

Week 1	1/4/2016	1/10/2016						Actual						Swim sessions		
Day	Swim		Bike		Run		Hrs / Day	swim	bike	run	Notes			swim 1	200wu, 4x50Dr, 10x100 @20sec, 4x50 Dr, 200cd	
Monday		REST		REST		REST	0:00							swim 2	200wu, 4x50Dr, 2x125 @20sec, 2x175@30sec, 2x125@20sec, 4x50Dr, 200cd	
Tuesday	1:00	DF swim 1			0:30	Z2	1:30	1:50	1:20		0:30	can't finish #1 in 1:00. took about 1:20. feel good tired.		swim 3	200wu, 4x50Dr, 10x25 @10sec, 1x400 @60sec, 10x25 @10sec, 4x50Dr, 200cd	
Wednesday			0:30	Trans: Z1 100+RPM	0:15	Z2	0:45	0:45		0:30	0:15	spinner 30min 110rpm z1.5, treadmill 15min 8:45pace z2		swim 4	200wu, 4x50Dr, 1x300 @40sec, 2x200 @30sec, 1x300 @30sec, 4x50Dr, 200cd	
Thursday	1:00	DF swim 2	0:30	Z1 (100+RPM)			1:30	1:30	1:00	0:30		swim cut 2x50 drills. spin at 110rpm, z2.5, 100watts:(		swim 5	2500 straight	
Friday					0:30	Z2	0:30	0:30			0:30					
Saturday			1:00	Z2			1:00	1:00		1:00		flat tire, first time to use CO2 cart.				
Sunday					0:45	Z1-Z2	0:45	1:55			1:55	https://www.strava.com/activities/467718397		Heart Rate	by %	
Total hours	2:00		2:00		2:00		6:00	7:30	2:20	2:00	3:10			zone 1	92 - 111	
														zone 2	111 - 129	
														zone 3	129 - 148	
														zone 4	148 - 166	
														zone 5	166 - 185	
Week 2	1/11/2016	1/17/2016						Actual								
Day	Swim		Bike		Run		Hrs / Day	swim	bike	run	Notes					
Monday		Rest		REST		REST	0:00									
Tuesday	0:40	swim 2			0:30	Z2	1:10	1:10	0:40		0:30	drill test man-from-atlantis style				
Wednesday			0:30	Trans (fast): Z2	0:15	Z2	0:45	0:50		0:30	0:20	bike 121watt, 14.4mi				
Thursday	0:40	swim 4	0:45	Z1 (100+RPM)			1:25	1:35	0:50	0:45						
Friday	1:20	swim 5			0:30	Z2	1:50	1:20	0:50		0:30					
Saturday			1:30	Z2			1:30	1:30		1:30		first power meter test ride. 155watts				
Sunday					1:00	Z1-Z2	1:30	1:30			1:30					
Total hours	2:40		2:45		2:15		7:40	7:55	2:20	2:45	2:50					
Week 3	1/18/2016	1/24/2016						Actual								
Day	Swim		Bike		Run		Hrs / Day	swim	bike	run	Notes					
Monday		REST		REST		REST		1:54	0:56		0:58	Do Tuesday workouts because it's holiday				
Tuesday	0:40	swim 1	0:30	Z2		Z2	1:10	1:37	0:52	0:45		Do Thursday workouts				
Wednesday			0:30	Trans (fast): Z2	0:30	Z2	1:00	1:03		0:35	0:28	Do Wednesday workouts. 90watts ??				
Thursday	0:40	swim 2	0:30	Z1 (100+RPM)			1:10	0:00				REST for doc appt				
Friday	0:40	swim 3			1:00	Z2	1:40	1:50	0:53		0:57	run @mp+30, feels good, ath hr=165				
Saturday			2:00	Z2			2:00	2:02		2:02						
Sunday					1:30	Z2	1:30	1:39			1:39					
Total hours	2:00		3:30		3:00		8:30	10:05	2:41	3:22	4:02	swim too slow, so added up to more time				
Week 4	1/25/2016	1/31/2016						Actual								
Day	Swim		Bike		Run		Hrs / Day	swim	bike	run	Notes					
Monday							0:00	0:00								
Tuesday	0:40	swim 4			0:30	Z2	1:10	0:27			0:27	didn't swim, food poison, fucking bad				
Wednesday			0:30	Trans (fast): Z2	0:15	Z2	0:45	0:00				food poison recover				
Thursday	1:15	swim 5	0:30	Z1 (100+RPM)			1:45	1:07	0:37	0:30						
Friday	0:40	swim 2			0:45	Z2	1:25	0:57	0:57							
Saturday			1:45	Z2			1:45	1:06			1:06					
Sunday					1:00	Z2	1:00	2:40		2:40		canada road				
Total hours	2:35		2:45		2:30		7:50	6:17	1:34	3:10	1:33					
Week 5	2/1/2016	2/7/2016						Actual								
Day	Swim		Bike		Run		Hrs / Day	swim	bike	run	Notes					
Monday		REST		REST		REST	0:00	0:00								
