

July 01, 2006  
Saturday

All Day

**Bike 135'**

Bike

Lvl5 135'

Rolling hills, if you are on a climb ensure you do not elevate your HR beyond LVL5, SLOW DOWN. Remember this is aerobic plumbing time of the year. You are not helping this development when you are anaerobic.

ALL LEVELS

All Day

**Weigh in goal: 160**

July 02, 2006  
Sunday

All Day

**Run 30' flat**

Run

lv15

30' flat

All Day

**Swim 1900**

**Warm up**

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

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

200 pull

**MAIN SET**

8 x 50 LVL5 15" RI

6 x (25 LVL3, 25 LVL7) 15" RI

100 stroke easy

8 x 20"

4 x 100 lv15 15" RI

**Cool down**

100 LVL2

total yardage: 1900

July 03, 2006  
Monday

All Day

**\*\*Week 11**

**Training Nutrition - 160 pounds**

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

Caloric figures are computed using a weight of 160 pounds. I am using the low range (for women)

**Day off:**

(12-14 calories per lb) 1920-2240 calories (restrict to 920-1240)

**1 hour training at moderate intensity:**

(15-17 calories per pound) 2400 calories (restrict to 1400)

(2.25-3.0 grams/lb.) 360 grams carbs: Moderate intensity training for one hour or very low intensity for several hours

July 03, 2006 (continued)  
Monday

70 grams protein  
**NO MORE THAN 70 grams healthy fats**

**2 hours training at moderate intensity:**

(18-24 calories per pound) 2880 calories (restrict to 1880)

(3.0-4.5 grams/lb) 480 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) 4000 calories (restrict to 3000)

(3.0-4.5 grams/lb) 480 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**

Recovery Week

Off Day

**WEEKLY TOTAL:**

Swim-4100 yards

Bike-58 miles

Run-15 miles

**July Theme: Pump it Up!**

July 04, 2006  
Tuesday

**All Day**

**Bike**

Bike

indoor spin

10' wu lvl5 @80 rpm

4 x(1'sls w/1' RI between legs) stay near 80 rpm

10' spin up to 110 rpm

5' steady at 100 rpm

5 x(1'spin 120, 2' spin 90)

July 04, 2006 (continued)  
Tuesday

5' cool down spin lvl2-3

All Day

Pilates/Weight Training

July 05, 2006  
Wednesday

All Day

Run 30'  
Recovery Run Day  
Lvl5-7 flat

ALL 30' run

July 06, 2006  
Thursday

All Day

**Swim 2350**  
Warm up  
4 x (25 swim LVL4, 25 1ASOSB) NO RI  
4 x (25 swim LVL5, 25BF) NO RI  
200 pull with buoy  
**MAIN SET**  
5 x (25 build up, 25 lvl8, 25 lvl3) RI 15"  
100 stroke easy  
4 x 25 SASK alternate NO RI  
4 x 50 SAR 10" RI  
2 x 200 lvl5 30" RI  
3 x 25 lvl7 15" RI  
6 x 25 kick only, with hands forward. 10" RI.  
5 x 50 Decrease 1"/50, start at lvl5  
**Cool down**  
100 LVL2  
total yardage: 2350

July 07, 2006  
Friday

All Day

Run 32' flat and fast

July 08, 2006  
Saturday

All Day

**Bike/run brick**  
Spinerval Brick Workout  
Bike LVL5  
Run 1 interval at LVL7 remainder at LVL 5 you pick which one is hard!  
  
BRICK  
Bike Run

July 08, 2006 (continued)  
Saturday

4 x (20' - 5')  
can be rolling hills, but no sustained climbs longer than 1 mile.

