on a grassy field the following strides

Golden Gate Park, 9:00 AM meeting time

Group 1 and 2:

½ mile wu in sneakers

3 x 100 lvl 5 barefoot

1 mile cd in sneakers

Group 3

½ mile wu

4 x 100 lvl 5 barefoot

1 ½ mile cd

WU and CD at LVL 2-3.

2' RI between intervals

practice the cadence of 90 steps per minute one leg while doing the strides

June 19, 2006
Monday

All Day

**Week 9

Training Nutrition - 170 pounds

Restrict caloric intake by 1000 per day to lose 2 pounds per week.

Caloric figures are computed using a weight of 170 pounds. I am using the low range (for women)

Day off:

(12-14 calories per lb) 2040-2380 calories (restrict to 1040-1380)

1 hour training at moderate intensity:

(15-17 calories per pound) 2550 calories (restrict to 1550)

(2.25-3.0 grams/lb.) 382 grams carbs: Moderate intensity training for one hour or very low intensity for several hours

70 grams protein

NO MORE THAN 70 grams healthy fats

2 hours training at moderate intensity:

(18-24 calories per pound) 3060 calories (restrict to 2060)

(3.0-4.5 grams/lb) 510 grams carbs. Greater than 120 minutes daily at moderate intensity. Consume from the high end of the range for several hours of moderate intensity.

70 grams protein

NO MORE THAN 70 grams healthy fats

Several hours training daily

(25-30 calories per pound) 4250 calories (restrict to 3250)

(3.0-4.5 grams/lb) 510 grams carbs. Greater than 180 minutes daily at moderate intensity. Consume from the high end of the range for several hours of moderate intensity.

70 grams protein

NO MORE THAN 70 grams healthy fats

June 19, 2006 (continued)
Monday

In the two hours before longer training sessions consume up to 50-75 grams of carbohydrate. Pay attention to recovery nutrition and consume 0.5 g/lb. carbohydrate after longer training sessions. You can also add in 10-15 g of protein to your recovery snack. You can consume the same nutritional amounts again in 2 hours after longer training sessions.

All Day

REST DAY

“Now is no time to think of what you do not have. Think of what you can do with what there is.”

Earnest Hemingway

All Day

Run 40'

June 20, 2006
Tuesday

All Day

Pilates/Weight Training

All Day

Run 20', walk 10'

Run LVL5/Walk LVL3
20'/10'

All Day

Swim 1600

Warm up

2 x (25 swim LVL4, 25 1ASOSB) NO RI

2 x (25 swim LVL5, 25 BF) NO RI

100 pull with buoy

MAIN SET

400 yds @ LVL5 w/:30 rest

400 yds @ LVL5 w/:30 rest

200 yds @ LVL7 w/:30 rest

200 yds @ LVL7

1&2 same, 3 & 4 increase by 10"

Cool down

100 LVL2

Total Yardage: 1600

June 21, 2006
Wednesday

All Day

Run 1.5 miles + 4-6 100 yd sprints w/100 yard walk RI

Run Workout

WU and CD at LVL 2-3.

2' RI between intervals

June 21, 2006 (continued)
Wednesday

practice the cadence of 90 steps per minute. Count one leg for one minute.

½ mile wu
stretching
½ mile wu
4-6 x 100 lvl 7 w/ 4-6 x 100 walk RI between each hard 100,
½ mile cd
Stretching

June 22, 2006
Thursday

All Day

Pilates/Weight Training

All Day

Swim 2000

Warm up
2 x (25 swim LVL4, 25 1ASOSB) NO RI
2 x (25 swim LVL5, 25 BF) NO RI
100 pull with buoy
MAIN SET
8 x 50 lvl7 10" RI
8 x (25 lvl3, 25 lvl8) NO RI
100 stroke easy
8 x 25 kick only, with hands forward. 10" RI.
6 x 100 LVL5 10" RI
Cool down
100 LVL2
TOTAL yardage: 2000

June 23, 2006
Friday

All Day

Bike 30

Bike
30'
after a 10 minute warm up, conduct the following:
5 x (4'lvl7-2'lvl3)
can be done on your trainer

5' cool down
stretch 15'

June 24, 2006
Saturday

All Day

Swim/bike/run EZ (10/20/15)

15' EZ run
2' @race pace
10' EZ swim
4x25 @race pace
30" RI
20' EZ bike

June 24, 2006 (continued)
Saturday

June 25, 2006
Sunday

All Day

BRICK - Bike 90', Run 60', swim 1 mile

June 26, 2006
Monday

All Day

****Week 10**

Training Nutrition - 170 pounds

Restrict caloric intake by 1000 per day to lose 2 pounds per week.

