

Mesocycle 2: Race-Preparation Phase Week 5

Day	Training sessions	Specific session details
Monday	No training	
Tuesday	Run speed focus	<p>Total-session target volume = 3.5 miles.</p> <p>Set 1: 2 × 100 meters (track) or 2 × 20 seconds (treadmill) at target 400-meter velocity with 100-meter walk or jog (track) or 30-second recovery walk off treadmill.</p> <p>Set 2: 400-meter recovery walk or jog (track) or 1- to 2-minute easy jog (treadmill).</p> <p>Set 3: 2 × 200 meters (track) or 2 × 40 seconds (treadmill) at 800-meter target velocity with 100-meter walk or jog (track) or 40-second recovery walk off treadmill.</p> <p>Set 4: 400-meter recovery walk or jog (track) or 1- to 2-minute easy jog (treadmill).</p> <p>Set 5: 2 × 400 meters (track) or 2 × 1:30 (treadmill) at 1,600-meter target velocity with 100-meter walk or jog (track) or 30-second recovery walk off treadmill.</p> <p>Set 6: 400-meter recovery walk or jog (track) or 1- to 2-minute easy jog (treadmill).</p> <p>Set 7: Additional aerobic running to achieve target volume.</p>
	Bike speed focus	<p>Total-session target volume = 11 miles.</p> <p>Set 1: 2 × 0.125 mile at target 0.5-mile velocity or power with equal rest (easy spin recovery).</p> <p>Set 2: 1- to 2-minute easy spin.</p> <p>Set 3: 2 × 0.25 mile at 1-mile target velocity with 30-second spin recovery.</p> <p>Set 4: 1- to 2-minute easy spin.</p> <p>Set 5: 2 × 0.5 mile at 2-mile target velocity with 40-second spin recovery.</p> <p>Set 6: 1- to 2-minute easy spin.</p> <p>Set 7: Additional aerobic cycling to achieve target cycle volume.</p>
Wednesday	Swim speed focus	<p>Total-session target volume = 1,100 yards.</p> <p>Set 1: 2 × 25 yards at target 100-yard velocity with equal rest.</p> <p>Set 2: 50-yard easy swim.</p> <p>Set 3: 2 × 50 yards at 200-yard target velocity with 30-second rest.</p> <p>Set 4: 50-yard easy swim.</p> <p>Set 5: 2 × 100 yards at 500-yard target velocity with 40-second rest.</p> <p>Set 6: 100-yard easy swim.</p> <p>Set 7: Aerobic swim or set to achieve target swim volume.</p>
	Weight training (strength)	<p>1 × 12 reps at 50% 1RM.</p> <p>2 × 6 to 8 reps at 85% 1RM.</p> <p>No weight progression—same reps and weight maintained as during the base period. Complete all swim-, bike-, and run-specific and supplemental movements.</p>

Day	Training sessions	Specific session details
Thursday	Bike race-pace focus*	<p>Total-session target volume = 11 miles.</p> <p>Set 1: 2 × 3 miles at target 12.4-mile velocity with 1-minute easy spin.</p> <p>Set 2: 1- to 2-minute easy spin. Use an appropriate cadence target to help select your gears (see chapter 3).</p> <p>Set 3: Additional aerobic cycling to achieve target cycle volume.</p>
	Run race-pace focus*	<p>Total-session target volume = 3.5 miles.</p> <p>Set 1: 3 × 1,000 meters at 5,000-meter target velocity with 400-meter recovery walk or jog.</p> <p>Set 2: Additional aerobic running to achieve target volume.</p>
Friday	Swim race-pace focus	<p>Total-session target volume = 1,100 yards.</p> <p>Set 1: 3 × 200 yards at target 1,600-yard velocity with 30-second rest.</p> <p>Set 2: 100-yard easy swim.</p> <p>Set 3: Aerobic swim or set to achieve target swim volume.</p>
Saturday	Bike endurance focus	<p>Total-session target volume = 17 miles.</p> <p>Set 1: 12 miles or 35 to 50 minutes continuously at target cadence and 56-mile target velocity (you can do this comfortably for these distances). Ride on your race bike and in race position with a focus on taking in fluids and nutrition as you will in the target race.</p> <p>Set 2: Additional aerobic cycling to achieve target cycle volume.</p>
	Weight training (power and muscular endurance)	<p>1 × 20 reps at 50% 1RM.</p> <p>2 × 6 reps at 50% 1RM explosive.</p> <p>No weight progression—same reps and weight maintained as during the base period. Complete all swim-, bike-, and run-specific and supplemental movements and plyometrics.</p>
Sunday	Swim endurance focus	<p>Total-session target volume = 1,600 yards.</p> <p>Set 1: 12 to 15 minutes or 800 yards continuously using at least one head lift per 25 yards or every 12 to 20 strokes at target 3,200-yard velocity. Wear the equipment (goggles, wet suit, race suit) you will wear in the race.</p> <p>Set 2: Aerobic swim or set to achieve target swim volume.</p>
	Run endurance focus	<p>Total-session target volume = 5.5 miles.</p> <p>Set 1: 3 miles or 20 to 25 minutes continuously at half-marathon-mile target velocity.</p> <p>Set 2: Additional aerobic running to achieve target run volume.</p>

*It is optimal to combine these sessions (see chapter 6).