PREP				
Wk 1 (1/3)	**Swim**	**Bike**	**Run**	**Weights**
Mon	#1 (2.5K)			
Tues		45:00 easy ride		30:00 @ Lunch
Wed	#2 (2.5K)		30:00 easy run @ Lunch	
Thur		1:00 easy ride		30:00 @ Lunch
Fri	#3 (2.5K)		30:00 easy run @ Lunch	
Sat		1:00 easy ride		30:00 Legs
Sun			1:00 easy run	
9:15	3:00	2:45	2:00	1:30

PREP				
Wk 2 (1/10)	**Swim**	**Bike**	**Run**	**Core**
Mon	#4 (2.5K)			
Tues		45:00 easy ride		30:00 @ Lunch
Wed	#5 (2.5K)		30:00 easy run @ Lunch	
Thur		1:00 easy ride		30:00 @ Lunch
Fri	#6 (2.5K)		30:00 easy run @ Lunch	
Sat		1:00 easy ride		30:00 Legs
Sun			1:00 easy run	
9:15	3:00	2:45	2:00	1:30

BASE 1				
Wk 3 (1/17)	**Swim**	**Bike**	**Run**	**Core**
Mon	#1 (2.5K)			30:00 @ Lunch
Tues		45:00 ride - "Spin 'til You Puke Session"		30:00 @ Lunch
Wed	#2 (2.5K)		30:00 easy run @ Lunch	
Thur		1:00 ride - Z2 ride with 10 min spent in Z3		30:00 @ Lunch
Fri	#3 (2.5K)		30:00 easy run @ Lunch	
Sat	2K Strght	1:00 Z1 - Z2 ride (work in 10 min alteranating Isolated leg spins and 10, 15 sec spins at max cadance)		30:00 Legs
Sun		30:00 easy ride - Z1 at high cadance	1:00 easy run	
11:00	3:45		3:15	2:00	2:00

BASE 1				
Wk 4 (1/24)	**Swim**	**Bike**	**Run**	**Core**
Mon	#1 (2.5K)		1:00 Plyometrics	30:00 @ Lunch
Tues		1:00 ride - "Lean & Mean Session"		30:00 @ Lunch
Wed	#2 (2.5K)		30:00 easy run @ Lunch	
Thur		1:00 ride - Z2 ride with 15 min spent in Z3		30:00 @ Lunch
Fri	#3 (2.5K)		30:00 easy run @ Lunch	
Sat	2K Strght	1:15 Z1 - Z2 ride (work in 10 min alteranating Isolated leg spins and 10, 15 sec spins at max cadance)		30:00 Legs
Sun		45:00 easy ride - Z1 at high cadance	1:00 easy run	
12:45	3:45		4:00	3:00	2:00

BASE 1				
Wk 5 (1/31)	**Swim**	**Bike**	**Run**	**Weights/Core**
Mon	#1 (2.5K)		1:00 Plyometrics	30:00 @ Lunch
Tues		1:00 ride - "Spin 'til You Puke Session"		30:00 @ Lunch
Wed	#2 (2.5K)		40:00 easy run @ Lunch	
Thur		1:00 ride - Z2 ride with 15 min spent in Z3		30:00 @ Lunch
Fri	#3 (2.5K)		45:00 easy run @ Lunch	
Sat	3K Strght	1:30 Z1 - Z2 ride (work in 10 min alteranating Isolated leg spins and 12, 15 sec spins at max cadance)		30:00 Legs
Sun		45:00 easy ride - Z1 at high cadance	1:15 easy run	
14:00	4:00		4:30	3:30	2:00

BASE 1				
Wk 6 (2/7)	**Swim**	**Bike**	**Run**	**Core**
Mon	1.5K			
Tues		1:00 ride - "Lean & Mean Session"		30:00 @ Lunch
Wed	1.5K		30:00 easy run @ Lunch	
Thur		1:00 ride - Z2 ride with 15 min spent in Z3		30:00 @ Lunch
Fri	Test		30:00 easy run @ Lunch	
Sat		1:00 Z1 - Z2 ride (work in 10 min alteranating Isolated leg spins and 10, 15 sec spins at max cadance)		
Sun			Hobo's Heartbreaker 10K	
8:00	2:30		2:45	1:45	1:00