Caloric figures are computed using a weight of 170 pounds. I am using the low range (for women)

Day off:

(12-14 calories per lb) 2040-2380 calories (restrict to 1040-1380)

1 hour training at moderate intensity:

(15-17 calories per pound) 2550 calories (restrict to 1550)

(2.25-3.0 grams/lb.) 382 grams carbs: Moderate intensity training for one hour or very low intensity for several hours

70 grams protein

NO MORE THAN 70 grams healthy fats

2 hours training at moderate intensity:

(18-24 calories per pound) 3060 calories (restrict to 2060)

(3.0-4.5 grams/lb) 510 grams carbs. Greater than 120 minutes daily at moderate intensity. Consume from the high end of the range for several hours of moderate intensity.

70 grams protein

NO MORE THAN 70 grams healthy fats

Several hours training daily

(25-30 calories per pound) 4250 calories (restrict to 3250)

(3.0-4.5 grams/lb) 510 grams carbs. Greater than 180 minutes daily at moderate intensity. Consume from the high end of the range for several hours of moderate intensity.

70 grams protein

NO MORE THAN 70 grams healthy fats

In the two hours before longer training sessions consume up to 50-75 grams of carbohydrate. Pay attention to recovery nutrition and consume 0.5 g/lb. carbohydrate after longer training sessions. You can also add in 10-15 g of protein to your recovery snack. You can consume the same nutritional amounts again in 2 hours after longer training sessions.

June 26, 2006 (continued)
Monday

All Day

REST DAY

Development week

Get the workouts in this week, as they will work upon the effort at the Louie Tri.

Don't worry about distances this week. Go by how your body feels post race. Keep drinking plenty of water, and get plenty of sleep the next few nights.

All Day

walk 20-30'

Light jog or walk today 20-30'
Followed by stretching
Lvl2-4

June 27, 2006
Tuesday

All Day

Bike 40' inside, 75' outside

Bike
1- 35' indoor, 60' outdoor L4-L5
2- 40' indoor, 75' outdoor L4-L5
3- 45' indoor, 90' outdoor L4-L5
Include 6 x :30 @ L8 on flats

All Day

Pilates/Weight Training

All Day

Swim 800-1200, recover

800-1200 yds @ L4-L5 steady pace, use this to recover

June 28, 2006
Wednesday

All Day

Run 6 miles

Run
1 mile wu - stretching
5 x 1 mile lvl 5
stretch post mile repeats
THIS IS NOT DONE OUTSIDE AEROBIC LEVEL EZ EZ EZ

WU and CD at LVL 2-3.
2' RI between intervals
practice the cadence of 90 steps per minute. Count one leg for one minute.

June 29, 2006

Thursday

All Day

Bike/walk Brick (bike 75' easy spin, 30' walk)

Brick

75' lvl3-5 easy spin

30 minute walk or lvl3 light jog

See how your recovery from the Louie Tri is coming along.

Check your resting HR all this week in the morning for a good idea of your recovery.

Stretch 15'

June 30, 2006

Friday

All Day

Pilates/Weight Training

All Day

Swim 1800

Warm up

2 x (25 swim LVL4, 25 SASK) NO RI

2 x (25 swim LVL5, 25 BF) NO RI

100 pull with pull buoy

MAIN SET

8 x 50 LVL5 10" RI

8 x(25 lvl3,25 lvl8)15"RI

100 stroke easy

8 x 25 kick only, with hands forward. 10" RI.

3 x 100 LVL5 15" RI

Cool down

100 LVL2

total yardage: 1800