

2013 TryCharleston 20-Week Intermediate Training Plan

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
Wk 1 Dec 2nd	OFF	Bike 1:10 hrs.	Swim 40 min.	Bike 1:15 hrs.	Swim 30 min.	Bike 1:15 hrs.	Run 50 min.	7:00 hrs.	
	Notes:		Run 40 min.		Run 40 min.	w/ Hills	w/ Hills		
	All Easy Base								
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
Wk 2 Dec 9th	OFF	Bike 1:10 hrs.	Swim 40 min.	Bike 1:15 hrs.	Swim 30 min.	Bike 1:15 hrs.	Run 50 min.	7:00 hrs.	
	Notes:		Run 40 min.		Run 40 min.	w/ Hills	w/ Hills		
	All Easy Base								
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
Wk 3 Dec 16th	OFF	Bike 1:30 hrs.	Swim 40 min.	Bike 1:30 hrs.	Swim 40 min.	Bike 1:45 hrs.	Run 1:00 hrs.	8:25 hrs.	
	Notes:		Run 40 min.		Run 40 min.	w/ Hills	w/ Hills		
	All Easy Base								
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
Wk 4 Dec 23rd	OFF	Bike 1:30 hrs.	Swim 40 min.	Bike 1:45 hrs.	Swim 45 min.	Bike 2:25 hrs.	Run 1:00 hrs.	9:35 hrs.	
	Notes:		Run 45 min.		Run 45 min.	w/ Hills	w/ Hills		
	All Easy Base								
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
Wk 5 Dec 30th	OFF	Bike 1:30 hrs.	Swim 45 min.	Bike 1:45 hrs.	Swim 45 min.	Bike 2:30 hrs.	Swim 30 min.	10:35 hrs.	
	Notes:		Run 50 min.		Run 50 min.	w/ Hills	Recovery/Low Intensity		
	Base							Run 1:10 hrs.	
								w/ Hills	
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
Wk 6 Jan 6th	OFF	Bike 1:30 hrs.	Swim 45 min.	Bike 1:45 hrs.	Swim 45 min.	Bike 2:45 hrs.	Swim 35 min.	11:00 hrs.	
	Notes:		Run 50 min.		Run 50 min.	w/ Hills	Recovery/Low Intensity		
	Base							Run 1:15 hrs.	
								w/ Hills	
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
Wk 7 Jan 13th	OFF	Bike 1:20 hrs.	Swim 40 min.	Bike 1:45 hrs.	Swim 40 min.	Bike 2:25 hrs.	Swim 30 min.	10:00 hrs.	
			Run 40 min.	Easy Spin	Run 50 min.	Easy	Recovery/Low Intensity		
	Notes:					w/ Hills	Run 1:10 hrs.		
	Recovery Week						w/ Hills	w/ Hills	

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Wk 8 Jan 20th	OFF	Bike 1:20 hrs.	Swim 45 min.	Bike 2 hrs.	Swim 50 min.	Bike 2:45 hrs.	Swim 45 min.	11:30 hrs.
			Run 50 min.	2x10 min. race pace	Run 1:00 hrs.	w/ Hills	Recovery/Low Intensity	
							Run 1:00 hrs.	
				10 min Brick easy			w/ Hills	
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Wk 9 Jan 27th	OFF	Bike 1:30 hrs.	Swim 50 min.	Bike 2:00 hrs.	Swim 50 min.	Bike 3:15 hrs.	Swim 45 min.	12:25 hrs.
			Run 55 min.	2x10 min. race pace	Run 1:10 hrs.	w/ Hills	Recovery/Low Intensity	
							Run 1:00 hrs.	
				10 min Brick easy			w/ Hills	
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Wk 10 Feb 3rd	OFF	Bike 1:30 hrs.	Swim 50 min.	Bike 2 hrs.	Swim 50 min.	Bike 3:30 hrs.	Swim 45 min.	13:10 hrs.
			Run 1:20 hrs.	2x10 min. race pace	Run 1:10 hrs.	w/ Hills	Recovery/Low Intensity	
							Run 1:00 hrs.	
				15 min. Brick easy			w/ Hills	
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Wk 11 Feb 10th	OFF	Bike 1:10 hrs.	Swim 50 min.	Bike 2:15 hrs.	Swim 50 min.	Bike 2:45 hrs.	Swim 50 min.	11:30 hrs.
			Run 1 hr.	Easy Spin	Run 50 min.	w/ Hills	Recovery/Low Intensity	
	Notes:						Run 1:00 hrs.	
	Recovery Week						w/ Hills	
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Wk 12 Feb 17th	OFF	Bike 1:30 hrs.	Swim 50 min.	Bike 2:20 hrs.	Swim 50 min.	Bike 3:10 hrs.	Swim 50 min.	13:50 hrs.
			Run 1:20 hrs.		Run 1:20 hrs.		Recovery/Low Intensity	
			2x5 min. @ race pace after 20 min warm up w/ 5 min between	15 min. Brick easy		2x15 min. @ race pace, after 1hr warm up w/ 10 min. rolling recovery	Run 1:25 hrs.	
							w/ Hills	