BASE 2				
Wk 7 (2/14)	**Swim**	**Bike**	**Run - Start phase II**	**Weights**
Mon	#1 (2.5K)		1:00 Plyometrics	30:00 @ Lunch
Tues		1:00 - Pyramid Repeats		30:00 @ Lunch
Wed	#2 (2.5K)		5 or 6 x (2 x 200m **R** pace w/ 200m rec. jogs + 1 x 400m **R** pace w/ 400m jog) **R** Pace - 200m = :44, 400m = :89	
Thur		1:00 - Uphill Grind Session		30:00 @ Lunch
Fri	#3 (2.5K)		5 x 1 mile (6:57 pace) w/ 1 min rests between (**T**)	
Sat	2K Strght	1:15 Z1 - Z2 ride (spend 20 min in Z3, after that work in 10, 15 sec spins at max cadance)		30:00 Legs
Sun		30:00 easy ride - Z1 at high cadance	1:00 easy run	
12:30	3:45		3:45	3:00	2:00

BASE 2				
Wk 8 (2/21)	**Swim**	**Bike**	**Run**	**Core**
Mon	#1 (2.5K)		1:00 Plyometrics	30:00 @ Lunch
Tues		1:00 ride - "Spin 'til You Puke Session"		30:00 @ Lunch
Wed	#2 (2.5K)		10 x 400m (:89 pace) with 400m jogs (**R**)	
Thur		1:15 - Z2 ride with 6, 5 min hill climbs (reduced gear at 60 - 70 rpm, use 6" riser)		30:00 @ Lunch
Fri	#3 (2.5K)		40:00 @ 7:05 pace (**T**)	
Sat	3K Strght	1:30 Z1 - Z2 ride (spend 30 min in Z3, after that work in 10, 15 sec spins at max cadance)		30:00 Legs
Sun		45:00 easy ride - Z1 at high cadance	1:15 easy run	
14:00	4:00		4:30	3:30	2:00

				BASE 2		
Wk 9 (2/28)	**Swim**	**Bike**		**Run**		**Core**
Mon	#1 (3K)			1:00 Plyometrics		30:00 @ Lunch
Tues		1:15 "Lean & Mean Session" doubling the cycles of the pyramid section				30:00 @ Lunch
Wed	#2 (3K)			4 x (200m [:44 pace] w/ 200m jogs) + 2 x (400m [:89 pace] w/ 400 jogs) + 1 x (800m [2:58 pace] w/ 800m jog) + 2 x (400m [:89 pace] w/ 400 jogs) + 4 x (200m [:44 pace] w/ 200m jogs) (**R**)		
Thur		1:15 - Uphill Grind Session				30:00 @ Lunch
Fri	#3 (3K)			3 x 10 minutes (6:57 pace) w/ 2 min rests between (**T**)		
Sat	3K Strght	1:45 - Z1 - Z2 ride (spend 20 min in Z3, after that work in 10, 15 sec spins at max cadance and 10 min alternating isolation spins)				30:00 Legs
Sun		45:00 easy ride - Z1 at high cadance		1:15 easy run		
15:15	4:45		5:00		3:30	2:00

				BASE 2		
Wk 10 (3/7)	**Swim**	**Bike**		**Run**		**Core**
Mon	1.5K					
Tues		45:00 ride - "Spin 'til You Puke Session"				30:00 @ Lunch
Wed	1.5K			4 x (200m [:44 pace] w/ 200m jog + 200m [:44 pace] w/ 400m jog + 800m [2:58 pace] w/ 400m jog) **R**		
Thur		1:00 ride - Z2 ride with 4 x 5 min seated hill climbs (reduced gear at 60 - 70 rpm, use 6" riser)				30:00 @ Lunch
Fri	1.5K			40:00 @ 7:05 pace (**T**)		
Sat	Test	1:00 Z1 - Z2 ride (work in 10 min alteranating Isolated leg spins and 10, 15 sec spins at max cadance)				
Sun				45:00 easy run		
8:00	2:30		2:45		1:45	1:00

