

# March

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
						<b>1</b> <b>Endurance Ride</b> Up to 3 hours
<b>2</b> Endurance Run 90 min HR up to 155  Swim 2000	<b>3</b> Swim Up to 3200 yards Bike Intervals: 30 min WU, 6 x 2 min Power Intervals, 3 min rest, 30 min WD	<b>4</b> Run Field Test? Warm-up 15 min Run 8 min Field Test 20 min warm-down	<b>5</b> Swim 3000 yards Up to 2 hour Group Ride	<b>6</b> 45 min FR 6 x strides/lunges Foundation Ride Up to 2 hours Strong yet in control. Cadence 80-90	<b>7</b> Swim 2-3k  45 min FR HR up to 95% of your field test ave. HR	<b>8</b> <b>Endurance Brick</b> Up to 3 hours strong and steady then jump off right into a solid 20 min run.
<b>9</b> Endurance Run 90 min HR up to 155  Swim 2000	<b>10</b> Swim Bike Intervals: 30 min WU, 6 x 2 min Power Intervals, 3 min rest, 30 min WD	<b>11 Fartlek Run</b> Warm-up 15 min 2(3,2,1,1,1) Warm-down 15 min Hard HR 98-102% Easy HR 82-90%	<b>12</b> Swim 3000 yards Up to 2 hour Group Ride	<b>13</b> 45 min FR 6 x strides/lunges  Foundation Ride Up to 2 hours Strong yet in control. Cadence 80-90	<b>14</b> Swim 2-3k  45 min FR	<b>15</b> <b>Endurance Brick</b> Up to 3 hours ride with the group and press the pace at times, jump off right into a 30 min run.
<b>16</b> Endurance Run 90 min HR up to 155 Last 30 min accelerate your pace Swim 2000	<b>17</b> Swim 3200 yards Bike Intervals: 30 min WU, 6 x 2 min Power Intervals, 3 min rest, 30 min WD	<b>18 Fartlek Run</b> Warm-up 15 min 2(3,2,1,1,1) Warm-down 15 min Hard HR 98-102% Easy HR 82-90%	<b>19</b> Swim 3000 yards Up to 2 hour Group Ride	<b>20</b> 45 min FR 6 x strides/lunges Foundation Ride Up to 2 hours Strong yet in control. Cadence 80-90	<b>21</b> Swim 2-3k  45 min FR	<b>22</b> <b>Endurance Ride</b> Up to 3 hours.
<b>23</b> Endurance Run 80 min Begin Restoration Week No afternoon swim	<b>24</b> Swim 3200 yards Bike Intervals: 30 min WU, 4 x 2 min Power Intervals with 3 Min rest, 30 min WD	<b>25</b> 60 min Steady State Run 5 x Running Strides at the end. Strong and fast! HR 92-98%	<b>26</b> Swim 3000 yards Ride 90 min. nice and easy with a high cadence, just spin so your legs are fresh. (NO GROUP RIDE)	<b>27</b> 45 min FR 6 x strides 90 min. Foundation Ride Cadence 90+	<b>28</b> Swim 2k 40 min FR	<b>29</b> Easy swim, bike, run Do your usual pre- race warm-up. Don't do too much. Less is best. Do some strides on the run.
<b>30</b> Winonna Triathlon! Good-luck.	<b>31</b> Day Off You need a rest day.					