

**12-Week Olympic Triathlon Plan : Week #1**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6/24	6/25	6/26	6/27	6/28	6/29	6/30
<p><b>Day Off : Rest Day</b>  <b>Workout Description:</b>                      Rest and recover today. Don't stand if you can sit, don't sit if you can lay down.</p>	<p><b>Swim : Thumb to Thigh Swimming Drill</b>  <b>Duration (P):</b> 0:45:00  <b>Distance (P):</b> 2000 yards  <b>Workout Description:</b>                      To begin, stand upright on a flat surface, feet about 4-6 inches apart. Drop your arms by your side and mentally mark where your thumbs naturally line up with each thigh. Once swimming freestyle, you want to lightly drag your thumb across this spot during the underwater pull-through. This will insure that your arm is extending behind you. Complete 10 x 25s with 15 seconds between. Concentrate on good form.</p>	<p><b>Bike : Endurance</b>  <b>Duration (P):</b> 1:00:00  <b>Distance (P):</b> 20 miles  <b>Workout Description:</b>                      After a short warm-up, maintain pace an endurance pace (80 - 89% of threshold heart rate) for the prescribed ride time. Maintain a high cadence and maintain fueling and hydration through out the ride.  <b>Run : Base building-Fast Feet Skill Work</b>  <b>Duration (P):</b> 0:10:00  <b>Distance (P):</b> 1 miles  <b>Workout Description:</b>                      On soft but firm surface run at endurance pace but concentrate on moving your feet at a 90+ stride rate. Just keep thinking fast feet regardless of your running speed.  <b>Pre Activity Comments:</b>                      Quick Brick Run right after ride</p>	<p><b>Run : Base building-Fast Feet Skill Work</b>  <b>Duration (P):</b> 0:35:00  <b>Distance (P):</b> 4 miles  <b>Workout Description:</b>                      On soft but firm surface run at endurance pace but concentrate on moving your feet at a 90+ stride rate. Just keep thinking fast feet regardless of your running speed.</p>	<p><b>Swim : Continuous swim</b>  <b>Duration (P):</b> 0:45:00  <b>Distance (P):</b> 2000 yards  <b>Workout Description:</b>                      Warm-up with 5 - 10 minutes alternating slow-fast pacing. Play with different strokes while warming up. Then complete 20-minute steady swim. Swim without stopping. Count your strokes on the first 25 of each 100. Are they staying constant? Rest for 5 minutes and then repeat the 20-minute swim again. Cool down with 5 - 10 minutes very easy. Choice of strokes or floating on your back and sculling.</p>	<p><b>Bike : Endurance</b>  <b>Duration (P):</b> 1:30:00  <b>Distance (P):</b> 30 miles  <b>Workout Description:</b>                      After a short warm-up, maintain pace an endurance pace (80 - 89% of threshold heart rate) for the prescribed ride time. Maintain a high cadence and maintain fueling and hydration through out the ride.</p>	<p><b>Run : Base building-Fast Feet Skill Work</b>  <b>Duration (P):</b> 0:40:00  <b>Distance (P):</b> 4.5 miles  <b>Workout Description:</b>                      On soft but firm surface run at endurance pace but concentrate on moving your feet at a 90+ stride rate. Just keep thinking fast feet regardless of your running speed.</p>

**Planned: Swim: 1:30:00 / 4000 yards    Bike: 2:30:00 / 50 mi    Run: 1:25:00 / 9.5 mi    Total: 5:25:00**