

Phase 1 – Sample Schedule

Jan 5 - Jan 11, 2009

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	Jan 5	Jan 6	Jan 7	Jan 8	Jan 9 <i>Day off? All workouts optional!</i>	Jan 10	Jan 11
Swim*	45-60min, Workout #1 Aerobic/ Recovery		60-75min, Workout #2 Key swim, Aerobic/ Tech		45-60min, Workout #3 Sprint / Technique		20-30 min easy choice Optional
Bike*		60min, Turbo trainer workout Fast spinning and 4 min Int.	15-30 min easy as warm up for gym – optional, Hr1			90 to 105 min, Hr1 Long ride	
Run*				40-50min, Key run session Moderate run		10-15min, T-run, Hr1	50-60 min Long run, Hr1
Weights*			30 min Adaptation 1x10 Light				30-60 min Adaptation 1x10 Light

*See detailed notes on following pages

Notes

Swim	<p>Adjust swim sessions + or - 500 yards depending on your current swimming ability. To adjust the workouts simply add or delete yardage / intervals from all the sets.</p> <p>1.-A56b- (2500)- Aerobic Session: Warmup: 2x200 free easy then 8 x 50 as: 2 free/ 2 stroke all on 15 sec rest, Main Set: 5x 200 as: 2 free/ 1 stroke/ 2 free all easy on 30 sec rest, Cool down: 14x 50 as: 25 drill/ 25 free on 10 sec rest.</p> <p>2.-A57b- (3000)- Aerobic Session: Warmup: 18 x 50 as: 2 free/ 2kick/ 2 stroke on 10 sec rest, Main Set: 3x 500 as: 150 free/ 200 stroke/ 150 free easy on 15 sec rest, Cool down: 8x 75 as: 3 kick/ 3 drill/ 2 choice on 15 sec rest.</p> <p>3.-S26b- (2000)- Sprint Session: Warmup: 600 as: 200 free/ 200kick/ 200 stroke, 6x50 as: 3 stroke on 15 sec rest, 3 free on 10 sec rest, Main Set: 3x (100 moderate- 80-90%, on 20 sec rest, 150 easy choice on 20 sec rest), 3 x 50 free as: 1 on 20 sec rest easy (Hr#1), 1 on 15 sec rest moderate (Hr#2), 1on 10 sec rest somewhat hard (Hr#3), Cool down: 200 easy choice.</p> <p>Sunday- Optional easy 20-30 min swim of your choice. Best to be performed after the long run to take the edge off of your legs. If you haven't been swimming much, save this extra swim for the next month. Three swims to start with is more than enough.</p>
Bike	<p>Tuesday Turbo session-</p> <ul style="list-style-type: none"> • Warmup: 10-15 min • 4x30 sec SLD in EASY gear w/ 30 sec • Main Set: 4x 4min steady at Hr#2 (80-100 rpm) / 2 min easy after each • 3x 30 sec SLD in EASY gear w/ 30 sec • Cool down: 5-10 min. <p>Wednesday easy ride-Optional easy ride on Wednesdays at Hr#1 of 15-30 min as a sport specific warm-up for the gym - only if time and energy is available.</p> <p>Saturday long ride- Emphasis on Saturday rides now during this adaptation/ base preparation phase is to slowly increase the duration of the rides, building a base, while keeping the intensity easy to moderate (Hr #1). Keep the rides between 90-105 min. It's very important to keep this ride aerobic.</p>
Run	<p>Thursday "Intensity" Run - This will be your key run workout. For the month of January keep the intensity easy to moderate (Hr 2 to 3 low) in the following workout:</p> <ul style="list-style-type: none"> • Warm-up 10-15 min easy, • Main Set: 15-20 min fartlek with 4 to 8x 30 sec pickups (just up the tempo a bit, not anywhere close to an extremely hard workout) with 1-2 min easy running between, • Cool Down-10-15 min easy to moderate. <p>If you are just starting to run again, keep this run easy throughout and wait until February to add in any real speed work.</p> <p>Saturday Transition run A 10-15 min easy run performed after your long bike ride (within 15 min of finishing your ride) at an easy effort of Hr #1-2. It (bike to run) tends to be the most difficult transition but will get easier the more you do it.</p> <p>Sunday Long run- Emphasis on Sunday's run is to slowly build a longer aerobic run at HR #1-2 starting at 50-60 min for this first week. It's very important to keep this run aerobic (that means comfortable!).</p>

Weights

Week 1: Base Adaptation Phase: Keep the weight very light this first week and perform 1x10 reps of each exercise

Purpose: To train the neuro-muscular system and learn the skills and techniques of resistance training. Pick up GOOD habits now!

Speed of Execution: All exercises are done slowly through the full range of motion of each muscle group. It's a count of 2 seconds to lift and 4 seconds to lower the weight.

Resistance: Light range--starting at 1 set of 10 repetitions (reps). We'll be working towards 2 sets of 15 reps (2 x 15) with light to medium weight over the next 6-weeks. Don't make the mistake of biting off more than your can chew and ending up sore the day after!