

Ramblin' Rose Eight-Week Plan, 2009, by Sage Rountree and Monette Williams

Week	M (Swim)	T (Bike)	W (Run)	Th (Swim)	F (Bike/Run)	Sa (Run)	Su (Off!)
1	2 x 25 sw (:30); 2 x 25 k (:30); 100 sw (:60); 2 x 50 sw (:45); 100 sw (:60); 4 x 25, odds DPS, evens smooth (:30); total = 500	5 x 20–20– 20/2 min. easy	3 x 4 min. medium hard/ 2 min. easy	Repeat Monday's swim	30–45 min. ride plus 5-10 min. walk/run	20 min.+ 4 pickups	OFF
2	100 choice (:60); 150 sw (:60); 3 x 50 sw, descend (:45); 4 x 25 sw (:30); 4 x 25 (:30) odd number fist, even number DPS; total = 600	5 x 30–30– 30/2 min. easy	4 x 4 min. medium hard/ 2 min. easy	Repeat Monday's swim	40–55 min. ride plus 10–15 min. walk/run	25 min. + 6 pickups	OFF
3	2 x (50 sw, 25 k, 25 DPS) each on :30; 200 sw (:60); 2 x 75 sw (:60); 2 x 25 sw FAST (:30); 2 x 75 as 25 k, 25 DPS, 25 sw (:60); 50 sw easy; total = 800	5 x 40–40– 40/2 min. easy	5 x 4 min. medium hard/ 2 min. easy	Repeat Monday's swim	50–65 min. ride plus plus 15–20 min. walk/run	30 min. + 8 pickups	OFF

4 (Step-back)	150 as 50 sw, 50 DPS, 50 sw (2:00) 4 x 25 odd fist, even sw (:30); 200 as 25 sw alternated with 25 kick (:60); 150 breathing pattern every 3 strokes / 25 yd alternated with every 5 / 25 yd (:60); 100 as 2 x (25 fast, 25 easy) on :60; 50 practice lane change; total = 750	5 x 20–20–20 / 2 min. easy	3 x 4 min. medium hard / 2 min. easy	Repeat Monday's swim	Combo: ride 30 min. / run 10 min.	20 min. run+ 4 pickups	OFF
5	200 choice (:60); 2 x 75 as 25 sw, 25 k, 25 sw (:60); 250 sw (:60); 100 sw (:60); 50 sw (:45); 2 x 25 FAST (:30); 2 x 50 as 25 fist, 25 DPS, practice changing lane lines (:60); total = 900	10 min. @ 80% / 5 min. @ easy / 5 min. @ 90%	8 min. @ 80%, into 2 min. @ 90%	Repeat Monday's swim	Combo: ride the course / run 20 min.	25 min.	OFF
6	200 choice; 3 x 100 (2:00)—note your average time and resubmit if needed; 8 x 25 as odds k, evens sw (:20); total = 700	10 min. @ 80% / 3 min. @ easy / 5 min. @ 90% / 3 min. @ easy / 5 min. @ 80%	10 min. @ 80%, into 2.5 min. @ 90%	Repeat Monday's swim	Projected race time	30 min.	OFF

7	2 x 75 (as 25 sw, 25 fist, 25 sw) (:30); 1 x 250 negative split. First 125 yd is slower than the latter 125 yd. (1:00); 3 x 100 (1:00) Try to keep the same pace; 4 x 25 as odd number fist, even number sw (:30); total = 800	10 min. @ 80% / 5 min. @ 90% / 5 min. @ 80%	12 min. @ 80%, into 3 min. @ 90%	Repeat Monday's swim	Combo: dress rehearsal ride plus run	25 min.	OFF
8 (Race week)	200 choice, include drills (:60); 75 sw (:60); 50 sw (:45); 25 sw (:30); 200 choice; total = 550	Ride 40 min. with 3 x 2 min. at race effort	Run 25 min. with 2 x 2 min. at race effort	Combo: swim 100 easy (:60); 250 negative split/bike 25 min.	Rest	Combo: ride 15 min. / run 5 min.	Race!