Triathlon training schedule

Month	Week	Sun	Mon	Tues	Wed	Thu	Fri	Sat
Base								
Feb 18	1	Climb	SWIM ENDURANCE POOL Total = 1,600m Main Set (MS) = 4 x 300m @ PE 8		RUN INTERVALS 1hr, MS = 4 x 1,500m @ PE 6-8 Increase pace slightly each 500m	BIKE TEMPO 1hr, MS = 3 x 8mins @ PE 8		RUN AEROBIC 10km @ PE 6-8
Feb 25	2	Climb	SWIM ENDURANCE POOL Total = 1,800m MS = 3 x 400m @ PE 8	RUN INTERVALS 1:10hr, MS = 4 x 1,800m @ PE 6-8 Increase pace slightly each 600m		BIKE TEMPO 1hr, MS = 3 x 8mins @ PE 8		RUN AEROBIC 12km @ PE 6-8
Mar 4	3	Climb	SWIM INTERVALS POOL Total = 2,000m MS = 8 x 150m @ PE 8-9	BIKE INTERVALS 1hr, MS = 6 x 2mins @ PE 8 6 x 1min @ PE 9		RUN TEMPO 1hr, MS = 4 x 7mins @ PE 8	BIKE AEROBIC 50kms @ PE 6-8	VBALL
Mar 11	4	VBALL Trip						
		RUN AEROBIC 6km @ PE 6-8		RUN AEROBIC 12-14km @ PE 6-8		SWIM TIME TRIAL POOL 1,900m, Include warm-up & cool-down		BIKE TEMPO 1hr, MS = 3 x 10mins @ PE 8
Mar 18	5	Climb	SWIM INTERVALS POOL Total = 2,000m MS = 8 x 150m @ PE 8-9	BIKE INTERVALS 1:10hr, MS = 8 x 2mins @ PE 8 8 x 1min @ PE 9		RUN TEMPO 1hr, MS = 3 x 8mins @ PE 8		BIKE AEROBIC 70km @ PE 6-8
Mar 25	6	Climb	SWIM ENDURANCE POOL Total = 2,200m, MS = 1 x 800m @ PE 7 1 x 400m @ PE 8	RUN INTERVALS 1:10hr, MS = 4 x 2,000m @ PE 6-8 Increase pace slightly each 500m		BIKE TEMPO 1hr, MS = 3 x 12mins @ PE 8	RUN AEROBIC 14-15km @ PE 6-8	
Apr 1	7	Climb	SWIM INTERVALS POOL Total = 2,200m MS = 4 x 150m @ PE 8-9 6 x 100m @ PE 9		BIKE INTERVALS 1:10hr, MS = 8 x 2mins @ PE 8 8 x 1min @ PE 9		RUN AEROBIC 6-8km @ PE 6-8	BIKE AEROBIC 60kms @ PE 6-8
Build								
Apr 8	8		SWIM ENDURANCE POOL Total = 2,300m MS = 3 x 600m @ PE 7	RUN INTERVALS 1:10hr, MS = 4 x 800m @ PE 8 1 x 1,600 m @ PE 7 4 x 800m @ PE 8		BIKE INTERVALS 1:10hr, MS = 5 x 2mins @ PE 8 5 x 1min 30secs @ PE 8 5 x 1min @ PE 9	RUN AEROBIC 16-18km @ PE 6-8	
Apr 15	9	Metasprint						
					RUN INTERVALS 1:10hr, MS = 5 x 1,600m @ PE 7-8	RUN TEMPO 1hr, MS = 3 x 10mins @ PE 8		BIKE AEROBIC 80kms @ PE 6-8 Hilly ride
Apr 22	10		SWIM INTERVALS POOL Total = 2,200m MS = 4 x 150m @ PE 8-9 6 x 100m @ PE 9		RUN INTERVALS 1:10hr, MS = 5 x 1,600m @ PE 7-8	RUN TEMPO 1hr, MS = 3 x 10mins @ PE 8		BIKE AEROBIC 80kms @ PE 6-8 Hilly ride
Apr 29	11		SWIM ENDURANCE POOL Total = 2,300m MS = 4 x 400m @ PE 7-8	BIKE TEMPO 1:10hr, MS = 4 x 10mins @ PE 8		BRICK MULTI 1:15hr, Swim Bike		RUN RACE PACE 16km @ PE 6-8 Inc. 3 x 3km @ PE 8
May 6	12		SWIM INTERVALS POOL Total = 2,200m, MS = 3 x 200m @ PE 8 3 x 150m @ PE 8-9 3 x 100m @ PE 9	RUN AEROBIC 8km @ PE 6-8		BIKE INTERVALS 1:10hr, MS = 6 x 2mins @ PE 8 6 x 1min 30secs @ PE 8 6 x 1min @ PE 9		BRICK ENDURANCE Bike 60km@ PE 8 Run 6km @ PE 9
May 13	13		SWIM TIME TRIAL POOL 1,900m, Include warm up & cool down	BIKE TEMPO 1:10hr, MS = 4 x 10mins @ PE 8		BRICK MULTI 1:15hr, Swim Bike		RUN AEROBIC 21.1km @ PE 6-8
