

## Weekend stuff for IM Austria 2007

Date	Training	Comments
Jan 13/14	3 hr ride (steady and undulating) / 1.5 hr run	Maintaining base building effort until 12 Feb.
Jan 20/21	3.5 hr ride inc. tri bar work / Folksworth 15	Building up time on tri bars will help to use them better.
Jan 27/28	3 hr ride inc. tri bar work / 2 hr run	Tri bar work to be fitted in on all non-hill session rides after this
Feb 3/4	2 hr ride / 2.5 hr run	
Feb 10/11	2.5 hr ride inc. moderate hills / Stamford 30km at easy / medium pace	(Recovery week - follows very easy Mon to Fri)
Feb 17/18	3.5 hr ride inc. long intervals / 1.5 hr easy run	Starting to up the work load on a 2 week hard / 1 week easy cycle.
Feb 24/25	2.5 hr ride with hills plus 30 min run / 1.5 hr run with some 5-10 min harder efforts	
Mar 3/4	2 hr ride / Berkhamsted 1/2 M as race	Recovery week / taper for half marathon.
Mar10/11	70 miles bike plus 30 min run / 15 miles easy run	Switch to miles rather than time. Start using long rides to test nutrition options
Mar 17/18	80 miles hilly bike plus 30 min run / 12 to 15 miles off road	<b>Peak district weekend</b> – bike is equivalent to 100 on the flat
Mar 24/25	50 miles bike / 75 min run	Recovery week – switch to Powerbar products
Mar 31/Apr 1	80 miles bike with long intervals at 80 or 85% (in flatter area) / Oakley 20	Oakley to be run at medium pace 5km Swimathon on Thur or Fri.
Apr 6/7/8/9	Easter w/end - <b>100 mile ride</b> plus 45 min run / 50 mile tempo bike / rest day / <b>4 plus 2</b>	Bike overload weekend but Sunday off for gardening! At least 2 days off needed in following week
Apr 14/15	50 miles bike plus 20 min run / 60 min run - all steady	Recovery week
Apr 21/22	80 miles bike at medium pace plus 20 min run / 22 mile run steady pace	Switch to 3 week hard / 1 week easy cycle.
April 28/29	50 mile bike in hilly area / <b>4 plus 2</b>	Consider doing a solo 4 plus 2 – good mental training

May 5/6/7	B/H weekend. 120 mile ride inc. 2 x 10 mile TT at 80% / rest day or marshal at 1st sprint / 1.5 h bike plus 2.5 to 3 h run	Last long run At least 2 days off needed in following week
May 12/13	50 miles steady ride / 2km O/W swim plus 1 hr easy run	Recovery week First long-ish o/w swim – maybe some shorter ones during week beforehand. Depends on the spring!
May 19/20	80 miles bike very hilly plus 30 min run / sea swim and 10 to 12 mile multi terrain run	Wales weekend – Bwlch y Groes awaits!!
May 26/27/28	B/H weekend - 4km O/W swim and 30 mile tempo bike, rest day, 1 plus 5 plus 2	Monday session to be done as close to race conditions as possible. Best chance to finalise kit and nutrition but these should be right before this.
Jun 2/3	100 mile bike inc. mixed efforts plus 45 min run / 15 mile run	At least 2 days off needed in following week
Jun 9/10	3km swim plus 45 min run / sprint tri	Sprint is 2 <sup>nd</sup> in Traktors series. Recovery week.
Jun 16/17	70 mile bike c/w 25 mile TT at 80 - 85% plus 30 min run / 90 min run at 'steady plus a bit' pace	Taper starts
Jun 23/24	45 miles steady bike plus 30 min easy run / 2km swim plus 60 min medium paced run	
Jun 30/Jul1	2km swim plus 45 min run / 30 miles spin on bike plus cake stop at Harrold / Odell.	
Jul 7/8	Rest day / last rites 2.4 / 112 / 26.2	

#### Notes

- If bad weather makes road riding impossible, spend a bit less time on the turbo or off road rides and add a little to the run for that weekend.
- More detail needed for some sessions – e.g. length and number of intervals.
- Keep working on base building over December and January and try not to put on excess weight.
- Rest days will usually be Fridays or Mondays – to prepare or recover from the weekend. (*I'll be stopping circuits on Feb16*).
- A good diet and plenty of sleep will be essential.
- Do not try and catch up on missed sessions due to illness.
- The under 45's could manage a 3 week hard / 1 week easy cycle from mid Feb to mid April