

Sun	Mon	Tue	Wed	Thu	Fri	Sat
week 1 6/6-6/11 OYO this week	Pick a warm-up from website 20 min pace of choice with 4 fly 10's	Rest swim bike leg circuit	Circuit A... 15 minutes see website	REST	Pick a warm-up: 20 min pace of finish with 4 fast 20 second sprints	Rest swim bike leg circuit
week 2 6/13-6/18 OYO this week	Pick a warm-up from website 20 min pace of choice with 6 fly 10's	Rest swim bike leg circuit	Circuit B... 15 minutes see website	REST	Pick a warm-up: 20 min pace of choice every 3 minutes 30 seconds fast	Rest swim bike leg circuit
week 3 6/20-6/25 OYO this week	Pick a warm-up from website 25 min pace of choice with 8 fly 10's	Rest swim bike leg circuit	Circuit A... 20 minutes see website	REST	Pick a warm-up: 25 min pace of finish with 5 fast 20 second sprints	Rest swim bike leg circuit
week 4 6/27-7/2 OYO this week	Pick a warm-up from website 25 min pace of choice with 5 fly 20's	Rest swim bike leg circuit	Circuit B... 20 minutes see website	REST	Pick a warm-up: 25 min pace of choice every 3 minutes 30 seconds fast	Rest swim bike leg circuit
week 5 7/4-7/9 OYO this week	Pick a warm-up from website 30 min pace of choice with 6 fly 20's	Rest swim bike leg circuit	Circuit A... 25 minutes see website	REST	Pick a warm-up: 30 min pace of finish with 6 fast 20 second sprints	Rest swim bike leg circuit
week 6 7/11-7/15 Summer Pre season Starts MWF	<u>Meet @ School 6am</u> Warm-up 15 min pace of choice with 4 fly 10's 10*100m on the 60 seconds Phase 1 Easy	Rest swim bike leg circuit	<u>Meet @ Kaweah OAKS 6am</u> Pick a warm-up: 35 min pace of choice every 3 minutes 30 seconds fast	REST	<u>Meet @ Stadium @ 6am</u> Stadium Circuit A... 35 minutes	30 min pace of choice with 2 x 60 seconds fast
week 7 7/18-7/23 MWF	<u>Meet @ School 6am</u> Warm-up 15 min pace of choice with 4 fly 10's 50-100-150 fast equal walk in between Phase 1 Easy	Rest swim bike leg circuit	<u>Meet @ Kaweah OAKS 6am</u> Pick a warm-up: 40 min pace of choice every 3 minutes 30 seconds fast	REST	<u>Meet @ Stadium @ 6am</u> Stadium Circuit A... 40 minutes	30 min pace of choice with 3 x 60 seconds fast
Week 8 7/25-7/30 MWF	<u>Meet @ School 6am</u> Warm-up 15 min pace of choice with 4 fly 10's 12*100m on the 60 seconds Phase 1 Easy	Rest swim bike leg circuit	<u>Meet @ Kaweah OAKS 6am</u> Pick a warm-up: 40 min pace of choice every 3 minutes 30 seconds fast	REST	<u>Meet @ Stadium @ 6am</u> Stadium Circuit B... 45 minutes	30 min pace of choice with 4 x 60 seconds fast