May 20	14		SWIM ENDURANCE POOL Total = 2,500m MS = As detailed in previous section	RUN INTERVALS 1:10hr, MS = 4 x 800m @ PE 8 1 x 1,600 m @ PE:7, 4 x 800m @ PE 8		RUN TEMPO 1hr, MS = 3 x 10mins @ PE 8		BIKE RACE PACE 100kms @ PE 6-8 Hilly ride, Inc. 3 x 15km @ PE 8
May 27	15	**TOKYO**						
				RUN AEROBIC 8km @ PE 6-8				
Jun 3	16	**TOKYO**						
					RUN AEROBIC 8km @ PE 6-8			
Jun 10	17					**Asia Cup BKK**		
		SWIM INTERVALS POOL Total = 2,200m, MS = 3 x 200m @ PE 8 3 x 150m @ PE 8-9, 3 x 100m @ PE 9		RUN RACE PACE 14-16km @ PE 6-8 Inc. 3 x 3km @ PE 8	BRICK MULTI 1:15hr, Swim Bike			
Jun 17	18	**Asia Cup BKK**						
			SWIM ENDURANCE POOL Total = 2,500m MS = As detailed in previous section		RUN AEROBIC 8km @ PE 6-8	BIKE TEMPO 1hr, MS = 2 x 15mins @ PE 8		BRICK ENDURANCE Bike 60km@ PE 8 Run 6km @ PE 9
Peak Taper								
Jun 24	19		SWIM INTERVALS POOL Total = 2,400m MS = As detailed in previous section		BIKE INTERVALS 1:15hr MS = As detail previous section		RUN INTERVALS 1:15hr, MS = 5 x 1,600m @ PE 7-8	BIKE RACE PACE 110km @ PE 6-8 Inc. 3 x 15km @ PE 8
Jul 1	20		SWIM ENDURANCE OPEN WATER Total = 2,400m MS = 1 x 1,500m @ PE 8		RUN INTERVALS 1:15hr, MS = 5 x 1,600m @ PE 7-8		BIKE TEMPO 1:10hr MS = 3 x 15mins @ PE 8	BRICK ENDURANCE Bike 90km@ PE 8 Run 6km @ PE 9
Jul 8	21		SWIM INTERVALS POOL Total = 2,400m MS = As detailed in previous section	RUN TEMPO 50mins MS = 2 x 12mins @ PE 8		BIKE INTERVALS 1:15hr MS = As detailed in previous section	RUN AEROBIC 18-20km @ PE 6-8	**Boulderactive**
Jul 15	22	**Boulderactive**	SWIM ENDURANCE OPEN WATER Total = 2,000m MS = 2 x 750m @ PE 8	RUN AEROBIC 8-10km @ PE 6-8		BIKE TEMPO 1:10hr MS = 3 x 15mins @ PE 8		BRICK ENDURANCE Bike 80km@ PE 8 Run 12km @ PE 9
Jul 22	23		SWIM TIME TRIAL OPEN WATER 1,900m Include warm-up & cool-down	BIKE INTERVALS 1:15hr MS = As detailed in previous section		RUN INTERVALS 1:15hr MS = As detailed in previous section	BIKE RACE PACE 100kms @ PE 6-8 Inc. 2 x 15km @ PE 8	
Jul 29	24	**Trifactor** Swim 1.5km Bike 36km Run 10km	SWIM ENDURANCE OPEN WATER Total = 2,400m MS = 1 x 1,000m @ PE 8 8 x 50m @ PE 9	RUN TEMPO 50mins MS = 2 x 12mins @ PE 8		BIKE TEMPO 1:10hr MS = 3 x 15mins @ PE 8	BRICK ENDURANCE Bike 70km@ PE 8 Run 15km @ PE 9	
Aug 5	25						**SUTD Crux**	
		SWIM ENDURANCE OPEN WATER Total = 2,400m MS = 1 x 1,500m @ PE 7-8 6 x 50m @ PE 9	BIKE INTERVALS 1hr MS = 8 x 2mins @ PE 8-9		RUN INTERVALS 1hr MS = 7 x 1km @ PE 8-9	BRICK ENDURANCE Bike 50km@ PE 8 Run 5km @ PE 9	SWIM INTERVALS POOL Total = 1,500m MS = 10 x 100m @ PE 7-8	
Aug 12	26		RUN TEMPO 30mins MS = 3 x 4mins @ PE 8		BIKE TEMPO 45mins MS = 2 x 10mins @ PE 8			**Bintan 70.3** Swim 1.9km Bike 90km Run 21km

