

Sunday, April 24, 2011

Custom : Getting Started

Workout Description:

Review attached files to view program details & perceived exertion chart related to exercise intensity and heart rate zones.

Monday, April 25, 2011

Run : Economy Intervals

Planned Time: 0:30:00

Workout Description:

Run at a comfortable pace to warm up. Then insert 7 x 1:00 intervals, recovering 1:00 with light jogging. Continue running at a comfortable pace up to the indicated time.

Pre Activity Comments:

Economy intervals are short to medium length intervals at a steady, brisk pace. The pace should be a hard effort, but one that you can maintain for a longer period of time if necessary. These intervals are sometimes called "tempo" intervals. The interval pace can simulate a race pace.

Swim : TM Wk1A Olympic Tri 800

Planned Time: 0:30:00

Planned Distance: 801 yards

Workout Description:

200 m warm up rest as needed.

5 x (4 x 25m on :10-15 sec rest), rest :60 sec between sets.

100 m easy cool down.

Total 800 m

Tuesday, April 26, 2011

Bike : Pick-ups

Planned Time: 0:35:00

Workout Description:

After nice warm up, add 8 x 20 second pick-ups in the small chain ring.

Maintain good control and keep upper body relaxed. Easy pedal recovery for :40 in between intervals.

Pre Activity Comments:

Pickups are short, quick bursts of speed focusing on a quicker than normal pedal turnover.

Strength : Functional Strength

Planned Time: 0:30:00

Workout Description:

Do 2-3 x 15 reps (rest 60 seconds between sets) at 40-60% of your max load:

1) Squats - 3 x 30 squats on :30 sec rest

2) Overhead Dumbbell Shoulder Press,

3) Forward Lunges 10 per leg,

4) Dumbbell row,

5) Plank 4 x :30 rest :30,

6) Side Plank 4 x :30 rest :30 each side.

Cool down with 5-10 min easy spinning at high rpm.

For a video demonstration, click on the exercise at the bottom and then click "media."

Pre Activity Comments:

Warm up by doing some light running or cycling for 5-10 minutes before starting strength work.

Squats

Notes - Begin with feet closer than shoulder width apart and hold both hands to the sides. Slowly squat down to 90 degrees

and return to the start position. Repeat as desired.

Overhead Dumbbell shoulder press

Notes - Begin with feet shoulder width apart and dumbbells in each hand at shoulder height. Extend both dumbbells until your arms are fully extended above the head. Repeat as desired.

Forward lunge left

Notes - Begin with feet shoulder width apart and hands at waist height. Step the left foot forward until the foot makes contact with the ground. Return to the start position by pushing off your right foot and returning to the start position. Repeat as desired.

Forward lunge right

Notes - Begin with feet shoulders width apart and hands at waist height. Step the right foot forward until the foot makes contact with the ground. Return to the start position by pushing off your right foot and returning to the start position. Repeat as desired.

Dumbbell Rows

Notes - Begin by laying face down on the bench with the arms fully extended grasping the dumbbells on the ground. Slowly pull the elbows and dumbbells back as far as you can. Repeat as desired.

Plank

Notes - Begin by laying face down on the ground with the elbows flexed. Brace yourself and hold as long as possible. Repeat as desired.

Side Plank

Notes - Begin by laying on your right side with your right elbow flexed and the outside of the right foot in contact with the ground. Hold your left arm tight to the side of the body. Hold as long as possible. Repeat as desired.

Wednesday, April 27, 2011

Run : Pick-ups

Planned Time: 0:25:00

Workout Description:

Start with a comfortably paced warm up. Then add 8 x 20 seconds pickups with 40 second easy jog recovery in between intervals.

Pre Activity Comments:

Pickups are short, quick bursts of speed focusing on a quicker than normal turnover of your arms and legs.

Swim : TM Wk1B Olympic Tri 800

Planned Time: 0:30:00

Planned Distance: 801 yards

Workout Description:

200 m warm up rest as needed.

5 x (4 x 25m on :10-15 sec rest), rest :30 sec between sets.

100 m easy cool down.

Total 800 m

Thursday, April 28, 2011

Bike : Economy Intervals

Planned Time: 0:30:00

Workout Description:

Comfortable paced warm-up keeping cadence at 85-90 rpm. After you are warmed up, insert 7 x 2:00 intervals with :60 easy spin recovery in between intervals.

