

WEEK	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	SS: 3x18' 3/2/1' 18/20/22 Pace: +23/+21/+18	Weights / Body Circuit	Long Interval: 2x2500m 1000/750/500/250 Change Rate: 24/26/28/30 #1: +12/+10/+8/+6 #2: +10/+8/+6/+4 Rest: 5'	Off	Weights / Body Circuit	Race Prep: 3x2' 2' rest Pace: +2"	SS: 60'-70' Bike/Erg HR: 65-70% easy
2	SS: 3x18' 3/2/1' 18/20/22 Pace: +23/+21/+18	Weights / Body Circuit	Long Interval: 3x2500m 1000/750/500/250 Change Rate: 24/26/28/30 #1: +12/+10/+8/+6 #2: +10/+8/+6/+4 #3: +12/+10/+8/+6 Rest: 5'	Off	Weights / Body Circuit	Race Prep: 3x2' 2' rest Pace: +2"	SS: 60'-70' Bike/Erg HR: 65-70% easy
3	SS: 3x18' 3/2/1' 18/20/22 Pace: +23/+21/+18	Weights / Body Circuit	Long Interval: 3x2500m 1000/750/500/250 Change Rate: 24/26/28/30 #1: +12/+10/+8/+6 #2: +10/+8/+6/+4 #3: +12/+10/+8/+6 Rest: 5'	Off	Weights / Body Circuit	Race Prep: 3x2' 2' rest Pace: +2"	SS: 60'-70' Bike/Erg HR: 65-70% easy
4	SS: 2x24' 3/2/1' 18/20/22 Pace: +23/+21/+18	Weights / Body Circuit	Long Interval: 2x2000m 750/500/250 Change Rate: 28/30/32 #1: +8/+6/+4 #2: +6/+4/+2 Rest: 7'	Off	Weights / Body Circuit	Race Prep: 4x2' 1'30" rest Pace: +1 to +2"	SS: 60'-70' Bike/Erg HR: 65-70% easy
5	SS: 2x24' 3/2/1' 18/20/22 Pace: +23/+21/+18	Weights / Body Circuit	Long Interval: 3x2000m 750/500/250 Change Rate: 28/30/32 #1: +8/+6/+4 #2: +6/+4/+2 #3: +8/+6/+4 Rest: 7'	Off	Weights / Body Circuit	Race Prep: 4x2' 1' rest Pace: +1 to +2"	SS: 60'-70' Bike/Erg HR: 65-70% easy
6	SS: 2x24' 3/2/1' 18/20/22 Pace: +23/+21/+18	Weights / Body Circuit	Short Interval: 3x1000m Pace: +2" to +3" Rest: 5-7'	Off	Weights / Body Circuit	Race Prep: 3x2' 30" rest Pace: +0 to +1"	Off or Recovery 40' Bike/Erg
7	SS: 1x24' 1x18' 3/2/1' 18/20/22 Pace: +23/+21/+18	Weights / Body Circuit	Short Interval: 6x500m Pace: 2k, last two faster than 2k Rest: 3-5'	Off	SS: 12k Pace: +23"	Race Prep: 3x2' 30" rest Pace: +0 to +1"	Off
8	1 x 1250 at pace	Off / Easy Bike	1x1000m at pace 1x500m -1 to -2" Rest: 5-7'	Off	1x500 1x250 at pace Rest: 1'	Off or Easy 20' paddle stretch	Race