

D.D.SPRINT>>8 weeks to Glory

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NOTES							
8	S 15' / R 20'	B 25' / CORE-X	REST DAY	B 25'	S 15' / R 15'	B 35'	R 20'
7	S 15' / R15'	B 40' / CORE-X	REST DAY	B 30' / R 20'	S 15'	S 15' / B 30'	R 20'
6	S 20' / R 18'	B 45' / CORE-X	ACTIVE REST DAY	B 40' / R 10'	ACTIVE REST DAY	S 20' / B 30'	R 25'
5	S 25' / R 18'	B 50' / CORE-X	REST DAY	B 45' / R 15'	ACTIVE REST DAY	S 25 / R 25'	R 30'
4	S 25' / R 21'	B 60' / CORE-X	S 30'	B 50 / R 15'	REST DAY	R 30'	* MOCK TRI*
3	REST DAY	B 75' / CORE-X	S 30' / R 30'	B 50'	REST DAY	B 12.5 Mi / R 3 Mi	R 30'
2	REST DAY	B 85' / CORE-X	S 30'	B 20' / R 10'	REST DAY	MOCK TRI	R 40'
Race week	REST DAY	B 25' R 10'	REST DAY	S 15'	ACTIVE REST DAY	RACE DAY !	

DESCHUTES DASH "SPRINT TRI"

A plan modeled for someone towards novice to intermediate level with mildly limited training time 3-7 hours / week. These sessions are defined by minutes '. For a deeper dive into the important methodology of how to properly execute these minutes and to take full advantage please contact a qualified coach at Mana Multisport, fb "MANA-multisport" & Eric G for for event specific drills, intensities and progressive exercise prescriptions.