Tuesday	0:45	swim 3			0:45	Z2	1:30	0:00				in China, didn't do shit				
Wednesday			0:30	Trans (fast): Z2	0:15	Z2	0:45	0:00								
Thursday	0:45	swim 4	0:45	Z1 (100+RPM)			1:30	0:26			0:26	climbing 17 story building 5 times				
Friday					1:00	Z2	1:00	0:00								
Saturday			1:45	Z2			1:45	0:00								
Sunday					1:00	Z1-Z2	1:00	1:32			1:32	running along the river in Yintan				
Total hours	1:30		3:00		3:00		7:30	1:58	0:00	0:00	1:58					
Week 6	2/8/2016	2/14/2016						Actual								
Day	Swim		Bike		Run		Hrs / Day	swim	bike	run	Notes					
Monday	0:45	swim 5		REST		REST	0:45	0:00				Chinese New Year, stay with family				
Tuesday	0:45	swim 1			1:00	Z2	1:45	0:00								
Wednesday			0:45	Trans (fast): Z2	0:15	Z2	1:00	0:00								
Thursday	0:45	swim 2	1:00	Z1 (100+RPM)			1:45	0:00								
Friday					1:00	Z2	1:00	0:00								

Saturday			2:00	Z2			2:00	0:00											
Sunday					1:00	Z1-Z2	1:00	0:00											
Total hours	2:15		3:45		3:15		9:15	0:00	0:00	0:00	0:00								
Week 7	2/15/2016	2/21/2016						Actual											
Day	Swim		Bike		Run		Hrs / Day	swim	bike	run	Notes								
Monday	0:45	swim 3		REST		REST	0:45	1:48	1:48										
Tuesday	0:45	swim 4			1:00	Z2	1:45	1:00		1:00	feel tired, skip swimming								
Wednesday			0:45	Trans (fast): Z2	0:15	Z2	1:00	1:00		0:45	0:15								
Thursday	0:45	swim 5	1:00	Z1 (100+RPM)			1:45	1:34	0:34	1:00	swim 1825 yd.								
Friday					1:15	Z2	1:15	1:20		0:30	0:50								
Saturday			2:30	Z2			2:30	2:24		2:24									
Sunday					1:15	Z1-Z2	1:15	1:20			1:20								
Total hours	2:15		4:15		3:45		10:15	10:26	2:22	4:39	3:25								
Week 8	2/22/2016	2/28/2016						Actual											
Day	Swim		Bike		Run		Hrs / Day	swim	bike	run	Notes								
Monday	0:45	swim 1		REST		REST	0:45	1:00	1:00										
Tuesday	0:45	swim 2			1:00	Z2	1:45	1:50	0:50		1:00								
Wednesday			0:45	Trans (fast): Z2	0:15	Z2	1:00	1:00		0:45	0:15								
Thursday	0:45	swim 3	1:00	Z1 (100+RPM)			1:45	2:00	1:00	1:00	swim at 1:43 pace.								
Friday					1:00	Z2	1:00	1:00			1:00								
Saturday			2:00	Z2			2:00	1:30			1:30								
Sunday					1:00	Z1-Z2	1:00	2:00		2:00									
Total hours	2:15		3:45		3:15		9:15	10:20	2:50	3:45	3:45								
Week 9	2/29/2016	3/6/2016						Actual											
Day	Swim		Bike		Run		Hrs / Day	swim	bike	run	Notes								
Monday	0:45	swim 4		REST		REST	0:45	0:45	0:45										
Tuesday	0:45	swim 5			1:00	Z2	1:45	1:40	0:45		0:55								
Wednesday			0:45	Trans (fast): Z2	0:15	Z2	1:00	1:00		0:45	0:15								
Thursday	0:45	swim 1	1:00	Z1 (100+RPM)			1:45	1:40	0:40	1:00									
Friday					1:00	Z2	1:00	1:00			1:00								
Saturday			2:45	Z2			2:45	1:10			1:10								
Sunday					1:15	Z1-Z2	1:15	2:50		2:50	all out 48 mi at 16mph. took atp+, need 1-2 more bottle of water								
Total hours	2:15		4:30		3:30		10:15	10:05	2:10	4:35	3:20								
Week 10	3/7/2016	3/13/2016						Actual											
Day	Swim		Bike		Run		Hrs / Day	swim	bike	run	Notes								
Monday	0:45	swim 2		REST		REST	0:45	0:45	0:45										
Tuesday	0:45	swim 3			1:00	Z2	1:45	1:45	0:45	1:00									
Wednesday			0:45	Trans (fast): Z2	0:30	Z2	1:15	1:15		0:45	0:30								
Thursday	0:45	swim 4	1:15	Z1 (100+RPM)			2:00	2:15	1:00	1:15									
Friday					1:00	Z2	1:00	1:00			1:00								
Saturday			3:00	Z2			3:00	3:30		3:30	90 effort, tired. nutrition issue								
Sunday					1:30	Z1-Z2	1:30	1:20		1:20	3x1 in the rain. feel strong but short of cadio								