Week	Exercise	Date	Avg # Strokes	Avg Speed/100m	Time taken	Rest	RPE	Remarks
1	SWIM ENDURANCE POOL Total= 1,400m Main Set (640) = 4 x 200m @ PR 8	15/2/18	65	3:09	10 mins 525	2.0 mins	7	Still trying to familiarise myself with the stroke technique. Focus is more one-emotion rather than
2	SWIM ENDURANCE POOL Total= 1,600m 640 = 3 x 200m @ PR 8	26/2/18	61	2:37	52.01min total	2 mins	7	Managed to clock in 1600m. Still a struggle when first enter pool. Need to correct strokes.
3	SWIM INTERVALS POOL Total= 2,200m 640 = 8 x 150m @ PR 8-9	5/3/2018	49	2.2	3.45 min 525	-	8	
4	SWIM TIME TRIAL POOL 1,500m. Include warm-up & cool-down	-	-	-	-	-		
5	SWIM INTERVALS POOL Total= 2,200m 640 = 8 x 150m @ PR 8-9	22/3/2018	53	2:16	3.40 min 525	1 min	9	
6.1	SWIM ENDURANCE POOL Total= 2,200m. 640 = 1 x 400m @ PR 7, 1 x 400m @ PR 8	-	-	-	-	-		
6.2	SWIM MULTI Toilet 750m, Swim/Run	31/3/2018	75	2:52	15.35 mins	-	6	
7	SWIM INTERVALS POOL Total= 2,200m 640 = 4 x 150m @ PR 8-9, 4 x 100m @ PR 9	-	-	-	-	-		
8	SWIM ENDURANCE POOL Total= 2,300m 640 = 3 x 400m @ PR 7	-	-	-	-	-		
9	Newspaper Tradition	10/4/2018	-	2:45	18.42 mins	-	8	
10	SWIM INTERVALS POOL Total= 2,200m 640 = 4 x 150m @ PR 8-9 4 x 100m @ PR 9	-	-	-	-	-		
11.1	SWIM ENDURANCE POOL Total= 2,300m 640 = 4 x 400m @ PR 7-8	2/5/2018	-	2:35	10 mins 525	-	6	only did 1200m, no time
11.2	BRICK MULTI 1.15km, Swim/Bike	-	-	-	-	-		
12	SWIM INTERVALS POOL Total= 2,200m. 640 = 3 x 200m @ PR 8 3 x 150m @ PR 8-9 3 x 100m @ PR 9	11/5/2018	11.200 total	2:29	55.06	-	8	
13.1	SWIM TIME TRIAL POOL 1,900m. Include warm-up & cool-down	17/5/2018	25	2:00	57.23	-	6	2100m, 2100m non-stop. 52. 1mins
13.2	BRICK MULTI 1.15km, Swim/Bike	-	-	-	-	-		
14	SWIM ENDURANCE POOL Total= 2,300m 640 = 4 x 400m @ PR 7-8	-	-	-	-	-		
17.1	SWIM INTERVALS POOL Total= 2,200m. 640 = 3 x 200m @ PR 8 3 x 150m @ PR 8-9, 3 x 100m @ PR 9	13/6/2018	24	2:21	51.16.00	45 secs	7	Recorded and stats based on 1900m, but swam 2200m. forgot to record warmup
17.2	BRICK MULTI 1.15km, Swim/Bike	-	-	-	-	-		
18	SWIM ENDURANCE POOL Total= 2,300m 640 = 4 x 400m @ PR 7-8	20/6/2018	25	2:02	17.21	-	7	60 km only. open water 2 laps
19	SWIM INTERVALS POOL Total= 2,200m 640 = 8x detailed in previous section	-	-	-	-	-		
20	SWIM ENDURANCE OPEN WATER Total= 2,400m 640 = 1 x 1,600m @ PR 8	1/7/2018	24	2:09	17.00	-	7	750m
21	SWIM INTERVALS POOL Total= 2,400m 640 = 8x detailed in previous section	11/7/2018	25	2:11	17.3	-	7	800m
22	SWIM ENDURANCE OPEN WATER Total= 2,500m 640 = 2 x 750m @ PR 8	15/7/2018	19	3:06	36.22	-	6	1200 only
23	SWIM TIME TRIAL OPEN WATER 1,900m Include warm-up & cool-down	-	-	-	-	-		
24	SWIM ENDURANCE OPEN WATER (Tebakang) Total= 2,400m 640 = 1 x 1,000m @ PR 8 8 x 50m	29/07/2018	-	-	47	-	9	Sveny. 1500m only
25.1	SWIM ENDURANCE OPEN WATER Total= 2,400m 640 = 1 x 1,600m @ PR 7-8 8 x 50m @ PR 9	-	-	-	-	-		
25.2	SWIM INTERVALS POOL Total= 1,600m 640 = 10 x 150m @ PR 7-8	04/08/2018	24	2:29	43-17-00	30 secs	8	
26	SWIM INTERVALS POOL Total= 1,600m 640 = 10 x 150m @ PR 7-8	18/08/2018					7	Shoulders still worthy, dont dare to pull so hard
28	Bintan Ironman 70.3							
		17/31						
		54.84%						