Pre Activity Comments:

Economy intervals are short to medium length intervals at a steady, brisk pace. The pace should be a hard effort, but one that you can maintain for a longer period of time if necessary. These intervals are sometimes called "tempo" intervals. The interval pace can simulate a race pace.

Strength : Functional Strength

Planned Time: 0:30:00

Workout Description:

Do 2-3 x 15 reps (rest 60 seconds between sets) at 40-60% of your max load:

- 1) Squats - 3 x 30 squats on :30 sec rest
- 2) Overhead Dumbbell Shoulder Press,
- 3) Forward Lunges 10 per leg,
- 4) Dumbbell row,
- 5) Plank 4 x :30 rest :30,
- 6) Side Plank 4 x :30 rest :30 each side.

Cool down with 5-10 min easy spinning at high rpm.

For a video demonstration, click on the exercise at the bottom and then click "media."

Pre Activity Comments:

Warm up by doing some light running or cycling for 5-10 minutes before starting strength work.

Squats

Notes - Begin with feet closer than shoulder width apart and hold both hands to the sides. Slowly squat down to 90 degrees and return to the start position. Repeat as desired.

Overhead Dumbbell shoulder press

Notes - Begin with feet shoulder width apart and dumbbells in each hand at shoulder height. Extend both dumbbells until your arms are fully extended above the head. Repeat as desired.

Forward lunge left

Notes - Begin with feet shoulder width apart and hands at waist height. Step the left foot forward until the foot makes contact with the ground. Return to the start position by pushing off your right foot and returning to the start position. Repeat as desired.

Forward lunge right

Notes - Begin with feet shoulders width apart and hands at waist height. Step the right foot forward until the foot makes contact with the ground. Return to the start position by pushing off your right foot and returning to the start position. Repeat as desired.

Dumbbell Rows

Notes - Begin by laying face down on the bench with the arms fully extended grasping the dumbbells on the ground. Slowly pull the elbows and dumbbells back as far as you can. Repeat as desired.

Plank

Notes - Begin by laying face down on the ground with the elbows flexed. Brace yourself and hold as long as possible. Repeat as desired.

Side Plank

Notes - Begin by laying on your right side with your right elbow flexed and the outside of the right foot in contact with the ground. Hold your left arm tight to the side of the body. Hold as long as possible. Repeat as desired.

Friday, April 29, 2011

Day Off

Saturday, April 30, 2011

Swim : Endurance

Planned Time: 0:35:00

Workout Description:

Start swimming at a comfortable pace to warm up, completing 8-10 lengths. After warm up swim 400 yards continuous. Continue swimming comfortably paced intervals up to the indicated time.

If you are unable to swim 400 yards continuously, swim 2 x 200 yards with :30 seconds rest.

Pre Activity Comments:

The endurance swim is a key workout that should not be missed. This is aerobic base training time. "Aerobic" mean "with oxygen." Your effort level should not leave you gasping. A "conversational pace" is a good guideline...your breathing should be easy and you should be able to carry on a conversation.

Run : Endurance

Planned Time: 0:45:00

Workout Description:

Comfortable paced long run.

If you can not run the suggested time, then take 1-2min walk breaks every 8-10min.

Focus on running with good posture, eyes looking ahead and quick arm and leg turnover, ~15 right foot strikes per 10 seconds.

Pre Activity Comments:

The endurance run is a key workout that should not be missed. This is aerobic base training time. "Aerobic" mean "with oxygen." Your effort level should not leave you gasping. A "conversational pace" is a good guideline...your breathing should be easy and you should be able to carry on a conversation.

Sunday, May 01, 2011

Bike : Endurance

Planned Time: 1:00:00

Workout Description:

Endurance ride. Focus on keeping your pedal stroke (cadence) at 85-90 rpm. This is ~15 right foot revolutions per 10 seconds. Keep your foot relaxed while engaging the quad to pull the leg up.

If you are unable to ride comfortably for the indicated time, then ride 45:00 minutes in a low gear.

Pre Activity Comments:

The endurance bike is a key workout that should not be missed. This is aerobic base training time. "Aerobic" mean "with oxygen." Your effort level should not leave you gasping. A "conversational pace" is a good guideline...your breathing should be easy and you should be able to carry on a conversation.