Total Hours:	2:15		5:00		4:00		11:15	11:50	2:30	6:30	2:50								
Week 11	3/14/2016	3/20/2016						Actual											
Day	Swim		Bike		Run		Hrs / Day	swim	bike	run	Notes								
Monday	0:45	swim 5		REST		REST	0:45	0:45	0:45		tired	swim 6	400wu, 4 × 50 DR, 4 × 200 @20sec, 6 × 100 @15sec, 4 × 50 DR, 200 cd		2400				
Tuesday	0:45	swim 6			1:00	Z2: at 0:10 do 5 x 1min strides, 1min jog	1:45	2:00	1:00		1:00	swim 7	400wu, 4 × 50 DR, 16 × 25 @10sec, 600 Pull, 16 × 25 @10 sec, 4 × 50 DR, 200 c		2400				
Wednesday			0:45	Trans (fast): Z2	0:30	Z2	1:15	1:02		0:47	0:15	swim 8	400wu, 4 × 50 DR, 10 × 50 @15sec, 4 × 100 @20sec, 10 × 50 @15sec, 4 × 50 DI		2400				
Thursday	0:45	swim 7	1:15	Z2: at 0:15 add 5x1min PU, 1min spin			2:00	2:25	1:10	1:15	swimming: short distance improved, can average below 1:20. long distance getting slower, average above 1:45. Bike doesn't feel pain on ankle. drink 2 bottle of water in total.	swim 9	400wu, 8 × 50 DR, 200-300-400-500 @ 45sec, 8 × 50 DR, 200 cd		2400				
Friday	0:45	swim 8			1:00	Z2: at 0:45 add 5min Z4 (hard!)	1:45	1:00			1:00	ankle injury fully recovered!	swim 10	400wu, 8 × 50 DR, 7 × 125 @20sec, 7 × 75 @15sec, 8 × 50 DR, 200 cd		2400			
Saturday			2:30	Trans (fast): Z2	0:15	Z2	2:45	4:04	0:37	3:15	feels good. Food 2 croissant + 2 gu + 2 gu chew + 1 bottle smoothe = 900cal. Water 2 bottle, need 3 for 3h 60F.	swim 11	3,000 straight swim at comfortable pace (75– 80% perceived effort)		3000				
Sunday			0:30	Z1 (100+ RPM)	1:00	Z1-Z2	1:30	0:50			0:50								

[illegible]

Week 13	3/28/20	4/3/2016					Actual										
Day	Swim		Bike		Run	Hrs / Day		swim	bike	run	Notes						
Monday						1:00						#6					500wu, 8 × 50 DR, 4 × 200 @20sec, 6 × 100 @15sec, 8 × 50 DR, 300 cd
Tuesday	1:00	500wu+4x200@20+6x100@20+300cd			1:00	Z2; at 0:10 do 3 x 3min Z4, 1min jog	2:00	2:00	1:00		1:00	#7					500wu, 8 × 50 DR, 16 × 25 @10sec, 600 Pull, 16 × 25 @10 sec, 8 × 50 DR, 300 cd
Wednesday			0:45	Trans (fast): Z2	0:15	Z2	1:00	1:00		0:45	0:15	#8					500wu, 8 × 50 DR, 10 × 50 @15sec, 4 × 100 @20sec, 10 × 50 @15sec, 8 × 50 DR, 300 cd
Thursday	1:00	500wu+16x25@10+600pu+16x25@10+300cd	1:00	Z2; at 0:15 do 2 x 5min Z4, 3min spin			2:00	2:00	1:00	1:00		#9					500wu, 8 × 50 DR, 200-300-400-500 @ 45sec, 8 × 50 DR, 300 cd
Friday	1:00	500wu+10x50@15+4x100@20+10x50@15+300cd			1:00	Z2; at 0:45 add 5min Z4 (hard!)	2:00	2:00	1:00		1:00	#10					500wu, 8 × 50 DR, 7 × 125 @20sec, 7 × 75 @15sec, 8 × 50 DR, 300 cd
Saturday			2:45	Trans (fast): Z2; at 2:50 do 5mins Z4	0:30	Z2	3:15	3:30		3:00	0:30	#11					3,000 straight swim at comfortable pace (75– 80% perceived effort)
Sunday			0:30	Z1 (100+ RPM)	1:15	Z1-Z2	1:45	1:51		0:30	1:21						
Total Hours:	3:00		5:00		4:00		12:00	12:21	3:00	5:15	4:06						
Week 14	4/4/2014	4/10/2016															
Day	Swim		Bike		Run	Hrs / Day		swim	bike	run	Notes						
Monday		REST		REST		REST	0:00										
Tuesday	1:00	500wu+200+300+400+500@45+300cd			1:00	Z2	2:00	2:00	1:00		1:00						
Wednesday			0:45	Trans (fast): Z2	0:30	Z2	1:15	1:15		0:45	0:30						
Thursday	1:00	500wu+7x125@20+7x75@15+300cd	1:00	Z2; at 0:15 do 3 x 5min Z4, 3min spin			2:00	1:30		1:00	0:30						
Friday	1:00	1500			1:00	Z2	2:00	2:00	1:00		1:00						
Saturday			3:30	Z1	0:30	Z1	4:00	0:00									rest
Sunday		1500 all out	0:30	all out	1:15	all out	1:45	2:55	0:40	1:23	0:52						race