0 NOTHING	1
0.5 VERY, VERY LIGHT	2
1.0 VERY LIGHT	3
2 LIGHT	4
3 LIGHT TO EASY	5
4 EASY TO MODERATE	6
5 MODERATE	7
6 MODERATE TO MODERATELY UNCOMFORTABLE	8
7 MODERATELY UNCOMFORTABLE TO HARD	9
8 HARD	10
9 VERY HARD EFFORT	
10 AT OR CLOSE TO MAX EFFORT	

Week: Exercise	Date	As-if Stroke	or Speed/100m	Time taken	Rest	RPE	Remarks	0 NOTHING	1

Week: Exercise	Date	As-if Stroke	or Speed/100m	Time taken	Rest	RPE	Remarks	0 NOTHING	1

Week: Exercise	Date	As-if Stroke	or Speed/100m	Time taken	Rest	RPE	Remarks	0 NOTHING	1

Week	Exercise	Date	As-if Stroke	or Speed/100m	Time taken	Rest	RPE	Remarks	0 NOTHING	1

Week	Exercise	Date	Pace	Dist	Rest	RPE	Remarks
1	BIKE TEMPO 1hr, MS = 3 x 8mins @ PE 8	22/2/18	??	??	8 mins	7	Cycle-machine. Resistance 8-11
2	BIKE TEMPO 1hr, MS = 3 x 8mins @ PE 8	3/1/18	27	20km	-	6	short ride just to get comfortable with bike. still unsure how to change gears.
3.1	BIKE INTERVALS 1hr, MS = 6 x 2mins @ PE 8 & x 1min @ PE 9	3/1/18	??	-	-	8	8-12, 10-14. Warm-up 15, rest intervals. Cool down 5.
3.2	BIKE AEROBIC 60kms @ PE 6-8	17/3/2018	27.22	60km	-	7	
4	BIKE TEMPO 1hr, MS = 3 x 10mins @ PE 8	-	-	-	-		
4.1	BIKE INTERVALS 1.15hr, MS = 6 x 2mins @ PE 8 & x 1min @ PE 9	-	-	-	-		
4.2	BIKE AEROBIC 70km @ PE 6-8	25/3/2018	17	60km	-	5	
5	BIKE TEMPO 1hr, MS = 3 x 12mins @ PE 8	-	-	-	-		
5.1	BIKE INTERVALS 1.15hr, MS = 6 x 2mins @ PE 8 & x 1min @ PE 9	-	-	-	-		
5.2	BIKE AEROBIC 60kms @ PE 6-8	4/8/18	27.32	60km	-	8	Headwind + legs doered feel good
-	-	-	-	-	-		
6	BIKE INTERVALS 1.15hr, MS = 5 x 2mins @ PE 8 & x 1min 30secs @ PE 8 & x 1min @ PE 9	-	-	-	-		
	Metaspurts Triathlon	19/4/2018	29	19km	-	8	
6	BIKE AEROBIC 80kms @ PE 6-8 Hilly ride	-	-	80km			
7.0	BIKE AEROBIC 80kms @ PE 6-8 Hilly ride	6/5/18	25	80km	-	8	
