

**Olympic Distance Program Sample Week**

**Swim 2:30 - Bike 6:20 - Run 4:10 - Total: 13:00**

**Monday**

Complete day off -- relax and enjoy!

**Tuesday**

**SWIM 0:45**

WARM UP

200 Swim, just getting loose

MAIN SET

8 x 250 w/20 sec rest after each

- use this to simulate a long open water swim:

- find a steady pace, minimize the number of strokes/length, and hold good form

COOL DOWN

6 x 50 easy swim w/10 sec rest

**BIKE 1:20**

WARM UP

15:00 warm up spin, begin at an easy pace and slowly increase your intensity to 70%

INTERMEDIATE SET

4 x 20 sec fast spinning @110+ rpm cadence w/40 sec recovery after each

MAIN SET

2 sets of

(3 x 4:00 @90-95% w/2:00 @60% after each) w/ an extra 10:00 between sets

COOL DOWN

Cool down completely, allowing your HR to get back below 50% before stopping

**DAILY TOTAL: 2:05**

**Wednesday**

**RUN 0:55**

Warm up gradually over the first 15:00, bringing your HR up gradually to 75%

While continuing your run, go straight into:

3 x 6:00 @75-80% w/2:00 easy jog after each

Reduce the intensity gradually to below 70%, and run at a steady pace for the remainder of the session

**BIKE 1:20**

20:00 easy spinning - use a gearing pyramid to get into it gradually

2 sets of the following:

12:30 @70% w/2:30 recovery @60%, straight into 7:30 @75% w/2:30 recovery @60%, finishing with

- no additional rest in between sets

Cool down completely

**DAILY TOTAL: 2:15**

**WEEK-TO-DATE: 4:20**

**Thursday**

**SWIM 1:00**

WARM UP

200 Swim - 200 Kick - 200 Pull

MAIN SET

4 sets of

(4 x 50 w/10 sec rest - #1-3 fast, #4 recovery)

- 30 sec additional rest between sets

1200 straight swim - record your time

COOL DOWN

6 x 50 w/10 sec rest after each, to complete recovery

**RUN 1:15**

This is designed to be done at a track; if you need to run out on the road instead, just substitute the times indicated to guide you through the session.

20:00 warm up jog, progressing gradually & bringing your HR to 75% slowly

INTERMEDIATE SET

4 x 15 sec "run ups", increasing your intensity while holding good form & staying relaxed, w/ 45 sec easy jogging after each

- your HR should be elevated slightly after this set, and your legs should be ready to go!

MAIN SET

3 x 1 mile (or 6:30 out on the road) maximal effort, above 90% w/ 400m (or 2:30) recovery @60% after each Cool down for at least 15:00, and don't stop until your HR is back near 50%

**DAILY TOTAL: 2:15**  
**WEEK-TO-DATE: 6:35**

**Friday**

**SWIM 0:45**

WARM UP

200 Swim - 100 Kick - 200 Swim

MAIN SET

3 sets of

(4 x 100 w/10 sec rest, descend the efforts from 75% on #1 to 95% on #4)

- take an extra 1:00 between sets

**COOL DOWN**

**200 Swim**

**BIKE 1:15**

20:00 warm up spin

- start in a very easy gear, spinning @95-100 rpm;

- increase your gearing by one after 2:00, 5:00, 9:00, & 14:00

4 x 7:30 @70% intensity w/2:30 recovery spinning @60% after each

Cool Down completely to 1:15

**DAILY TOTAL: 2:00**

**WEEK-TO-DATE: 8:35**

**Saturday**

**BIKE 2:25**

Use this to guide you whether you are indoors or outside:

20:00 warm up spin, gradually bringing your HR up to 70% by the end

MAIN SET

2 sets of the following (55:00 per set):

20:00 @75%, 5:00 recovery @60%

16:00 @80%, 4:00 recovery @60%

7:00 @85%, 3:00 recovery @60%

- no additional rest between the sets

15:00 gradual cool down spin, bringing your HR back under 60% by the end

**RUN 0:30**

You might feel completely thrashed after today's ride, but it's important to train the transition after such a long period of time in the saddle. Even if you don't make the entire half-hour, put on your shoes and jog a mile or two to get used to running through the uncomfortable transition period.

**DAILY TOTAL: 2:55**

**WEEK-TO-DATE: 11:30**

**Sunday**

**RUN 1:30**

Your legs should be plenty tired from yesterday's long ride and run, so the goal today is pretty basic: relax your stride, hold good form, keep going, and keep your HR under 75% the entire time. Here's a tip: You'll likely find it easier to stay well hydrated and fueled if you divide the run into multiple loops, each one finishing at your home (the best aid station available!).

Go get 'em!

**DAILY TOTAL: 1:30**

**WEEK-TO-DATE: 13:00**