

<b>26 WEEK OLYMPIC DISTANCE TRAINING PLAN</b>									
<b><u>You should consult your doctor before attempting this plan as the athlete assumes all risks of attempting such a plan and TRI-TRAINER.COM assumes no liability for providing this plan. Appendix at the end of the plan.</u></b>									
<b>If you have questions please E Mail Razortri@aol.com</b>									
<b><u>Acknowledgements to Joe Friel - The Triathletes's Training Bible, Gale Bernhardt - Training Plans for Multisport Athletes, Tudor Bompa - Theory and Methodology of Training</u></b>									
<b><u>TRI-TRAINER.COM</u></b>									
<b>WEEK</b>	<b>PREP PHASE</b>								
	<b>1 MON</b>	<b>TUE</b>	<b>WED</b>	<b>THUR</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>	<b>TOTAL</b>	
<b>STR</b>	1.00 AA					1.00 AA			<b>2</b>
<b>SWIM</b>		00.30 Tec		00.45 T1		1.00 E1			<b>2.15</b>
<b>BIKE</b>			00.45 S1				1.00 E2		<b>1.45</b>
<b>RUN</b>		00.30 E1		00.30 S1		1.00 E1			<b>2</b>
									<b>8</b>
<b>2</b>									
<b>STR</b>	1.00 AA				1.00 AA				<b>2</b>
<b>SWIM</b>		00.45 Tec		00.45 E1		1.00 E2			<b>2.3</b>
<b>BIKE</b>			00.45 S1				1.15 E2		<b>2</b>
<b>RUN</b>		00.30 E1		00.30 S1		1.00 E2			<b>2</b>
									<b>8.3</b>
<b>3</b>									
<b>STR</b>	1.00 AA				1.00 AA				<b>2</b>
<b>SWIM</b>		00.45 Tec		00.45 E2		1.00 E2			<b>2.3</b>
<b>BIKE</b>			00.45 S1				1.15 E2		<b>2</b>
<b>RUN</b>		00.45 E2		00.45 S1		1.00 E2			<b>2.3</b>
									<b>9</b>
<b>4</b>									
<b>STR</b>	1.00 AA				REST				<b>1</b>
<b>SWIM</b>		00.45 Tec		00.45 E2		1.00 E2			<b>2.3</b>
<b>BIKE</b>			00.45 E2				1.00 E2		<b>1.45</b>
<b>RUN</b>		00.30 E1		00.45 S1		00.45 E1			<b>2</b>
									<b>7.15</b>
<b>STRENGTH</b>									
<b>AA - Anatomical Adaptation. Easy weight. 50% of Max - Core exercises 3 x reps of 15</b>									
<b>Leg Press, Quad Press, Hamstring Curl, bench Press, Row, Standing Lat Pull down.</b>									
<b>Break elbow early to mimic swim stroke.</b>									
<b>SWIM</b>									

<b>T1 - Time Trial 3 x 300 with 30 secs RI. Fastest and slowest to be within 15 seconds of each other. Divide by 3 to get ave. 300 and 3 again to get ave. 100 'T' time.</b>							
<b>Use this time +/- when doing sets. I.e. 10 x 100 @ T 15' (sec) RI ( rest interval)</b>							
<b>Tec - Technique focus for 70% of workout</b>							
<b>E1 - Very easy swim, Focusing on form and Technique.</b>							
<b>E2 - Technique + Zone 2 ( RPE 10-12) Main Set</b>							
<b>BIKE</b>							
<b>E2 - Zone 2 HR</b>							
<b>S1 - Spin. High Cadence. RPM at 100 and above on easy gear or low level if on stationary bike or trainer.</b>							
<b>RUN</b>							
<b>E1 - Zone 1 HR - Very slow. Relax.</b>							
<b>E2 - Zone 2 HR - Easy.</b>							
<b>S1 - After easy Warm Up (w/u) 4-5 30 sec accelerations. Not flat out. Build .</b>							
<b>Full recovery for 1 minute Zone 1 between reps.</b>							
<b>Ray Kelly</b>							
<a href="mailto:razortri@aol.com">razortri@aol.com</a>							
<b>646-644-3988</b>							

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Appendix of training code at end of each 4 week plan.								