Total Hours:	3:00		5:45		4:15		13:00	9:40									
Week 15	4/11/20	4/17/2016															
Day	Swim		Bike		Run	Hrs / Day		swim	bike	run	Notes						
Monday		REST		REST		REST	0:00										
Tuesday	1:00	500wu+4x200@20+6x100@20+300cd			1:00	Z2; at 0:10 do 2 x 6min Z4, 2min jog	2:00	2:00	1:00		1:00						
Wednesday			0:45	Trans (fast): Z4 (hard!)	0:30	Z2	1:15	1:15		0:45	0:30						
Thursday	1:00	500wu+16x25@10+600pu+16x25@10+300cd	1:00	Z2; at 0:15 do 4 x 5min Z4, 3min spin			2:00	0:00									sick
Friday	1:00	500wu+10x50@15+4x100@20+10x50@15+300cd			1:00	Z2; at 0:45 add 7.5min Z4 (hard!)	2:00	2:00	1:00		1:00						
Saturday			4:00	Trans (fast): Z2; at 3:50 do 5min Z4	0:30	Z2	4:30	0:00									rest
Sunday			0:45	Z1 (100+ RPM)	1:30	Z1-Z2	2:15	7:30		7:30							first century
Total Hours:	3:00		6:30		4:30		14:00	12:45									
Week 16	4/18/20	4/24/2016															
Day	Swim		Bike		Run	Hrs / Day		swim	bike	run	Notes						
Monday		REST		REST		REST	0:00										
Tuesday	1:00	500wu+200+300+400+500@45+300cd			1:00	Z2; at 0:10 add 5 x 3min Z4, 1min jog	2:00	2:00	1:00		1:00						
Wednesday			0:45	Trans (fast): Z2	0:30	Z2	1:15	1:15		0:55	0:20						
Thursday	1:00	500wu+7x125@20+7x75@15+300cd	1:00	Z2; at 0:15 5 x 5min Z4, 3min spin			2:00	2:00	1:00	1:00							
Friday	1:00	3000			1:00	Z2; at 0:45 do 10min Z4 (hard!)	2:00	2:00	1:00		1:00						
Saturday			3:00	Trans (fast): Z2; at 2:50 do 5min Z4	0:30	Z2	3:30	4:10		3:40	0:30						
Sunday			0:45	Z1 (100+ RPM)	1:30	Z1-Z2	2:15	2:15		0:45	1:30						
Total Hours:	3:00		5:30		4:30		13:00	13:40									
Week 17	4/25/20	5/1/2016															
Day	Swim		Bike		Run	Hrs / Day		swim	bike	run	Notes						
Monday		REST		REST		REST	0:00										
Tuesday	1:00	500wu+4x200@20+6x100@20+300cd			1:00	Z2; at 0:10 do 3 x 6min Z4, 2min jog	2:00	2:00	1:00		1:00						
Wednesday			0:45	Trans (fast): Z2	0:30	Z2	1:15	1:15		0:45	0:30						
Thursday	1:00	500wu+16x25@10+600pu+16x25@10+300cd	1:15	Z2; at 0:10 do 6 x 5min Z4, 3min spin			2:15	2:05	1:00	1:05							

Friday	1:00	500wu+10x50@15+4x100@20+10x50@15+300cd			1:15	Z2; at 1:00 add 10min Z4 (hard!)	2:15	2:15	1:00		1:15			
Saturday			3:30	Trans (fast): Z2	0:30	Z2	4:00	4:30		4:00	0:30			
Sunday			1:00	Z1 (100+ RPM)	1:15	Z1-Z2	2:15	3:15		1:10	2:05			
Total Hours:	3:00		6:30		4:30		14:00	15:20						
Week 18	5/2/2011 5/8/2016													
Day	Swim		Bike		Run		Hrs / Day					Notes		
Monday		REST		REST		REST	0:00							
Tuesday	1:00	500wu+200+300+400+500@45+300cd			1:00	Z2; at 0:10 do 5 x 1 min PU, 1min jog	2:00	2:00	1:00		1:00			
Wednesday			0:45	Trans (fast): Z2	0:30	Z2	1:15	1:20		0:50	0:30			
Thursday	1:00	500wu+7x125@20+7x75@15+300cd	1:00	Z2; at 0:15 do 5 x 1min easy PU, 1min spin			2:00	2:00	1:00	1:00				
Friday	1:00	3000			0:40	Z1; at 0:10 do 5 x 1min easy PU, 1min jog	1:40	2:00	1:00		1:00			
Saturday			4:00	Z1 - easy; safety check	1:00	Z1 - easy	5:00	4:30		4:00	0:30			
Sunday			1:00	Z1-Z2	1:30		3:30	2:30		1:00	1:30			
Total Hours:	3:00		6:45		4:40		14:25	14:20						
Week 19	5/9/2011 5/15/2016													
Day	Swim		Bike		Run		Hrs / Day					Notes		
Monday		REST		REST		REST	0:00							
Tuesday	1:00	500wu+7x125@20+7x75@15+300cd			1:00	Z1 to Z2	2:00	2:00	1:00		1:00			
Wednesday			0:45	Trans (fast): Z2	0:30	Z2	1:15	1:30	1:00		0:30			
Thursday	1:00	3000	1:15	Z2			2:15	2:55		2:55		bike to work		
