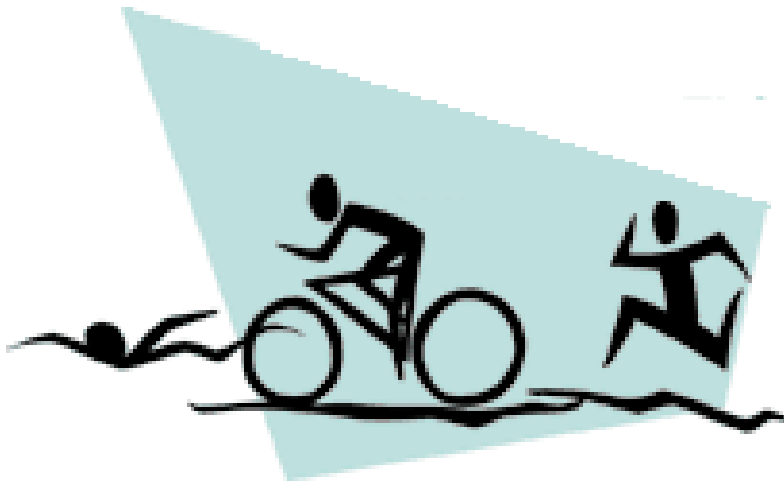


Third Coast Training
Endurance Specialist



SPORT SPECIFIC TRAINING SCHEDULE
I.M. Triathlon

Prepared for: David Bailey

Prepared by: Third Coast Training

Third Coast Training
Endurance Specialist



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David Bailey

**Third Coast
Training**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	28-Jul Z1 60' R	29-Jul Z1 275' B	30-Jul Z1 70' S	31-Jul OFF Travel	1-Aug Z1 60' R	2-Aug OFF	3-Aug Z1 230' B Z1 120' R Brick
	4-Aug OFF	5-Aug Z1 60' R	6-Aug Z1 77' S	7-Aug OFF	8-Aug Z1 60' B	9-Aug Z1 300' B	10-Aug Z1 250' B Z1 130' R Brick
	11-Aug OFF	12-Aug Z1 60' R	13-Aug Z1 85' S	14-Aug OFF	15-Aug Z1 60' B	16-Aug Z1 330' B	17-Aug Z1 275' B Z1 140' R Brick
	18-Aug OFF	19-Aug Z1 - Z3 60' R 5 minutes zone 1 10 minutes zone 3 repeat until 60 minutes	20-Aug Z1 35' S	21-Aug OFF	22-Aug Z1 - Z3 60' B 5 minutes zone 1 10 minutes zone 3 repeat until 60 minutes	23-Aug Z2 150' B	24-Aug Z2 125' B Z2 70' R Brick

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
25-Aug	Off	26-Aug Z1 35' S	27-Aug PRP 1	28-Aug PRP 2	29-Aug PRP 3	30-Aug PRP 4	31-Aug I.M. KENTUCKY
1-Sep	Off	2-Sep Z1 30' R	3-Sep OFF	4-Sep S3, Z1 30' S	5-Sep Z1 60' B	6-Sep Z1 120' B	7-Sep Z1 120' B Z1 45' R Brick

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Pre Race Prep (PRP)

Purpose: The purpose of warm-ups is to prepare the body, both mentally and physically, for an upcoming race. The intent is to stimulate the nervous system and muscles without causing fatigue. You should not feel fatigued at the end of the warm-ups.

TRIATHLON PRP

	PRP 1	PRP 2	PRP 3	PRP 4
Warm-Up	10 min. of easy cycling	10 min. of easy cycling	10 min. of easy swimming	10 min. of easy running
Training	3 X 5 min bike 3 X 5 min run	3 X 3 min bike 3 X 3 min run	4 X 5 min Swim	6 X 2 min Run
Intensity	Race Pace	Race Pace	Race Pace	Race Pace
Recovery	5 minutes Z1	2-3 minutes Z1	5 minutes Z1	2-3 minutes Z1
Cooldown	5-10 min. Z1	5-10 min. Z1	5-10 min. Z1	5-10 min. Z1

Notes:

- Recovery should be done at mid of your zone I.

Concentrate on proper form and technique; it is important not to get into bad habits