



Monday, Nov. 14	Tuesday, Nov. 15	Wed., Nov.16	Thursday, Nov. 17	Friday, Nov.18	Saturday, Nov. 19	Sunday, Nov. 20	Mileage
 Swim workout, see details	 Run, interval training + Strength Training	 Swim with coach	 Bike 17 miles, moderate	Rest	 Run, 6 miles, easy + Strength Training	 Bike, 27 miles, easy	Bike – 44; Run – approx. 11; Swim – 2100 yards+

*Details:*

 **Week At A Glance**

Monday is the day to swim and do some strength training. The following is a 2100-yard swim workout to follow:

- Warm-up: 300 yards, easy
- Freestyle Pyramid:
  - 2x50 on :60 (That means you have 60 seconds to swim 50 yards, anything less than that you rest, and then you go right at 60 seconds for the second set. Then you swim 100 yards and anything under 2 minutes you rest, and then you go again...)
  - 2x100 on 2:0
  - 2x150 on 3:0
  - 1x200 on 4:0
  - 2x150 on 3:0
  - 2x100 on 2:0
  - 2x50 on :60