Friday	1:00	500wu+4x200@20+6x100@20+300cd			1:15	Z2	2:15	2:15	1:00		1:15	no lp swim is slow		
Saturday			4:00	Trans (fast): Z2	0:45	Z2	4:45	5:30		4:00	1:30			
Sunday			1:00	Z1 (100+ RPM)	1:30	Z1-Z2	2:30	1:15			1:15	run in sand		
Total Hours:	3:00		7:00		5:00		15:00	15:25						
Week 20	5/16/2011 5/22/2016													
Day	Swim		Bike		Run		Hrs / Day					Notes		
Monday		REST		REST		REST	0:00							
Tuesday	1:00	500wu+12x75@20+12x50@15+12x25@10+300cd			1:00	Z2; at 0:10 add 4 x 4.5min Z4, 1.5min jog	2:00	2:00	1:00		1:00			12 500 wu, 8 x 50 DR, 12 x 75 @20sec, 12 x 50 @15sec, 12 x 25 @10sec, 8 x 50 DR, 300 cd
Wednesday			0:45	Trans (fast): Z2	0:30	Z2	1:15	1:15		0:45	0:30			13 500 wu, 8 x 50 DR, 5 x 400 @45sec, 8 x 50 DR, 300 cd
Thursday	1:00	500wu+5x400@45+300cd	1:30	Z2; at 0:15 8 x 5min Z4, 2min spin			2:30	2:30	1:00	1:30				14 500 wu, 8 x 50 DR, 6 x (50 + 100 + 150) @20sec, 8 x 50 DR, 300 cd
Friday	1:00	500wu+6x(50+100+150)@20+300cd			1:15	Z2; at 1:00 do 10min Z4 (hard!)	2:15	2:15	1:00		1:15			
Saturday			4:00	Trans (fast): Z2	0:45	Z2	4:45	4:45		4:00	0:45			
Sunday			1:15	Z1 (100+ RPM)	2:00	Z1-Z2	3:15	3:15		1:15	2:00			
Total Hours:	3:00		7:30		5:30		16:00	16:00						

Week 21	5/23/2016	5/29/2016						Actual				
Day	Swim		Bike		Run		Hrs / Day		swim	bike	run	Notes
Monday		REST		REST		REST	0:00					
Tuesday	1:00	500 wu, 8 × 50 DR, 12 × 75 @20sec, 12 × 50 @15sec, 12 × 25 @10sec, 8 × 50 DR, 300 cd			1:00	Z2; at 0:10 do 5 x 1 min PU, 1min jog	2:00	2:20	1:20		1:00	
Wednesday			0:45	Trans (fast): Z2	0:30	Z2	1:15	1:15		0:45	0:30	
Thursday	0:30	Easy	1:00	Z2; at 0:15 do 5 x 1min easy PU, 1min spin			1:30	1:30	0:30	1:00		
Friday					0:40	Z1; at 0:10 do 5 x 1min easy PU, 1min jog	0:40	0:40			0:40	
Saturday			0:15	Z1 - easy; safety check	0:20	Z1 - easy	0:35	6:30	4:15	2:15		very very tired
Sunday	0:35	RACE (Half Ironman)	4:00	RACE (Half Ironman)	2:30	RACE (Half Ironman)	7:05	0:00				
Total Hours:	2:05	plus race	6:00	plus race	5:00	plus race	13:05	12:15				
Week 22	5/30/2016	6/5/2016			Half-IM week							
Day	Swim		Bike		Run		Hrs / Day		swim	bike	run	Notes
Monday		REST		REST		REST	0:00			0:20		
Tuesday	1:00	500 wu + 5 × 200 @30sec + 5 × 100 @20sec + 5 × 50 @10sec + 6 × 25 @5sec + 300 cd			1:15	Z2; at 1:00 do 10min Z4	2:15	2:15	1:00		1:15	
Wednesday			0:45	Trans (fast): Z2	0:30	Z2	1:15	1:15		0:45	0:30	
Thursday	1:00	500 wu, 8 × 50 DR, 3 × 150 @20sec, 4 × 250 @30sec, 3 × 150 @20sec, 8 × 50 DR, 300 cd	1:30	Z2; at 0:15 do 4 x 7min Z4, 4min spin			2:30	2:40	1:00	1:40		
Friday	1:00	3,500 straight swim at comfortable pace (75– 80% perceived effort)			1:15	Z2; at 1:00 add 10min Z4 (hard!)	2:15	2:15	1:00		1:15	
Saturday			4:00	Trans (fast): Z2	0:45	Z2	4:45	6:25		5:40	0:45	
Sunday			1:15	Z1 (100+ RPM)	1:15	Z1-Z2	2:30	2:30		1:10	1:20	
Total Hours:	3:00		7:30		5:00		15:30	17:20				feels strong whole week
Week 23	6/6/2016	6/12/2016										
Day	Swim		Bike		Run		Hrs / Day		swim	bike	run	Notes
Monday		REST		REST		REST	0:00					
Tuesday	1:00	500 wu, 8 × 50 DR, 5 × 400 @45sec, 8 × 50 DR, 300 cd			1:15	Z1 to Z2	2:15	2:15	1:00		1:15	
Wednesday			0:45	Trans (fast): Z2	0:30	Z2	1:15	1:15		0:45	0:30	
Thursday	1:00	500 wu, 8 × 50 DR, 6 × (50 + 100 + 150) @20sec, 8 × 50 DR, 300 cd	1:30	Z2			2:30	2:30	1:00	1:30		
Friday	1:00	500 wu + 5 × 200 @30sec + 5 × 100 @20sec + 5 × 50 @10sec + 6 × 25 @5sec + 300 cd			1:30	Z2	2:30	2:30	1:00		1:30	