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WEEK	BASE 1 Starting to increase Volume and Intensity							
	MON	TUE	WED	THUR	FRI	SAT	SUN	TOTAL
<b>5</b>	STR 1.00 MS				1.00 MS			2
	SWIM	1.00 E2		1.00 Tec		1.00 E3		3
	BIKE		00.45 S2		00.45 ME		1.00 E2	2.3
	RUN	00.30 E1		00.45 S1		1.00 E2		2.15
								9.45
<b>6</b>	STR 1.00 MS				1.00 MS			2
	SWIM	1.00 E2		1.00 Form		1.00 E3		3
	BIKE		00.45 S1		00.45 ME		1.30 E2	3
	RUN	00.30 E1		00.45 S2		1.15 E2		2.3
								10.3
<b>7</b>	STR 1.00 MS				1.00 MS			2
	SWIM	1.00 E2		1.00 Form		1.00 E3		3
	BIKE		00.45 S2		00.45 ME		2.00 E3	3.3
	RUN	00.30 E1		00.45 S1		1.30 E3		2.45
								11.15
<b>8</b>	STR 1.00 MS				REST			1
	SWIM			00.45 T1		1.00 E2		1.45
	BIKE		00.45 S1				1.00 E2	1.45
	RUN	00.30 E1				1.00 E2		1.3
								6
<b>STRENGTH</b>								
<b>MS - Maximum Strength - 6-8 Reps x 3-4. Increase each week if you can rep 10X.</b>								
<b>SWIM</b>								
<b>E2 - Technique + Zone 2 Main Set</b>								
<b>E3 - Longer Sets and HR , ie 300 w/u 5 x 300 30' RI, 5 x 200 20' RI etc.</b>								
<b>Tec - Technique focus for 70% of workout</b>								
<b>FORM - Concentrate on Long Stroke. Count them . Try to 'feel' the water.</b>								
<b>Technique to start,</b>								
<b>BIKE</b>								

<b>S1 - Spin. High Cadence. RPM at 100 and above on easy gear or low level if on stationary</b>							
<b>S2 - w/u then isolated leg on stationary. Start 30 secs each leg , EASY GEAR, build to 3 minutes</b>							
each leg with 2 minutes easy spin between each both legs.							
<b>E2 - Zone 2 HR</b>							
<b>E3 - Zone 3 HR - Some hill work ( seated )</b>							
<b>ME - Muscular Endurance - HR Zone 3 , Higher Gear, Max 80 RPM, Stay seated.</b>							
<b>RUN</b>							
<b>E1 - Zone 1 HR - Very slow. Relax.</b>							
<b>E2 - Zone 2 HR - Easy.</b>							
<b>S1 - After easy Warm Up (w/u) 5-6 30 sec accelerations. Not flat out. Build . Full recovery between.</b>							
<b>S2 - After easy w/u increase pace to comfortable stride. Keep form for 1 minute and recover.</b>							
HR Zone 3 Max. Recover for 2 minutes.							
<b>Ray Kelly</b>							
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<b>WEEK</b>	<b>BASE 2</b>			Sport Specific Strength - Lactate testing (E4)				
<b>9 MON</b>	<b>TUE</b>	<b>WED</b>	<b>THUR</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>	<b>TOTAL</b>	
<b>STR</b>	1.00 PE**		1.00 PE**					<b>2</b>
<b>SWIM</b>		1.00 F		0.45 E2		1.00 Form		<b>2.45</b>
<b>BIKE</b>					0.30 S1		1.45 E4	<b>2.15</b>
<b>RUN</b>		0.30 E2		0.30 S2		1.00 E2		<b>2</b>
								<b>9</b>
<b>10</b>								
<b>STR</b>	1.00 PE**		1.00 PE**					<b>2</b>
<b>SWIM</b>		1.00 F		1.00 E2		1.15 M		<b>3.15</b>
<b>BIKE</b>					1.00 S1		2.15 E2	<b>3.15</b>
<b>RUN</b>		0.30 E2		0.30 S2		1.15 E4		<b>2.15</b>
								<b>10.45</b>
<b>11</b>								
<b>STR</b>	1.00 PE**		1.00 PE**					<b>2</b>
<b>SWIM</b>		1.00 F		1.00 E2		1.15 E1		<b>3.15</b>
<b>BIKE</b>					1.00 S1		2.45 E4	<b>3.45</b>
<b>RUN</b>		0.30 E2		0.45 S2		1.30 E4		<b>2.45</b>
<b>12</b>								
<b>STR</b>	1.00 PE**		1.00 PE**		REST			<b>2</b>
<b>SWIM</b>		0.30 Form		0.30 T1				<b>1</b>
<b>BIKE</b>				0.45 S3			1.00 T1	<b>1.45</b>
<b>RUN</b>		0.30 E2				1.00 T1		<b>1.3</b>
								<b>6.15</b>
<b>STRENGTH</b>								
SM - Strength Maintenance - 3 x 10 @ 70% of MS. Slow to Moderate.								
