




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

- Backstroke – 200 yards; alternate between 1 length kick with no board and 1 length swim
- Cool down:
  - 100 yards, pull
  - 100 yards, free, easy

Tuesday: This week's running will focus more on speed, and get you ready for your 8-K the following week. Although you only have a week and half until the race, it is good to start doing some speed work. So even though it probably won't benefit you yet in the 8-K, it is good to start you on some basic interval training. To improve speed, it's important to train at a pace somewhat faster than you typically run. This "shocks" the system and prevents you from getting into a rut and causing your progress to plateau. On Tuesday, do this drill (total distance will be around 5 miles):

- 🏃 Start by warming up by jogging about a mile, stretch, and do a few sprints of 100 meters.
- 🏃 Run 400 meters hard (400 meters is  $\frac{1}{4}$  of a mile)
- 🏃 Recover by jogging or walking 400 meters
- 🏃 Repeat. Run 6 x 400 **total**
- 🏃 Cool down with a slow 1-mile jog

Follow your running with some light strength training.

**Note:** If your hamstrings are acting up, skip interval training this week and just go for a nice and easy 5-mile run. Sprints and interval training will aggravate any pulled muscles, if they are sore, and we certainly don't want to further damage your muscles!

Wednesday: Swim with your coach as usual.

Thursday: Bike 17 miles at a moderate pace. Because you are incorporating interval training for the first time in the run this week, there will be no accelerations on your bike for this week. There's no use in tiring you out in all of the disciplines in one week. Just go for a steady, moderately intense workout on the bike on Thursday.

Saturday: Run an easy-paced 6 miles with low intensity. Follow your run with 30 minutes of strength training.

Sunday: Today is your long bike ride. Bike an easy 27 miles. Just keep the intensity low, and think more about building an aerobic base, established around mileage instead of level of difficulty.

 Strength Training

When your weekly schedules indicate to run, bike, or swim AND strength train on the same day, remember to always lift weights after you run, bike, or swim - not before. In this way, you will maximize your benefits, your muscles are warm, and the possibility of injury lessens. It is also important for those days that are solely dedicated to strength training that you have a good 5-10 minute warm-up before you do any strength training. Again, this will provide your muscles time to warm up and get loose. On days when indicated, you should be devoting approximately **30 minutes** to strength training, remembering to stretch the muscle you are working on in between sets. Keep in mind that strength training is the quickest way to improve your speed. Strength will also help you when you get tired and your form starts to deteriorate at the end of a race.

The exercise for this week is a shoulder exercise, which you indicated is a critical area to strengthen, due to your rotator cuff problems. It's a good idea anyway to focus your attention on your arms in your strength training. The faster you can swing your arms, the faster your legs will move, and the faster your times will be – particularly in the swim and run portions of the race. It is a common mistake to think that strength training for endurance sports should just be focused on your legs, as that's where a lot of the power comes from. Remember to always incorporate your arms, too!!

I would suggest 3 sets of 20 reps with 20-30 seconds in between sets for the ball wall circles. Make sure your tempo is slow! I have also included a shoulder stretch that is great with a foam roll, but if your gym does not have one, a big sturdy towel (or two) that is rolled up will be ok as well. Just make sure the towel is high enough off the ground when you lie on it so you get a good stretch in your shoulders.

### *Exercise of the Week:*

## I. Ball Wall Circles

### **Movement:**

- ✚ Maintain good posture throughout the exercise with shoulder blades retracted and depressed, good stability through the abdominal complex, and neutral spine angles.
- ✚ Stand straight with a stability ball at chest height against the wall.
- ✚ Move far enough back from the wall so that your arm can extend straight forward and you can still maintain proper alignment.
- ✚ Perform circles through the arm at the gleno-humeral joint (shoulder) so that the ball rolls on the wall to give you resistance.

## *Why do this exercise?*

This exercise is actually a great exercise for a post-rehab beginner, working on progression of shoulder stability. This exercise strengthens the rotator cuff complex so that it can add stability to the gleno-humeral joint (shoulders). This is a must exercise for athletes who perform a throwing motion, or have a high need for shoulder stability, such as yourself. As always, if this exercise gives you problem, stop! Let me know if this exercises is bothersome to your shoulder.

## *Shoulder Stretch*

### **Movement:**

- Lie supine on foam roll.
- Extend arms out to sides at about 45 degrees from head.
- Keep arms straight with palms up.
- PUSH BACK OF HANDS TOWARD FLOOR.

**Duration:** 3 reps of 20-30 seconds



## Stretching

Stretching benefits the body in many ways. It not only creates flexibility for daily activities, but it also helps prevent injury, and makes for faster race times. It is important to stretch before you start your aerobic activities because it increases blood flow to your muscles. However, stretching *after* you exercise is just as important - probably even more! Stretching during your cool-down helps remove lactic acid, which helps reduce soreness in the muscle, and promotes greater flexibility. Another great time to stretch is in between sets while strength training. It is particularly important to stretch the day after your long run or bike, as well. Monday is the day in which I advise you to do some extra stretching along with some swimming. Stretching is a good idea on any day, but spend more time on Monday stretching.

Please note that while there are many benefits to stretching, you can overdo it! Stretching too far can damage the muscles. If you are stretching farther than your body is built to stretch, it will react by creating an automatic reflex that causes the muscle to recoil, thus damaging the muscle.

A proper way to stretch is to hold each stretch for 10 seconds, and repeat 10 times for each muscle. [Tip: after a long run, it is particularly beneficial to focus stretching on the quadriceps, hamstrings, buttocks and hips and calves.]

**Have a great week!**