Saturday			5:00	Trans (fast): Z2	0:45	Z2	5:45	5:35		4:50	0:45	
Sunday			0:45	Z1 (100+ RPM)	2:00	Z1-Z2	2:45	3:00		1:00	2:00	
Total Hours:	3:00		8:00		6:00		17:00	17:05				feels weak, missed too much sleeps

Week 24	6/13/2016	6/19/2016										
Day	Swim		Bike		Run	Hrs / Day		swim	bike	run	Notes	
Monday		REST		REST		0:00						
Tuesday	1:00	500 wu, 8 × 50 DR, 3 × 150 @20sec, 4 × 250 @30sec, 3 × 150 @20sec, 8 × 50 DR, 300 cd			1:15 Z2; at 0:10 add 3 x 6min Z4, 2min jog	2:15	2:15	1:00		1:15		
Wednesday			1:00	Trans (fast): Z2	0:30 Z2	1:30	0:00				sick with fever	
Thursday	1:00	3,500 straight swim at comfortable pace (75– 80% perceived effort)	1:30	Z2; at 1:00 do 20min Z4		2:30	0:00				sick with fever	
Friday	1:00	500 wu, 8 × 50 DR, 12 × 75 @20sec, 12 × 50 @15sec, 12 × 25 @10sec, 8 × 50 DR, 300 cd			1:30 Z2; at 1:10 do 10min Z4 (hard!)	2:30	1:00	1:00			80% recovered, swim but didn't want to run	
Saturday			5:00	Trans (fast): Z2; at 4: 45 do 7.5min Z4	1:00 Z2	6:00	6:00		5:00	1:00		
Sunday			1:00	Z1 (100+ RPM)	2:15 Z1-Z2	3:15	3:15		1:00	2:15		
Total Hours:	3:00		8:30		6:30	18:00	12:30					
Week 25	6/20/2016	6/26/2016										
Day	Swim		Bike		Run	Hrs / Day		swim	bike	run	Notes	
Monday		REST		REST		0:00						
Tuesday	1:00	500 wu, 8 × 50 DR, 5 × 400 @45sec, 8 × 50 DR, 300 cd			1:00 Z2; at 0:10 do 4 x 6min Z4, 2min jog	2:00	2:00	1:00		1:00		
Wednesday			1:00	Trans (fast): Z2	0:30 Z2	1:30	1:30		1:00	0:30		
Thursday	1:00	500 wu, 8 × 50 DR, 6 × (50 + 100 + 150) @20sec, 8 × 50 DR, 300 cd	1:30	Z2; at 1:00 do 20min Z4		2:30	2:30	1:00	1:30			
Friday	1:00	500 wu + 5 × 200 @30sec + 5 × 100 @20sec + 5 × 50 @10sec + 6 × 25 @5sec + 300 cd			1:30 Z2; at 1:10 add 10min Z4 (hard!)	2:30	2:30	1:00		1:30		
Saturday			5:30	Trans (fast): Z2; at 5: 15 do 10min Z4	1:00 Z2	6:30	6:00		5:00	1:00		
Sunday			1:30	Z1 (100+ RPM)	2:30 Z1-Z2	4:00	3:30		2:30	1:00		
Total Hours:	3:00		9:30		6:30	19:00	18:00					
Week 26	6/27/2016	7/3/2016										
Day	Swim		Bike		Run	Hrs / Day					Notes	
Monday		REST		REST		0:00						
Tuesday	1:00	500 wu, 8 × 50 DR, 3 × 150 @20sec, 4 × 250 @30sec, 3 × 150 @20sec, 8 × 50 DR, 300 cd			1:00 Z2; at 0:10 do 5 x 6min Z4, 2min jog	2:00	0:00				overtrain rest day.	
Wednesday			1:00	Trans (fast): Z2	0:30 Z2	1:30	1:00		1:00		overtrain, skip run	
Thursday	1:00	3,500 straight swim at comfortable pace (75– 80% perceived effort)	1:30	Z2; at 0:55 do 25min Z4		2:30	2:25	1:00	1:25			
Friday	1:00	500 wu, 8 × 50 DR, 12 × 75 @20sec, 12 × 50 @15sec, 12 × 25 @10sec, 8 × 50 DR, 300 cd			1:30 Z2	2:30	2:30	1:00		1:30		

Saturday			5:30	Trans (fast): Z2; at 5:10 do 12min Z4	1:00	Z2	6:30	6:30		5:30	1:00	
Sunday			1:15	Z1 (100+ RPM)	2:45	Z1-Z2	4:00	4:00		1:00	3:00	
Total Hours:	3:00		9:15		6:45		19:00	16:25				
Week 27	7/4/2016	7/10/2016										
Day	Swim		Bike		Run		Hrs / Day					Notes
Monday		REST		REST		REST	0:00		0:20			open water. Quarry lake jump fence
Tuesday	1:00	500 wu, 8 × 50 DR, 5 × 400 @45sec, 8 × 50 DR, 300 cd			1:00	Z2; at 0:10 do 5 x 6min Z4, 2min jog	2:00	1:00			1:00	
Wednesday			1:00	Trans (fast): Z2	0:30	Z2	1:30	1:30		1:00	0:30	
Thursday	1:00	500 wu, 8 × 50 DR, 6 × (50 + 100 + 150) @20sec, 8 × 50 DR, 300 cd	1:30	Z2; at 0:50 do 30min Z4			2:30	2:30	1:00	1:30		