**PE - Power Endurance - 65% of MS but Explosive recovery. ONLY for experienced.								
as there is risk of injury if not properly exercised. SM workout alternative.								
<b>SWIM</b>								
E1 - Very easy swim, Focusing on form and Technique. Long Sets								
E2 - Technique + Zone 2 Main Set								
F - FORCE - w/u then Sets with Paddles, Finish with Fast 50s without paddles.								
FORM - Concentrate on Long Stroke. Count them . Try to 'feel' the water.								
Technique to start,								
M - Muscular Endurance - Sets of 'T' Time Pace								
T1 - Time Trial 3 x 300 with 30 secs RI. Fastest and slowest to be within 15 seconds of								
each other. Divide by 3 to get ave. 300 and 3 again to get ave. 100 'T' time.								

<b>Use this time +/- when doing sets. I.e. 10 x 100 @ T 15' (sec) RI ( rest interval)</b>							
<b>BIKE</b>							
<b>S3 - Accelerations aftew w/u. 30 sec accels with full recovery between . 5-10 ?</b>							
<b>E2 - Zone 2 HR</b>							
<b>E4 - Zone 1- 4 HR - Work harder, Attack hills, Insert some Speed</b>							
<b>T1 - Time Trial - If you have your favorite outdoor route, pick a spot and see how long it takes to get there going hard. Part of your longer route works.</b>							
<b>RUN</b>							
<b>E2 - Zone 2 HR - Easy.</b>							
<b>E4 - Zone 1-4 running hills and flats pushing HR at times into and holding Zone 4</b>							
<b>S2 - After easy w/u increase pace to comfortable stride. Keep form for 1 minute and recover.</b>							
<b>HR Zone 3 Max. Recover for 2 minutes.</b>							
<b>T1 - Time Trial - 1-3 Miles on Track, or a nice flat road. w/u then Test. Use in the future.</b>							
<b>Ray Kelly</b>							
<a href="mailto:razortri@aol.com">razortri@aol.com</a>							
<b>646-644-3988</b>							

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<b>TRI-TRAINER.COM</b>								
WEEK	BASE 3			Volume increase and Lactate Threshold Intervals				
	13 MON	TUE	WED	THUR	FRI	SAT	SUN	TOTAL
STR	1.00 SM							1
SWIM		1.00 E2		0.45 Force		1.00 E2		2.45
BIKE			1.00 M4		1.00 S5		2.15 E2	4.15
RUN		0.30 S1		0.30 E2		1.00 M2		2
								10
	<b>14</b>							
STR	1.00 SM							1
SWIM		1.00 E2		1.00 S		1.15 E2		3.15
BIKE			1.00 M4		1.15 E2		2.30 E4	4.45
RUN		0.30 S2		1.00 E4		1.15 E2		2.45
								11.45
	<b>15</b>							
STR	1.00 SM							1
SWIM		1.00 Form		1.00 S		1.15 E2		3.15
BIKE			1.00 E2		1.00 M4		3.00 E4	5
RUN		0.30 S1		1.00 E4		1.30 E2		3
								12.15
	<b>16</b>							
STR	1.00 SM				REST			1
SWIM		0.45 T1		0.45 E2		0.45 E1		2.15
BIKE			1.00 S5				1.00 T1	2
RUN		0.30 E1		0.30S2		1.00 T1		2
								7.15
<b>STRENGTH</b>								
<b>SM - Strength Maintenance - 3 x 10 @ 70% of MS. Slow to Moderate.</b>								
<b>SWIM</b>								
<b>E1 - Very easy swim, Focusing on form and Technique. Long Sets ie 5x400</b>								
<b>E2 - Technique + Zone 2 Long Main Set - 40 mins ?</b>								
<b>F - FORCE - w/u then Sets with Paddles, Finish with Fast 50s without paddles.</b>								
<b>FORM - Concentrate on Long Stroke. Count them . Try to 'feel' the water.</b>								
Technique to start,								
<b>M - Muscular Endurance - Sets of 'T' Time Pace ie 10x100 @ T (10') RI</b>								
<b>T1 - Time Trial 3 x 300 with 30 secs RI. Fastest and slowest to be within 15 seconds of</b>								

each other. Divide by 3 to get ave. 300 and 3 again to get ave. 100 'T' time.								
