

D.D. Olympic >> 10 weeks to Glory

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10	S 30' / CORE X	B 40'	R 25' / CORE X	REST DAY	S 25' / R 15'	B 40'	R 35'
9	S 35' / CORE X	B 30' / R 10'	S 30'	REST DAY	S 30' / R 25'	B 60'	R 45'
8	B 55'	B 55'	R 35' / CORE X	REST DAY	S 35' / R 30'	B 75' / S 30'	R 45'
7	B 45' / R 12'	S 40 / CORE X	B 45'	REST DAY	S 40' / R 35'	B 75'	R 55'
6	S 45' / CORE X	B 60'	R 40' / CORE X	REST DAY	S 30' / R 30'	B 90' / S 30'	R 60'
5	B 45'	B 60' / R 15'	S 40'	REST DAY	S 45' / R 45'	*B 90' / R 15'	R 75'
4	B 75'	S 50'	R 50' / CORE X	REST DAY	S 45' / R 50'	B 120'	"Mock Tri"
3	S 30' / CORE X	B 75' / R 20'	B 45'	S 25' / CORE X	S 30' / R 60'	B 105'	*Brick day 60'
2	REST DAY	B 90'	R 50'	S 25' / CORE X	REST DAY	B 60'	"Mock Tri"
Race Week	REST DAY	B 30' / R 12'	R 20' / S 20	S 20' / B 30'	REST DAY	RACE DAY !	

DESCHUTES DASH "OLYMPIC TRI"

A plan modeled for someone towards intermediate level and mildly limited training time 4-8 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.

WEEK	
NOTES	~ WEEK HOURS
10	4.1 HRS
9	4.75 HRS
8	6.1 HRS
7	6.1 HRS
6	6.9 HRS
5	7.1 HRS
4	8.5 HRS
3	8.5 HRS
2	6.25 HRS
Race Week	2.25 HRS

TABLE 1

