

Performance High, LLC

Weekly Training Plan

Date: Dec 8 - Dec 14

Phase: Base 1 - Wk 2 of 3

Weekly Hours: 13:15

Monday 8-Dec-03						
Sport	Level	HR	Sport Hrs	Training Focus	Workout	
Rest Day!!					Warm Up	
					Workout	
					Cool Down	
Total Time						0:00

Tuesday 9-Dec-03						
Sport	Level	HR	Sport Hrs	Training Focus	Workout	
Swim	2	151-157	1:00	Endurance	Warm Up	4 x 150 RI = 15sec
						#1 - 4 x (25 side kick / 25 DPS)
						#2 - 1 x 150 w/ fists
						#3 - 3 x (25 Zipper drill / 25 build / 25 breathe every 3rd)
						#4 - 3 x (25 Drill / 50 swim) Do #1 fly, #2 back, #3 breast
					Workout	3 x (2 x 100, 1 x 400)
						#1 100 - By 25's, increase stroke count by 1
	#2 100 - By 25's, decrease stroke count by 1					
		RI btwn 100's is 20sec				
		400 - 1st focus on head position, 2nd fists, 3rd lengthen				
		Cool Down	1 x 150 easy kick/drill alternate by 25's			
Bike	0 1 2	125-137 139-150 151-157	1:00	Warm-Up Technique Endurance	Warm Up	:10 @L1-L2 build @95-110rpm
					Workout	1 x :40 @L2 @90-100rpm
					Cool Down	:10 easy L1 @95-110rpm
Run	0 1	125-137 139-150	:20	Warm-Up Technique	Warm Up	
					Workout	1 x :20 @L1
						During easy run - insert 5 x 20sec pick-ups (accelerate to about 90% effort). RI = 2-3 minutes easy jog
Weights	N/A		1:00	Strength	See attached sheet	
Total Time						3:20

Wednesday 10-Dec-03						
Sport	Level	HR	Sport Hrs	Training Focus	Brick Workout	
Bike +	0 1	125-137 139-150	:20	Warm-Up Technique	Warm Up	
					Workout	1 x :20 @L1 @95-110rpm
						4 x Isolated Leg - Spin with right or left leg only for 1-2min. Recover by spinning with both as needed.
		Cool Down				
Run	1 2	139-150 151-157	1:30	Technique Endurance	Warm Up	:10 @L1-2 build
					Workout	2 x :35 @L2 RI = :10 @L1
					Cool Down	:10 @L1 easy
Total Time						1:50

Thursday 11-Dec-03						
Sport	Level	HR	Sport Hrs	Training Focus	Workout	
Swim	0	125-137	:20	Warm-Up Technique	Warm Up	
	1	139-150			Workout	1 x :20 @L1 of technique work - Alternate 25 drill / 25 swim
					Cool Down	
Weights	N/A		1:00	Strength	See attached sheet	
					Total Time	1:20

Friday 12-Dec-03						
Sport	Level	HR	Sport Hrs	Training Focus	Workout	
Bike	1	139-150	1:50	Technique Endurance	Warm Up	:10 @L1-L2 build @95-110rpm
	2	151-157			Workout	1 x 1hr 30min @L2 @90-100rpm
					Cool Down	:10 easy L1 @95-110rpm
Run	0	125-137	:30	Warm-Up Technique	Warm Up	
	1	139-150			Workout	1 x :30 @L1
						During easy run - insert 6 x 20sec pick-ups (accelerate to about 90% effort). RI = 2-3 minutes easy jog
					Cool Down	
					Total Time	2:20

Saturday 13-Dec-03						
Sport	Level	HR	Sport Hrs	Training Focus	Workout	
Swim	0	125-137	:30	Warm-Up Technique	Warm Up	
	1	139-150			Workout	1 x :30 @L1 of technique work - Alternate 25 drill / 25 swim
					Cool Down	
Weights	N/A		1:00	Strength	See attached sheet	
					Total Time	1:30

Sunday 14-Dec-03						
Sport	Level	HR	Sport Hrs	Training Focus	Workout	
Bike - a.m.	1	139-150	2:10	Technique Endurance	Warm Up	:10 @L1-L2 build @95-110rpm
	2	151-157			Workout	4 x :20 @L2 @90-100rpm RI = :10 @L1 @95-110rpm
					Cool Down	:05 easy L1 @95-110rpm + :05 easy jog
Run - p.m.	1	139-150	:45	Technique Endurance	Warm Up	:10 @L1-2 build
	2	151-157			Workout	1 x :25 @L2 (Incl: 4 x Cadence Check - count right foot strikes for 20sec. Goal = 30 in 20sec)
					Cool Down	:10 @L1 easy
					Total Time	2:55