8.1	BIKE TEMPO 1.15hr, MS = 4 x 15mins @ PE 8	-	-	-	-		
8.2	BRICK MULTI 1.15hr, Swim Bike	-	-	-	-		
9.1	BIKE INTERVALS 1.15hr, MS = 6 x 2mins @ PE 8 & x 1min 30secs @ PE 8 & x 1min @ PE 9						
9.2	BRICK ENDURANCE Bike 60km@ PE 8 Run 8km @ PE 9	13/5/18	28	70km	-	6	
10.1	BIKE TEMPO 1.15hr, MS = 4 x 15mins @ PE 8	19/5/18	26	62km	-	7	
10.2	BRICK MULTI 1.15hr, Swim Bike		-	-	-		
11	BIKE RACE PACE 100kms @ PE 6-8 Hilly ride. Inc. 3 x 15km @ PE 8		-	-	-		
11	BRICK MULTI 1.15hr, Swim Bike	11/6/2018	-	1 hr 10 min	-	7	
12.1	BIKE TEMPO 1hr, MS = 2 x 15mins @ PE 8	20/6/2018	28	short	-		flat. burst tube
12.2	BRICK ENDURANCE Bike 60km@ PE 8 Run 8km @ PE 9	24/6/2018	21.4	60.42km	-	7	3 x 10 mins @ PE 8
-	-	-	-	-	-		
13.1	BIKE INTERVALS 1.15hr MS = As detail previous section	-	-	-	-		
13.2	BIKE RACE PACE 110km @ PE 6-8 Inc. 3 x 15km @ PE 8	-	-	-	-		
20.1	BIKE TEMPO 1.15hr MS = 3 x 15mins @ PE 8	-	-	-	-		
20.2	BRICK ENDURANCE Bike 60km@ PE 8 Run 8km @ PE 9	-	-	60km	-		
21	BIKE INTERVALS 1.15hr MS = As detailed in previous section	-	-	-	-		
21.1	BIKE TEMPO 1.15hr MS = 2 x 15mins @ PE 8	17/7/2018	28.2	33.3km	-	8	1.05hr. heavy gear
22.2	BRICK ENDURANCE Bike 60km@ PE 8 Run 12km @ PE 9	-	-	-	-		
23.1	BIKE INTERVALS 1.15hr MS = As detailed in previous section	-	-	-	-		
23.2	BIKE RACE PACE 100kms @ PE 6-8 Inc. 2 x 15km @ PE 8	29/07/2018	27.4	27.8km	-	7	53.32km
24	BIKE TEMPO (Tribatan) 1.15hr MS = 3 x 15mins @ PE 8	29/07/2018	30.2	34km	-	6	
24.1	BIKE INTERVALS 1hr MS = 6 x 2mins @ PE 8-9	-	-	-	-		
25.2	BRICK ENDURANCE Bike 60km@ PE 8 Run 8km @ PE 9	05/08/2018	17	62	18 mins	8	no run
26.1	BIKE TEMPO 45mins MS = 2 x 10mins @ PE 8						
26.2	Ambar Ironman 70.3						
		17/39					
		43.59%					

