

# Current Plan: 2018 OutSeason Bike Focused (PlanEN Level 2), 14 weeks

MOVE/CHANGE PLAN

You are on week 2 of 14 (13 weeks remaining). Ends 2/25/2018

Show Week: 3

## Monday



### Your Weekly Run Frequency Target:

- Level 1: 4
- Level 2: 5
- Level 3: 5

0 min



### Coach Notes:

- Our goal here is to get you running a solid baseline milage that will (A) increase across the OS and (B) help carry you through the rest of your year.
- The run target includes all planned runs, if it has more runs than scheduled you can add a 30' to 45' run @ TRP pace where required (usually Monday or Friday).



See the [OutSeason Core and Swim Preparation Routine](#)

**Coach Notes:** You will do this routine every Monday and Friday during the OutSeason. AM or PM is up to you, which ever is most efficient

20 min



### OPTIONAL Masters or Group Swim

On their schedule. Not to exceed 60 minutes.

**Coach Notes:** Need additional swim guidance? You can use the [OutSeason Swim Supplement PDF Download](#) as a guide.

60 min



## Tuesday



### MS Choose Your Ability Level:

- Level 2: 3 x 10' (3') @ Zone 4.

60 min



**Additional Time:** Remainder of any time you have available (if any, not required) @ Zone 3.

**Coach Notes:** focus on realigning your perspective of "hard." Begin by disassociating your thinking self from your working (suffering?) self -- music, deep breathing, focusing on the numbers on the dial, etc. Anything to disconnect your head from your legs.



### OPTIONAL MS Choose Your Ability Level:

- Level 2: 25' @ TRP + 3 x 20" Strides.

35 min



**Coach Notes:** Strides as 30 left-foot steps in twenty seconds, top-end speed but not all out! Recover approximately 30" after each effort. Your choice to do this as a brick right off the bike or to wait later in the day.

## Wednesday



### MS Choose Your Ability Level:

- Level 2: 55'

65 min



### Coach Notes:

- The Wednesday run is your **STEADY** long run of the OS program.
- Majority of run is @ TRP.
- Option to push the final mile at Zone 3 if you are feeling good.
- Learn more about the Run Durability Program (RDP) online [here](#), join the GroupMe Chat [here](#).

## Thursday



**BIKE**

### MS Choose Your Ability Level:

- Level 2: Twice through 14 x 30/20 @ Max Sustainable Effort with 5' @ Zone 2 to recover after the intervals. Total of 28 repeats.

60 min



**Additional Time:** Remainder of any time you have available (if any, not required) @ Zone 2, you can push a bit harder to Zone 3 if able.

### Coach Notes:

- These VO2 Intervals are done as Work/Rest. So 30/30's are done as 30 seconds "on" and 30 seconds off, where "on" is at the best effort you can hold consistently across all of the intervals. For example, 255w, 250w, 252w, 250w, 248w = good. 300w, 275w, 225w, 185w = bad.
- That is, don't be a Hero on the first interval and a Zero on the last one!
- "Off" is very easy, at an effort that allows you to repeat your effort on the next interval.
- Totally okay to extend the rest interval between the main sets if that helps you maintain the more consistent, and high, effort.

## Friday



**RUN**



**MS Choose Your Workout Below: 30' @ TRP.**

- Level 2: Optional.

30 min



**Coach Notes:** *OPTIONAL Steady run days at TRP pace. We are just racking up the total number of runs per week (frequency). The higher your ability level the more running you'll do. If you do this, you'll likely not have bandwidth for the swim as well, but that's your call!*



**MISC**



See the [OutSeason Core and Swim Preparation Routine](#)

**Coach Notes:** *You will do this routine every Monday and Friday during the OutSeason. AM or PM is up to you, which ever is most efficient*

20 min



**SWIM**



**OPTIONAL Masters or Group Swim**

On their schedule. Not to exceed 60 minutes.

**Coach Notes:** *Need additional swim guidance? You can use the OutSeason Swim Supplement [PDF Download](#) as a guide.*

60 min



## Saturday



**BIKE**



**MS1: ALL 30' @ Zone 2 to get loose.**

**MS2: Choose Your Level**

- Level 2: 2 x 10' (5') @ Sweet Spot then 60' @ Zone 3.

**Remainder:** Additional time @ Zone 2.

**Coach Notes:**

- *We have no volume requirement for these Saturday rides, but recommend that you keep them in the 2 to 2.5 hour range as this is the Bike Focused OutSeason!*
- *The "Sweet Spot" intensity level is between Upper Zone 3 and Low Zone 4 -- the idea is to get it significant training "work" without the typical fatigue that true Zone 4 intervals bring.*
- *Adjust the time as needed but be sure to keep the "Sweet Spot" interval regardless of how short you make the ride!*
- *Level 1 riders are welcome to stop the ride at 90' if recovery is required for the upcoming week.*
- *Level 3 riders are encouraged to push their time in Zone 3!*

150 min



## Sunday



### MS Choose Your Workout Below:

70 min

- Level 2: 70' run done as 45' @ TRP, then 20' @ Zone 3



### Coach Notes:

- *Warm up then start the Main Set.*
- *This is your QUALITY long run of the week, including Zone 3, Threshold / Zone Four, or Negative Split. Run as best you can given the zones listed; if you can't hit the numbers then just do the best you can!*
- *Do not exceed 13 miles in any single session here.*