Use this time +/- when doing sets. I.e. 10 x 100 @ T 15' (sec) RI ( rest interval)								
<b>BIKE</b>								
<b>S1 - Spin. High Cadence. RPM at 100 and above on easy gear or low level if on stationary</b>								
<b>S3 - Accelerations after w/u. 30 sec accels with full recovery between . 5-10 ?</b>								
<b>S5 - w/u then 3mins 100RPM, 2 mins 110 RPM, 1 min 120+ RPM - Easy gear. 2 mins rec.</b>								
repeat several times.								
<b>E2 - Zone 2 HR</b>								
<b>E4 - Zone 1- 4 HR - Work harder, Attack hills, Insert some Speed</b>								
<b>M4- w/u .Build to Zone 4 HR and hold for 30 - 40 minutes</b>								
<b>T1 - Time Trial - If you have your favorite outdoor route, pick a spot and see how</b>								
<b>long it takes to get there going hard. Part of your longer route works.</b>								
<b>Tri-Trainer.com</b>								
<b>RUN</b>								
<b>E1 - Very easy recovery run.</b>								
<b>E2 - Zone 2 HR- Easy.</b>								
<b>E4 - Zone 1-4 running hills and flats pushing HR at times into and holding Zone 4</b>								
<b>S1 - After easy Warm Up (w/u) 5-6 30 sec accelerations. Not flat out. Build . Full recovery between.</b>								
<b>S2 - After easy w/u increase pace to comfortable stride. Keep form for 1 minute and recover.</b>								
<b>HR Zone 3 Max. Recover for 2 minutes.</b>								
<b>M2 - w/u then 4-5 x 5 mins at top of Zone 3 HR and hold . LactateThreshold. 1 min recovery</b>								
<b>T1 - Time Trial - 1-3 Miles on Track, or I like Forest Avenue. w/u then Test. Use in the future.</b>								
<b>Ray Kelly</b>								
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WEEK	BUILD 1				Higher Intensity to Race Speed and Recovery			
	MON	TUE	WED	THUR	FRI	SAT	SUN	TOTAL
<b>17</b>	STR 1.00 SM							<b>1</b>
<b>SWIM</b>		1.00 E2		1.00 A		1.00 E2		<b>3</b>
<b>BIKE</b>			1.00 S5		1.00 E2		3.00 E1-5	<b>5</b>
<b>RUN</b>		1.00 I (E5)		0.30 E1		1.00 S2		<b>2.3</b>
								<b>11.3</b>
<b>18</b>							<b>BRICK</b>	
<b>STR</b>	1.00 SM							<b>1</b>
<b>SWIM</b>		1.00 E2		1.00 A		1.15 E2		<b>3.15</b>
<b>BIKE</b>			1.00 M4		1.15 E1		<b>2.00 E2-3</b>	<b>4.15</b>
<b>RUN</b>		1.00 E2		0.30 S1		1.00 A	<b>0.30 E2</b>	<b>3</b>
								<b>11.3</b>
<b>19</b>							<b>BRICK</b>	
<b>STR</b>	1.00 SM							<b>1</b>
<b>SWIM</b>		1.00 Form		1.00 A		1.15 E2		<b>3.15</b>
<b>BIKE</b>			1.00 E2		1.00 M4		<b>2.00 E2-3</b>	<b>4</b>
<b>RUN</b>		0.30 S1		1.00 I E5		1.30 E2	<b>0.30 E2</b>	<b>3.3</b>
								<b>11.45</b>
<b>20</b>							<b>BRICK</b>	
<b>STR</b>	1.00 SM				REST			<b>1</b>
<b>SWIM</b>		0.45 T1		1.00 E1				<b>1.45</b>
<b>BIKE</b>			1.00 S5			1.00 T1	<b>1.30 E3</b>	<b>3.3</b>
<b>RUN</b>				0.45 T1			<b>0.30 E3</b>	<b>1.15</b>
								<b>7.3</b>
<b>STRENGTH</b>								
<b>SM - Strength Maintenance - 3 x 10 @ 70% of MS. Slow to Moderate.</b>								
<b>SWIM</b>								
<b>E1 - Very easy swim, Focusing on form and Technique. Long Sets ie 5x400</b>								
<b>E2 - Technique + Zone 2 Long Main Set - 40 mins ?</b>								
<b>FORM - Concentrate on Long Stroke. Count them . Try to 'feel' the water.</b>								
<b>Technique to start,</b>								
<b>M - Muscular Endurance - Sets of 'T' Time Pace ie 10x100 @ T (10') RI</b>								
<b>A - Aneobic - 100s and 50s at top speed with up to 1-2 min rest. Each as fast as possible.</b>								
<b>T1 - Time Trial 3 x 300 with 30 secs RI. Fastest and slowest to be within 15 seconds of</b>								

each other. Divide by 3 to get ave. 300 and 3 again to get ave. 100 'T' time.									