0 NOTHING

0.5 VERY, VERY LIGHT

1.0 VERY LIGHT

2 LIGHT

3 LIGHT TO EASY

4 EASY TO MODERATE

5 MODERATE

6 MODERATE TO MODERATELY UNCOMFORTABLE

7 MODERATELY UNCOMFORTABLE TO MODERATELY HARD

8 HARD

9 VERY HARD EFFORT

10 AT OR CLOSE TO MAX EFFORT

Week	Exercise	Date	Pace	Dist	Rest	RPE	Remarks
							0 NOTHING

Week	Exercise	Date	Pace	Dist	Rest	RPE	Remarks

0 NOTHING

Week	Exercise	Date	Pace	Dist	Rest	RPE	Remarks
							0 NOTHING

Week	Exercise	Date	Pace	Dist	Rest	RPE	Remarks	0 NOTHING

Week	Exercise	Date	Pace	Time taken	Rest	RPE	Remarks	0 NOTHING
1.1	RUN INTERVALS 1hr, MS = 4 x 1,600m @ PE 6-8 Increase pace slightly each 400m	21/2/18	5.45	-	10 mins	4	PE tension runs. 3km X 2	0.5 VERY, VERY LIGHT
1.2	RUN AEROBIC 15km @ PE 6-8	25/2/18	5.15	43.01	-	7	Only ran 8.19km though	1.5 VERY LIGHT
2.1	RUN INTERVALS 1.15hr, MS = 4 x 1,800m @ PE 6-8 Increase pace slightly each 400m	(	-	-	9 mins	-		2 LIGHT
2.2	RUN AEROBIC 15km @ PE 6-8	(	-	-	-	-		3 LIGHT TO EASY
3	RUN TEMPO 1hr, MS = 4 x 7mins @ PE 8	-	-	-	-		Sluggish and tired	4 EASY TO MODERATE
4.1	RUN AEROBIC 8km @ PE 6-8	11/3/2018	5.3	15mins	-	8	3km only. Sluggish and tired	5 MODERATE
4.2	RUN AEROBIC 12-16km @ PE 6-8	-	-	-	-	-		6 MODERATE TO MODERATELY UNCOMFORTABLE
5.1	RUN TEMPO 1hr, MS = 3 x 8mins @ PE 8	-	-	-	-	-		7 MODERATELY UNCOMFORTABLE TO MODERATELY HARD
5.2	RUN AEROBIC 8km @ PE 6-8	31/3/2018	5.12	20.58	-	7		
6.1	RUN INTERVALS 1.15hr, MS = 4 x 2,000m @ PE 6-8 Increase pace slightly each 400m	-	-	-	7 mins	-		8 HARD
6.2	RUN AEROBIC 16-18km @ PE 6-8	-	-	-	-	-		9 VERY HARD EFFORT
7	RUN AEROBIC 8-8km @ PE 6-8	-	-	-	-	-		10 AT OR CLOSE TO MAX EFFORT
		-	-	-	-	-		
8.1	RUN INTERVALS 1.15hr, MS = 4 x 800m @ PE 8, 1 x 1,600m @ PE 7, 4 x 800m @ PE 8	-	-	-	-			
8.2	RUN AEROBIC 16-18km @ PE 6-8	13/4/2018	6.13	26.68	-	5	4.8km only	
	Metapoint Triathlon	15/4/2018	9.2	26.38	-	7	4.8km	
9.1	RUN INTERVALS 1.15hr, MS = 5 x 1,600m @ PE 7-8	-	-	-	-			
9.2	RUN TEMPO 1hr, MS = 2 x 15mins @ PE 8	-	-	-	-			
10.1	RUN INTERVALS 1.15hr, MS = 4 x 1,600m @ PE 7-8	-	-	-	-			
10.2	RUN TEMPO 1hr, MS = 2 x 15mins @ PE 8	-	-	-	-			