Friday	1:00	500 wu + 5 × 200 @30sec + 5 × 100 @20sec + 5 × 50 @10sec + 6 × 25 @5sec + 300 cd			1:30	Z2; at 1:10 do 12min Z4	2:30	2:30	1:00		1:30	
Saturday			6:00	Trans (fast): Z2; at 5:40 do 15min Z4	1:00	Z2	7:00	7:00		6:00	1:00	
Sunday			1:30	Z1 (100+ RPM)	3:00	Z1-Z2	4:30	3:50		1:10	2:40	feel strong on the run
Total Hours:	3:00		10:00		7:00		20:00	18:20				

Week 28	7/11/2016 7/17/2016										
Day	Swim		Bike		Run		Hrs / Day				Notes
Monday		REST		REST		REST	0:00				
Tuesday	1:00	500 wu, 8 x 50 DR, 3 x 150 @20sec, 4 x 250 @30sec, 3 x 150 @20sec, 8 x 50 DR, 300 cd			0:45	Z2; at 0:10, do 3 x 6min Z4, 2min jog	1:45	1:45	1:00		0:45
Wednesday			0:45	Trans (fast): Z2	0:30	Z2	1:15	1:15		0:45	0:30
Thursday	1:00	3,500 straight swim at comfortable pace (75– 80% perceived effort)	1:00	Z2; at 0:40 do 15min Z4			2:00	2:00	1:00	1:00	
Friday	1:00	500 wu, 8 x 50 DR, 12 x 75 @20sec, 12 x 50 @15sec, 12 x 25 @10sec, 8 x 50 DR, 300 cd			1:00	Z2; at 0:10 do 2x6min Z4, 2min jog	2:00	2:00	1:00		1:00
Saturday			4:00	Trans (fast): Z2; at 3:45 do 10min Z4	0:30	Z2	4:30	4:30		4:00	0:30
Sunday			1:00	Z1 (100+ RPM)	2:00	Z1-Z2	3:00	3:00		1:00	2:00
Total Hours:	3:00		6:45		4:45		14:30	14:30			
Week 29	7/18/2016 7/24/2016										
Day	Swim		Bike		Run		Hrs / Day				Notes
Monday		REST		REST		REST	0:00				cut the plan from 11 hour to 8 hour. add 1 ows
Tuesday	1:00	500 wu, 8 x 50 DR, 5 x 400 @45sec, 8 x 50 DR, 300 cd			0:30		1:30	1:30	1:00		0:30
Wednesday			0:30	Trans (fast): Z2	0:15	Z2	0:45	0:45		0:30	0:15
Thursday	1:00	500 wu, 8 x 50 DR, 6 x (50 + 100 + 150) @20sec, 8 x 50 DR, 300 cd	0:30				1:30	1:20	1:00	0:20	
Friday	1:00	500 wu, 8 x 50 DR, 5 x 200 @30sec, 5 x 100 @20sec, 5 x 50 @10sec, 6 x 25 @5sec, 8 x 50 DR, 300 cd			0:20	Z2; at 0:30 do 7.5min Z4	1:20	0:00			skipped due to tired
Saturday	1:00	open water	1:00	Trans (fast): Z2	0:10	Z2	2:10	1:50	0:30	1:00	0:20
Sunday			0:30	Z1 (100+ RPM)	0:15	Z1-Z2	0:45	1:10		0:40	0:30
Total Hours:	4:00		2:30		1:30		8:00	6:35			
Week 30	7/25/2016 7/31/2016										
Day	Swim		Bike		Run		Hrs / Day				Notes
Monday	1:00	500 wu, 8 x 50 DR, 3 x 150 @20sec, 4 x 250 @30sec, 3 x 150 @20sec, 8 x 50 DR, 300 cd			0:15	Z2; at 0:10 do 5 x 6min Z4, 2min jog	1:15				
Tuesday			0:20	Trans (fast): Z2	0:10	Z2	0:30	0:00			
Wednesday	0:30	Easy	0:20	Z1; at 0:15 do 5x1min PU, 1 min spin			0:50	0:00			
Thursday	0:15	Easy	0:15	Z1 - easy; bike safety check			0:30	0:00			
Friday							0:00	0:00			
Saturday	1:20	Race - Ironman	6:30	Race - Ironman	4:20	Race - Ironman	12:10	0:00			
Sunday							0:00	0:00			
Total Hours:	3:05		7:25		4:45		15:15	0:00			
Week 31	8/1/2016 8/7/2016										
Day	Swim		Bike		Run		Hrs / Day				Notes
Monday	0:00	REST	0:00	REST	0:00	REST	0:00				
Tuesday	0:00	REST	0:00	REST	0:00	REST	0:00	0:00			
Wednesday	0:00	REST	0:00	REST	0:00	REST	0:00	0:00			
Thursday	0:00	REST	0:00	REST	0:00	REST	0:00	0:00			
Friday	0:00	REST	0:00	REST	0:00	REST	0:00	0:00			

Saturday	0:00	REST	0:00	REST	0:00	REST	0:00	0:00				
Sunday	0:00	REST	0:00	REST	0:00	REST	0:00	0:00				
Total Hours:	0:00	REST	0:00	REST	0:00	REST	0:00	0:00				

	original plan				
Base		15000			9275
1	300wu, 8 × 50 DR, 12 × 100 @20sec, 8 × 50 DR, 200 cd	2500	swim 1	200wu, 4x50Dr, 10x100 @20sec, 4x50 Dr, 200cd	1600
2	300wu, 8 × 50 DR, 3 × 125 @20sec, 2 × 175 @30sec, 3 × 125 @20sec, 8 × 50 DR, 200 cd	3000	swim 2	200wu, 4x50Dr, 2x125 @20sec, 2x175@30sec, 2x125@20sec, 4x50Dr, 200cd	1675