Use this time +/- when doing sets. I.e. 10 x 100 @ T 15' (sec) RI ( rest interval)									
<b>BIKE</b>									
S1 - Spin. High Cadence. RPM at 100 and above on easy gear or low level if on stationary									
S3 - Accelerations after w/u. 30 sec accels with full recovery between . 5-10 ?									
S5 - w/u then 3mins 100RPM, 2 mins 110 RPM, 1 min 120+ RPM - Easy gear. 2 mins rec.									
repeat several times.									
E2 - Zone 2 HR									
E4 - Zone 1- 4 HR - Work harder, Attack hills, Insert some Speed									
M4- w/u .Build to Zone 4 HR and hold for 30 - 40 minutes									
T1 - Time Trial - If you have your favorite outdoor route, pick a spot and see how long it takes to get there going hard. Part of your longer route works.									
<b>RUN</b>									
E1 - Very easy recovery run.									
E2 - Zone 2 HR - Easy.									
S1 - After easy Warm Up (w/u) 5-6 30 sec accelerations. Not flat out. Build . Full recovery between.									
S2 - After easy w/u increase pace to comfortable stride. Keep form for 1 minute and recover.									
HR Zone 3 Max. Recover for 2 minutes.									
I (E5)- Warm up 10 mins. 5-6 Intervals taking HR up to Zone 5. Recover to Zone 2 and repeat.									
A - At Race pace, maybe a 10K race?									
T1 - Time Trial - 1-3 Miles on Track, or I like Forest Avenue. w/u then Test. Use in the future.									
<b>BRICK</b>									
For both Bike and Run, first half of each should be moderate and faster 2nd half. Transition to Run within 5 minutes. Easy run start to loosen up and faster finish.									
<b>Ray Kelly</b>									
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<b>TRI-TRAINER.COM</b>								
WEEK	BUILD 2 and PEAK							
	21 MON	TUE	WED	THUR	FRI	SAT	SUN	TOTAL
STR	1.00 SM							1
SWIM		1.00 E2		1.00 A		1.00 E2		3
BIKE			1.00 M4		1.00 E2		3.00 E1-5	5
RUN		1.00 TR		0.30 E1		1.00 S2		2.3
								11.3
22							<b>BRICK</b>	
STR	1.00 SM							1
SWIM		1.00 M		1.00 A		1.00 E2		3
BIKE			1.00 M4		1.15 E2		2.30 E2-3	4.45
RUN		1.00 TR		0.30 S1		1.00 A	0.30 E3-4	3
								11.45
23							<b>BRICK</b>	
STR	REST							
SWIM		1.00 M		1.00 A		1.00 E2		3
BIKE			1.00 E2		1.00 M4		3.00 E2-4	5
RUN		1.00 TR		0.45 S1		1.00 E2	0.45 E3-4	3.30
								11.30
24							<b>BRICK</b>	
STR	REST				REST			
SWIM		0.45 T1		1.00 E1				1.45
BIKE			1.00 S5			1.00 T1	1.30 E3	3.3
RUN				0.45 T1			0.30 E3	1.15
								6.3
<b>STRENGTH</b>								
SM - Strength Maintenance - 3 x 10 @ 70% of MS. Slow to Moderate.								
<b>SWIM</b>								
E2 - Technique + Zone 2 Long Main Set - 40 mins ?								
