



***The time for plan-hopping is over. Pick a distance goal. Bring focus to each training. Quality counts.***  
 Martha

**Use this plan if ....** You are training for OLY races on May 7<sup>th</sup>, June 7<sup>th</sup> or June 26<sup>th</sup> and/or Vineman 70.3  
**Use this plan if ....** You are an experienced triathlete with base mileage of 1 mi swim, 25 mi bike, 6 mi run  
**Use a modified distance (MOD) if ....** You have a greater base from Nov-Feb training and are not injured. I am crafting these plans to accommodate athletes who were in the Trail Run program and/or did 13.1 race in 2016.  
**DO NOT ADD (MOD) DISTANCE IF.....** You haven't done that distances since November ... or ever!

This is **BASE PHASE**. A variety of training for oxygen and fuel adaptation while reintroducing some skills and strength-building. Even pro-triathletes re-create plans when they re-start a new training phase. Build a new foundation if you want a new house. Dialing back distances does not equate to dialing back fitness or race preparation. **Trust me.**

**WEEKLY GOALS:**

- Plan your trainings for maximum success including fueling, nutrition and time-management.
- Stretch & self care are just as important as the actual training. Yes. Just as important.
- Appropriate warm-up, goal-focused workouts, lengthy cool-down, stretch and self-care work.
- Marker Set completion. Get those done by the end of the week. Replace training for them if necessary.

**FUELING REVIEW:** Yawn. Read the *Nutrition & Fueling* and *Hydration & Fatigue* postings and plan fuel for each training. **PLAN.** Pack your food and fuel, track your water intake and observe your pee-pee! This is the perfect time of the season to test new products and delivery systems. **Keep it simple. Keep it simple. Keep it simple.**

**GOAL:** Base phase and Marker Sets. Please prioritize your Marker Sets to complete by the end of the week.

**NOTE:** Always warm-up (WU) for at least 5 minutes and cool down (CD) for about 10 minutes. WU consists of doing the sport at a very low intensity or walking. CD includes stretching/self care. For example, if you only have 30 minutes to train, be sure only 20 minutes is hard work. Plan for 10 minutes of WU/CD into your time line.

**SMS** = Strength Marker Set for 5-10 minutes. See postings with video clips for variety, but do your 3-minute plank with each SMS. Option to do Inch-Worms (video coming) that are stationary for 3 minutes or with a distance goal.

1	OFF	Cycle	Swim	Run	Swim	Cycle	Run
Base		1 hour Cadence Focus, low gear, fast pace  Indoor or outdoor. Target 85-100 RPM on flats. Don't know your RPM? Pedal beyond comfort zone for as long as you can. Don't bounce on your seat! Find balance between speed and power.	<b>1-mile or 1500m Time Trial</b>  If you are using a yard pool, do 1700 yards.  Warm-up with at least 200.  *SV Tuesday or Wednesday	3 miles nice and easy!  MOD: 6 miles Easy  1:1 after 3 miles! <b>YES!</b>  <b>SMS</b>	45 minutes  Open Water or Pool  Continuous, easy swimming. EZ!  *buoy use 25% of time if pool.  <b>SMS</b>	30 mile Cycle  MOD: 50 for PCRF  TLV Group Ride from Irvine to Santiago.  Safety is #1. Ride hard with focus.  <b>SMS</b>	6 miles  TLV Run is trail + park, or 10k at PCRF.  MOD: 8-9 miles, trail + park at TLV.  <b>SMS</b>
		<b>SMS</b>	<b>SMS</b>				