July 09, 2006  
Sunday

All Day

Bike 120

July 10, 2006  
Monday

All Day

**\*\*Week 12**

**Training Nutrition - 160 pounds**

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

Caloric figures are computed using a weight of 160 pounds. I am using the low range (for women)

**Day off:**

(12-14 calories per lb) 1920-2240 calories (restrict to 920-1240)

**1 hour training at moderate intensity:**

(15-17 calories per pound) 2400 calories (restrict to 1400)

(2.25-3.0 grams/lb.) 360 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) 2880 calories (restrict to 1880)

(3.0-4.5 grams/lb) 480 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) 4000 calories (restrict to 3000)

(3.0-4.5 grams/lb) 480 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

July 10, 2006 (continued)  
Monday

to your recovery snack. You can consume the same nutritional amounts again in 2 hours after longer training sessions.

All Day REST DAY

All Day Run 50'

All Day Swim 1600

July 11, 2006  
Tuesday

All Day Spin

July 12, 2006  
Wednesday

All Day Swim 1600

July 13, 2006  
Thursday

All Day Run 45'

All Day Swim 1600

July 14, 2006  
Friday

All Day Run 45'

All Day Swim 1600

July 15, 2006  
Saturday

All Day Run 4-6 miles (55 minutes)

All Day Swim 1600

July 16, 2006  
Sunday

All Day Bike 135' hills

July 17, 2006  
Monday

All Day

**\*\*Week 13**

**Training Nutrition - 160 pounds**

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

Caloric figures are computed using a weight of 160 pounds. I am using the low range (for women)

**Day off:**

(12-14 calories per lb) 1920-2240 calories (restrict to 920-1240)

**1 hour training at moderate intensity:**

(15-17 calories per pound) 2400 calories (restrict to 1400)

(2.25-3.0 grams/lb.) 360 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) 2880 calories (restrict to 1880)

(3.0-4.5 grams/lb) 480 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) 4000 calories (restrict to 3000)

(3.0-4.5 grams/lb) 480 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**

July 17, 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

All Day                      Spin - 60 minutes

July 18, 2006  
Tuesday

All Day                      Run EZ 20-30'

All Day                      Swim 1600

July 19, 2006  
Wednesday

All Day                      brick bike/run -- 2x (40' - 15')

July 21, 2006  
Friday

All Day                      Swim 1600

July 22, 2006  
Saturday

All Day                      brick bike/run -- Bike 145 hills, run EZ 15'

July 23, 2006  
Sunday

All Day

Run 5 miles

July 24, 2006  
Monday

All Day

**\*\*Week 14**

**Training Nutrition - 160 pounds**

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

Caloric figures are computed using a weight of 160 pounds. I am using the low range (for women)

**Day off:**

(12-14 calories per lb) 1920-2240 calories (restrict to 920-1240)

**1 hour training at moderate intensity:**

(15-17 calories per pound) 2400 calories (restrict to 1400)

(2.25-3.0 grams/lb.) 360 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) 2880 calories (restrict to 1880)

(3.0-4.5 grams/lb) 480 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) 4000 calories (restrict to 3000)

(3.0-4.5 grams/lb) 480 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.

July 24, 2006 (continued)  
Monday

All Day REST DAY

All Day Run 33'

All Day Swim 2000

July 26, 2006  
Wednesday

All Day Run 65-78'

All Day Swim 2000

July 27, 2006  
Thursday

All Day Run 65-78'

All Day Spin

July 28, 2006  
Friday

All Day Run 33'

All Day Swim 1400

July 29, 2006  
Saturday

All Day Bike 160' hills

July 30, 2006  
Sunday

All Day

BRICK - 4 x (15' bike 10' run)

July 31, 2006  
Monday

All Day

**\*\*Week 15**

**Training Nutrition - 150 pounds**

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

Caloric figures are computed using a weight of 150 pounds. I am using the low range (for women)

**Day off:**

(12-14 calories per lb) 1800-2100 calories (restrict to 800-1100)

**1 hour training at moderate intensity:**

(15-17 calories per pound) 2250 calories (restrict to 1250)

(2.25-3.0 grams/lb.) 337 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) 2700 calories (restrict to 1700)

(3.0-4.5 grams/lb) 450 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) 3750 calories (restrict to 2750)

(3.0-4.5 grams/lb) 450 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.

July 31, 2006 (continued)  
Monday

All Day

REST DAY

All Day

Run 75' EZ pace