Technique to start,								
M - Muscular Endurance - Sets of 'T' Time Pace ie 10x150 @ T (15') RI								
A - Aneobic - 100s and 50s at top speed with up to 1-2 min rest. Each as fast as possible.								
<b>BIKE</b>								
E2 - Zone 2 HR								

<b>E4 - Zone 1- 4 HR - Work harder, Attack hills, Insert some Speed</b>								
<b>S5 - w/u then 3mins 100RPM, 2 mins 110 RPM, 1 min 120+ RPM - Easy gear. 2 mins rec.</b>								
repeat several times.								
<b>M4- w/u .Build to Zone 4 HR and hold for 30 - 40 minutes</b>								
<b>T1 - Time Trial - If you have your favorite outdoor route, pick a spot and see how long it takes to get there going hard. Part of your longer route works.</b>								
<b>RUN</b>								
<b>E1 - Very easy recovery run.</b>								
<b>E2 - Zone 2 HR - Easy.</b>								
<b>S1 - After easy Warm Up (w/u) 5-6 30 sec accelerations. Not flat out. Build . Full recovery between.</b>								
<b>S2 - After easy w/u increase pace to comfortable stride. Keep form for 1 minute and recover.</b>								
HR Zone 3 Max. Recover for 2 minutes and repeat several times.								
<b>TR - Track workout . Build each week. Warm Up well. 6-8 x800 @ race pace 2 mins recovery OR -</b>								
Warm up 10 mins. 6-8 Intervals taking HR up to Zone 5. Recover to Zone 2 and repeat.								
<b>A - At Race pace, maybe a 10K race?</b>								
<b>T1 - Time Trial - 1-3 Miles on Track, or I like Forest Avenue. w/u then Test. Use in the future.</b>								
<b>BRICK</b>								
<b>For both Bike and Run, first half of each should be moderate and faster 2nd half. Transition to Run within 5 minutes. Easy run start to loosen up and faster finish. Practice nutrition.</b>								
<b>Ray Kelly</b>								
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26 WEEK OLYMPIC DISTANCE TRAINING PLAN								
Appendix of training code at end of plan.								
<b>Acknowledgements to Joe Friel - The Triathletes's Training Bible, Gale Bernhardt - Training Plans for Multisport Athletes, Tudor Bompa - Theory and Methodology of Training</b>								
<b>TRI-TRAINER.COM</b>								
WEEK	TAPER AND RACE !							
25	MON	TUE	WED	THUR	FRI	SAT	SUN	TOTAL
	REST						BRICK	
STR								
SWIM		0.45 M				0.45 A		1.3
BIKE			1.00 M4		1.00 E2		1.30 E3-4	3.3
RUN		0.45 S1		0.30 E1		1.00 S2	0.30 E3-4	2.45
								7.45
26					REST	BRICK	RACE	
STR								
SWIM		0.45 A		0.30 E2		0.3 **		1.15
BIKE	0.45 S5					0.3 S3		1.15
RUN			0.30 S1			0.15 S1		0.45
								3.15
SWIM								
E2 - Zone 2								
M - Muscular Endurance - Sets of 'T' Time Pace ie 10x150 @ T (15') RI								
A - Aneobic - 100s and 50s at top speed with up to 1-2 min rest. Each as fast as possible.								
** - If at race it's worth scoping out the start and finish with a few accelerations getting the feel of your wetsuit and deciding what you will be sighting on.								
BIKE								
E2 - Zone 2 HR								
S3 - Accelerations aftew w/u. 30 sec accels with full recovery between .3-4 only.								
S5 - w/u then 3mins 100RPM, 2 mins 110 RPM, 1 min 120+ RPM - Easy gear. 2 mins rec. repeat several times.								
M4- w/u .Build to Zone 4 HR and hold for 30 - 40 minutes								
RUN								
E1 - Very easy recovery run.								
S1 - After easy Warm Up (w/u) 5-6 30 sec accelerations. Not flat out. Build . Full recovery between.								
S2 - After easy w/u increase pace to comfortable stride. Keep form for 1 minute and recover. HR Zone 3 Max. Recover for 2 minutes and repeat several times.								
BRICK								

<b>For both Bike and Run, first half of each should be moderate and faster 2nd half. Transition to Run within 5 minutes. Easy run start to loosen up and faster finish. Practice nutrition.</b>							
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