11	RUN RACE PACE 18km @ PE 8/9 Inc. 2 x 3km @ PE 9	-	-	-	-			
12.1	RUN AEROBIC 8km @ PE 6-8	-	-	-	-			
12.2	BRICK ENDURANCE 90km @ PE 8 Run 6km @ PE 9	12/6/2018	5.37	20	-	7	3.6km	
13	RUN AEROBIC 21.1km @ PE 6-8	-	-	-	-			
14.1	RUN INTERVALS 1.15hr, MS = 4 x 800m @ PE 8 1 x 1,600m @ PE7, 4 x 800m @ PE 8	-	-	-	-			
14.2	RUN TEMPO 1hr, MS = 2 x 15mins @ PE 8	-	-	-	-			
15	RUN AEROBIC 8km @ PE 6-8	-	-	-	-			
16	RUN AEROBIC 8km @ PE 6-8	-	-	-	-			
17	RUN RACE PACE 18-18km @ PE 8-9 Inc. 2 x 3km @ PE 9	15/8/2018	6.14	55.1	-	7	8.65km only	
18.1	RUN AEROBIC 8km @ PE 6-8	22/8/2018	5.44	28.03	-	8	5.07km only	
18.2	BRICK ENDURANCE 90km 60km@ PE 8 Run 6km @ PE 9	24/8/2018	5.16	28.09	-	8	4.84km only	
19	RUN INTERVALS 1.15hr, MS = 4 x 800m @ PE 8 1 x 1,600m @ PE7, 4 x 800m @ PE 8	-	-	-	-			
20.1A	Brick run 5km	1/7/2018	5.33	26.15	-	8	5.17km	
20.1B	Brick run speed	1/7/2018	4.09	3.44	-	9	0.75km	
20.1	RUN INTERVALS 1.15hr, MS = 4 x 800m @ PE 8 1 x 1,600m @ PE7, 4 x 800m @ PE 8	-	-	-	-			
20.2	BRICK ENDURANCE 90km 60km@ PE 8 Run 6km @ PE 9	-	-	-	-			
21.1	RUN TEMPO 90mins MS = 2 x 12mins @ PE 8	-	-	-	-			
21.2	RUN AEROBIC 18-20km @ PE 6-8	-	-	-	-			
22.1	RUN AEROBIC 8-10km @ PE 6-8	11/7/2018	5.11	11.26	-		2.2km only	
22.2	BRICK ENDURANCE 90km 60km@ PE 8 Run 12km @ PE 9	-	-	-	-			
23	RUN INTERVALS 1.15hr MS = As detailed in previous section	-	-	-	-			
24.1	RUN TEMPO 90mins MS = 2 x 12mins @ PE 8	26/07/2018	6.15	24.48	-	4	3km	
24.2	BRICK ENDURANCE 90km 75km@ PE 8 Run 15km @ PE 9	29/07/2018	6.26	92.15	-	7	15km. Actual about 9.5km	
25.1	RUN INTERVALS 1hr MS = 7 x 1km @ PE 8-9	8/2/18	4.04	10.27	-	9	2.5km time trial + 3.05km slow run	
25.2	BRICK ENDURANCE 90km 55km@ PE 8 Run 5km @ PE 9	-	-	-	-			
26	RUN TEMPO 30mins MS = 3 x 6mins @ PE 8	-	-	-	-			
		17/58						
		37%						

Week	Exercise	Date	Pace	Time taken	Rest	RPE	Remarks	© NOTIONS

Week	Exercise	Date	Pace	Time taken	Rest	RPE	Remarks	© NOTIONS

Week	Exercise	Date	Pace	Time taken	Rest	RPE	Remarks	© NOTIONS

Week	Exercise	Date	Pace	Time taken	Rest	RPE	Remarks	0 NOTHING