3	300wu, 8 × 50 DR, 16 × 25 @10sec, 1 × 400 @60sec, 16 × 25 @10 sec, 8 × 50 DR, 200 cd	3500	swim 3	200wu, 4x50Dr, 10x25 @10sec, 1x400 @60sec, 10x25 @10sec, 4x50Dr, 200cd	1700
4	300wu, 8 × 50 DR, 1 × 300 @40sec, 3 × 200 @30sec, 1 × 300 @30sec, 8 × 50 DR, 200 cd	3500	swim 4	200wu, 4x50Dr, 1x300 @40sec, 2x200 @30sec, 1x300 @30sec, 4x50Dr, 200cd	1800
5	2,500 straight swim at comfortable pace (75– 80% perceived effort)	2500	swim 5	2500 straight	2500
Build		15000			12000
6	500wu, 8 × 50 DR, 4 × 200 @20sec, 6 × 100 @15sec, 8 × 50 DR, 300 cd	3000	swim 6	400wu, 4 × 50 DR, 4 × 200 @20sec, 6 × 100 @15sec, 4 × 50 DR, 300 cd	2400
7	500wu, 8 × 50 DR, 16 × 25 @10sec, 600 Pull, 16 × 25 @10 sec, 8 × 50 DR, 300 cd	3000	swim 7	400wu, 4 × 50 DR, 16 × 25 @10sec, 600 Pull, 16 × 25 @10 sec, 4 × 50 DR, 300 cd	2400
8	500wu, 8 × 50 DR, 10 × 50 @15sec, 4 × 100 @20sec, 10 × 50 @15sec, 8 × 50 DR, 300 cd	3000	swim 8	400wu, 4 × 50 DR, 10 × 50 @15sec, 4 × 100 @20sec, 10 × 50 @15sec, 4 × 50 DR, 300 cd	2400
9	500wu, 8 × 50 DR, 200-300-400-500 @ 45sec, 8 × 50 DR, 300 cd	3000	swim 9	400wu, 8 × 50 DR, 200-300-400-500 @ 45sec, 8 × 50 DR, 300 cd	2400
10	500wu, 8 × 50 DR, 7 × 125 @20sec, 7 × 75 @15sec, 8 × 50 DR, 300 cd	3000	swim 10	400wu, 8 × 50 DR, 7 × 125 @20sec, 7 × 75 @15sec, 8 × 50 DR, 300 cd	2400
11	3,000 straight swim at comfortable pace (75– 80% perceived effort)	3000	swim 11	3,000 straight swim at comfortable pace (75– 80% perceived effort)	3000
Peak		17400			0
12	500 wu, 8 × 50 DR, 12 × 75 @20sec, 12 × 50 @15sec, 12 × 25 @10sec, 8 × 50 DR, 300 cd	3400		500 wu, 8 × 50 DR, 12 × 75 @20sec, 12 × 50 @15sec, 12 × 25 @10sec, 8 × 50 DR, 300 cd	
13	500 wu, 8 × 50 DR, 5 × 400 @45sec, 8 × 50 DR, 300 cd	3600		500 wu, 8 × 50 DR, 5 × 400 @45sec, 8 × 50 DR, 300 cd	
14	500 wu, 8 × 50 DR, 6 × (50 + 100 + 150) @20sec, 8 × 50 DR, 300 cd	3400		500 wu, 8 × 50 DR, 6 × (50 + 100 + 150) @20sec, 8 × 50 DR, 300 cd	
15	500 wu, 8 × 50 DR, 5 × 200 @30sec, 5 × 100 @20sec, 5 × 50 @10sec, 6 × 25 @5sec, 8 × 50 DR, 300 cd	3500		500 wu, 8 × 50 DR, 5 × 200 @30sec, 5 × 100 @20sec, 5 × 50 @10sec, 6 × 25 @5sec, 8 × 50 DR, 300 cd	
16	500 wu, 8 × 50 DR, 3 × 150 @20sec, 4 × 250 @30sec, 3 × 150 @20sec, 8 × 50 DR, 300 cd	3500		500 wu, 8 × 50 DR, 3 × 150 @20sec, 4 × 250 @30sec, 3 × 150 @20sec, 8 × 50 DR, 300 cd	
17	3,500 straight swim at comfortable pace (75– 80% perceived effort)	3500		3,500 straight swim at comfortable pace (75– 80% perceived effort)	

	gears	attached	attached	backup
swim	watch			
	cap 1			
	goggles			
	cap 2			
	tri shorts			
	wetsuit			
bike	watch			bike shorts
	socks			
	shoes			
	jersey	2 gu + 2 gu chew		
	race belt			
	hrm			
	sunscreen			
	glasses			
	helmet			
	bike	aerobar	1st water bottle	
		tool bag		
		2nd water bottle	2 nuun in bottle	
			2 gu tapped on frame	
run	watch			running shorts
	shoes			socks
	cap			running shirt
		2 gu		2 water bottle

	gears	attached	attached	backup/maybe
swim	watch			
	cap 1			
	cap 2			
	goggles			
	swimming short			
	wetsuit			
bike	watch			bike shorts
	bike shoes			
	running socks			
	jersey	big gu bag		
	race belt			
	heart rate monitor			
	glasses			
	helmet			
	bike	aerobar	1st water bottle	
		tool bag		
		2 water bottle	6 hour infinit	
		mental bag	4 gu	
run	watch			
	shoes			socks
	cap			
	running shorts			
	running shirt			
	bib stripe	3 gu, 3 huma		2 water bottle