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	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Wk 13 Feb 24th	OFF	Bike 1:30 hrs.	Swim 50 min.	Bike 2:20 hrs.	Swim 50 min.	Bike 3:35 hrs.	Swim 50 min.	14:35 hrs.
			Run 1:20 hrs.		Run 1:20 hrs.		Recovery/Low Intensity	
			2x5 min. @ race pace after 20 min warm up w/ 5 min between	15 min. Brick easy		2x15 min. @ race pace, after 1hr warm up w/ 10 min. rolling recovery	Run 1:45 hrs.	
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Wk 14 Mar 3rd	OFF	Bike 1:10 hrs.	Swim 50 min.	Bike 2:20 hrs.	Swim 50 min.	Bike 3:45 hrs.	Swim 50 min.	14:55 hrs.
			Run 1:20 hrs.		Run 1:20 hrs.		Recovery/Low Intensity	
			3x5 min. @ race pace after 20 min warm up w/ 5 min between	15 min. Brick easy		3x15 min. @ race pace after 1hr warm up w/ 10 min. rolling recovery	Run 2:00 hrs.	
						15 min. Brick easy	w/ Hills	
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Wk 15 Mar 10th	OFF	Bike 1:20 hrs.	Swim 45 min.	Bike 2:15 hrs.	Swim 1:00 hrs.	Bike 3:00 hrs.	Swim 40 min.	12:30 hrs.
			Run 1:00 hrs.	Easy Spin	Run 1:00 hrs.	w/ Hills	Recovery/Low Intensity	
	Notes:						Run 1:30 hrs.	
	Recovery Week						w/ Hills	
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Wk 16 Mar 17th	OFF	Bike 1:30 hrs.	Swim 1:00 hrs.	Bike 2:20 hrs.	Swim 1:10 hrs.	Bike 3:45 hrs.	Swim 50 min.	15:15 hrs.
			Run 1:10 hrs.		Run 1:00 hrs.		Recovery/Low Intensity	
			3x5 min. @ race pace after 20 min warm up w/ 5 min between	10 min. @ race pace		2x30 min. @ race pace after 1hr warm up w/ 10 min. rolling recovery	Run 2:00 hrs.	
				15 min. Brick easy		15 min. Brick easy	w/ Hills	

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Wk 17 Mar 24th	OFF	Bike 1:45 hrs.	Swim 1:00 hrs.	Bike 2:20 hrs.	Swim 1:10 hrs.	Bike 4:15 hrs.	Swim 50 min.	16:00 hrs.
			Run 1:10 hrs.		Run 1:00 hrs.		Recovery/Low Intensity	
			4x5 min. @ race pace after 20 min warm up w/ 5 min between	15 min. Brick easy		3x20 min. @ race pace after 1hr warm up w/ 10 min. rolling recovery	Run 2:00 hrs.	
						15 min. Brick easy	w/ Hills	
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Wk 18 Mar 31st	OFF	Bike 1:10 hrs.	Swim 1:00 hrs.	Bike 2:20 hrs.	Swim 1:10 hrs.	Bike 3:30 hrs.	Swim 50 min.	14:20 hrs.
			Run 1:00 hrs.		Run 1:00 hrs.		Recovery/Low Intensity	
				5 min. @ 1/2 pace	4x800 meters @ 10K pace	2x15 min. @ race pace after 1hr warm up w/ 10 min. rolling recovery	Run 1:50 hrs.	
				15 min. Brick easy		15 min. Brick easy	3x5 min. @ race pace	
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Wk 19 Apr 7th	OFF	Bike 1:30 hrs.	Swim 1:00 hrs.	Bike 2:00 hrs.	Swim 1:00 hrs.	Bike 2:15 hrs.	Swim 30 min.	11:00 hrs.
			Run 40 min.		Run 40 min.		Recovery/Low Intensity	
				15 min. Brick	4x800 meters @ 10K pace	2x5 min. @ 40K pace	Run 1:10 hrs.	
				5 min. @ 10K pace			Easy	
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Wk 20 Apr 14th	OFF	Bike 1:10 hrs.	Swim 40 min.	Bike 1:15 hrs.	OFF	10 min. swim w/ 5 15 sec. pick ups	RACE DAY!	4:45 hrs.
	Notes:		Run 30 min.	3x2min. 40K pace		45 min. bike w/ 3x1min. build to race pace	April 20th	
	Race Week		3x2min. @ 10K pace			15 min. run w/ 5x15 sec. builds to race pace.	GOOD LUCK!	
						Hydrate, eat, and low stress.		