



**JOHN SMITH
2009 TRAINING PROGRAM**

WEEKS STARTING	PHASE
MARCH 24, 2009	BUILD B, WEEK #1
MARCH 31, 2009	BUILD B, WEEK #2

NOTES:

1. These are the first two weeks in your second Build phase. The intensity and volume of your training increases during this phase. Two of your bike sessions each week will be higher intensity efforts – a threshold ride and a speed session. Likewise, you will be doing two higher intensity running sessions each week – a track workout and a threshold run.
2. Now that the amount of higher intensity training in your program is increasing, it becomes more important than ever to keep your long rides, long runs and easy days at a low intensity (HR Zone I). Going too hard during these sessions will leave you too fatigued to push yourself on your higher intensity days and will lead to sub-par racing.
3. Your strength training routine also changes this week. You will be starting a four-week power phase. Details are included on the attached sheet.
4. The next three weeks are tough ones. Stay focused and work hard. Weeks like these will make your races seem easy!

Key Workouts:

These are the most important training sessions during this phase of your training program and the one's that you should make every effort to complete in their entirety and as directed.

1. Run Threshold
2. Run Long
3. Run Speed
4. Bike Threshold
5. Bike Long



WEEK STARTING

PHASE

MARCH 24, 2009

BUILD B, WEEK #1



MON	TUES	WED	THU	FRI	SAT	SUN
OFF	BIKE ENDURANCE	BIKE THRESHOLD	SWIM ENDURANCE	BIKE SPEED	BIKE LONG	RUN LONG
	SWIM THRESHOLD	RUN SPEED	WEIGHTS (Power)	RUN THRESHOLD	RUN ENDURANCE	



SWIM THRESHOLD (1 hour 15 minutes) [Tuesday – 3/25]

WARM UP: 600 free/200 kick/300 pull/100 kick/100 pull

MAIN SET (repeat 3 times):
 3x100 (TSP+:10) swim interval (SI) (i.e. 3x100 on 1:45)
 4x50 (TSP+:10) SI
 1x50 easy (2:00 SI)

COOL DOWN: 100 free

TOTAL DISTANCE: 3,050

SWIM ENDURANCE (60 minutes) [Thursday – 3/27]

WARM UP: 400 free

MAIN SET:
 8x50 [25 one-arm drill (alternate L&R)/25 build] (:20 rest interval (RI) after each)

MAIN SET #2:
 1x500@TSP+:06 (:15 RI)
 2x250@TSP+:02 (:15 RI)
 1x500@TSP+:05 (:25 RI)
 5x100@TSP (:15 RI)

COOL DOWN: 100 free

TOTAL DISTANCE: 2,900



BIKE SESSIONS

BIKE ENDURANCE (1 hour 30 minutes)

[Tuesday – 3/25]

- Easy spin on indoor trainer or flat terrain (HR Zone I)
- Do the entire ride in the small chain ring, keeping the cadence above 90 rpm's.

BIKE THRESHOLD (60 minutes)

[Wednesday – 3/26]

- Warm up: 15 minute easy spin on trainer (HR Zone I) followed by 3x(30 seconds hard (53x15)/30 seconds easy (39x15))
- Main Set: 3x(10 minutes @ HR Zone IV-a/2 minutes easy spin)
- Cool-down: 5 minutes easy spin
- Do the threshold portion of ride in aero position

BIKE SPEED (50 minutes)

[Friday – 3/28]

- WARM-UP: 10 minutes easy spin followed by 3x(30 seconds hard (53x15)/30 seconds easy spin (39x15))
- MAIN #1: 3x(3 mins HARD (Zone V)/90 seconds easy)
- MAIN #2: 3x(2 mins HARD/1 minute easy)
- MAIN #3: 3x(1 min HARD/30 seconds easy)
- COOL-DOWN: 10 minutes easy spin

NOTE: You may have some trouble getting your HR into Zone V during the first couple of repeats. This is perfectly normal. Keep pushing hard and you should be able to get it there by set #2.

BIKE LONG (3 hours)

[Saturday – 3/29]

- Entire ride should be done on rolling terrain in HR Zones I & II, as follows:
 - 30 minutes in HR Zone I
 - 60 minutes in HR Zone II
 - 30 minutes in HR Zone I
 - 60 minutes in HR Zone II
- Be sure to drink fluids and consume calories no less than every 30 minutes



RUN SESSIONS

RUN SPEED (1 hour 10 minutes)

[Wednesday – 3/26]

- Track Workout
- 4x1200 meters (3 laps around track) followed by 400 meters (1 lap) EASY jog after each repeat
- Try to run each repeat progressively faster, with first repeat in 4:40 and final repeat in 4:35 (ex. 4:40, 4:38, 4:36, 4:35)
- Record time and AHR for each repeat and email this information to me
- Jog slowly on the recoveries and do not start next repeat until HR is in low end of Zone I
- Always warm-up and cool down with at least 15 minutes of Zone I running
- Be sure to stretch for 5-10 minutes after run and consume fluids and protein IMMEDIATELY after finishing.

RUN THRESHOLD (60 minutes)

[Friday – 3/28]

- Do this workout as a 60 minute continuous run on a flat, measured course
- WARM-UP: 20 minutes HR Zone I/10 minutes HR Zone II
- MAIN: 10 minutes @ 6:50 pace/2 minutes easy jog/10 minutes @ 6:40 pace
- COOL-DOWN: 10 minutes HR Zone I
- **Record your average heart rates for the 2 threshold segments and email this data to me**
- Be sure to stretch for 5-10 minutes after run and consume fluids and protein IMMEDIATELY after finishing.

RUN ENDURANCE (45 minutes)

[Saturday – 3/29]

- Easy run on flat terrain in HR Zone I

RUN LONG (1 hour 30 minutes)

[Sunday – 3/30]

- Entire run should be done in HR Zone I
- Run on flat terrain.
- Be sure to drink plenty of fluids and consume calories at least every 45 minutes
- Stretch for 5-10 minutes afterwards