BASE 3				
Wk 11 (3/14)	**Swim**	**Bike**	**Run**	**Core**
Mon	#1 (2.5K)		1:00 Plyometrics	30:00 @ Lunch
Tues		1:00 - Pyramid Repeats		30:00 @ Lunch
Wed	#2 (2.5K)		10 x (400m [:89 pace] w/ 400m jogs	
Thur		1:00 - Uphill Grind Session		30:00 @ Lunch
Fri	#3 (2.5K)		15-min @ 6:57 pace + 3-min [8:41 pace] + 10-min @ 6:57 pace + 2-min [8:41 pace] + 5-min @ 6:57 pace	
Sat	2.5 Strght	1:15 Z1 - Z2 ride (spend 20 min in Z3, after that work in 10, 15 sec spins at max cadance and 10 min alternating isolation spins)		30:00 Legs
Sun		30:00 easy ride - Z1 at high cadance	1:00 easy run	
12:30	3:45	3:45	3:00	2:00

BASE 3				
Wk 12 (3/21)	**Swim**	**Bike**	**Run**	**Core**
Mon	#1 (3K)		1:00 Plyometrics	30:00 @ Lunch
Tues		1:15 "Lean & Mean Session" doubling the cycles of the pyramid section		30:00 @ Lunch
Wed	#2 (3K)		4 x (200m [:44 pace] w/ 200m jog + 200m [:44 pace] w/ 400m jog + 800m [2:58 pace] w/ 400m jog) **R**	
Thur		1:15 ride - 4 x 10 min in Z4 - 5a (allow 2 - 3 min for recovery)		30:00 @ Lunch
Fri	#3 (3K)		45-min steady run @ 7:07 pace	
Sat	3K Strght	1:30 Z1 - Z2 ride (spend 30 min in Z3, after that work in 10, 15 sec spins at max cadance and 10 min alternating isolation spins)		30:00 Legs
Sun		30:00 easy ride - Z1 at high cadance	**St. Margaret Mary 5K**	
14:15	4:45	4:30	3:00	2:00

				BASE 3			

Wk 13 (3/28)	Swim	Bike		Run		Core	
Mon	#1 (3K)			1:00 Plyometrics		30:00 @ Lunch	
Tues		1:15 easy ride				30:00 @ Lunch	
Wed	#2 (3K)			3 Sets (4 min hard [6:08 pace] w/ 3 min recovery jog btw)			
Thur		1:15 Z2 ride with 4 x 6 min seated hill climbs (reduced gear at 60 - 70 rpm, use 10" riser)				30:00 @ Lunch	
Fri	#3 (3K)			3 X (12 minutes [6:44 pace] w/ 2 min rests)			
Sat	3K Strght	1:45 Z1 - Z2 ride (spend 35 min in Z3, after that work in 10, 15 sec spins at max cadance and 10 min alternating isolation spins)				30:00 Legs	
Sun		45:00 easy ride - Z1 at high cadance		1:30 easy run			
15:30	4:45		5:00		3:45		2:00

				BASE 3			

Wk 14 (4/4)	Swim	Bike		Run		Core	
Mon	1.5K						
Tues		45:00 ride - "Spin 'til You Puke Session"				30:00 @ Lunch	
Wed	1.5K			3 Sets (5 min hard [6:08 pace] w/ 4 min recovery jog btw)			
Thur		1:00 ride - Z2 ride with 4 x 5 min seated hill climbs (reduced gear at 60 - 70 rpm, use 6" riser)				30:00 @ Lunch	
Fri	1.5K			40 min (6:56 pace)			
Sat	Test	1:00 Z1 - Z2 ride (work in 10 min alteranating Isolated leg spins and 10, 15 sec spins at max cadance)					
Sun				45:00 easy run			
8:00	2:30		2:45		1:45		1:00