

Speed = 100% effort

Lactate = 90% effort

Week of: Sept 17<sup>th</sup> Threshold = 80-85% effort

	Swim	Bike	Run	Notes
Monday <u>9/17</u> Date			<u>Fartleek</u> Total 45:00 6 x 0:30	Total runtime is 45:00 min. Six times you run at full speed for 30s.
Tuesday <u>9/18</u> Date	500 Warm up 8x25 Drill (10s) 6x100 Threshold (5s) 7x100 Lactate (1m) 6x25 Kick (25s) 250 Cool Down 2,100			
Wednesday <u>9/19</u> Date			<u>Tempo Run</u> 10min Warmup 22min Threshold 10min Cool Down	
Thursday <u>9/20</u> Date	300 Warm up 8x25 Drill (10s) 4x300 (1m) Threshold 8x25 Speed (20s) 8x25 Kick (15s) 600 Cool down 2,300			
Friday <u>9/21</u> Date		Steady State <u>Ride</u> 75% effort 1:30 min		Builds upon aerobic capacity & endurance.
Saturday <u>9/22</u> Date				
Sunday <u>9/23</u> Date	<del>1x2000 Base</del> 200 Warm up 1x2000 Base 150 Cool Down 2,350	60-70% effort 2:30 long ride		Ride will build endurance
Weekly Summary	Try to find a groove and get more comfortable @ Threshold intensity. Focus on form. If your form starts to break down back of the intensity.			