

# **PAC Week 1 Workouts**

## **Monday**

**8-3-2009**

### **PAC Open Water Swim Workout**

#### **Workout#1 (2200 Meters)**

Warm-up: 750 meters easy

2 X 200 25 drill/ 25 swim alternate (scull, catch-up, fingertips, kick on belly)

Main Set:

2 X 425 meters Steady State with 1 minute recovery

Cool Down:

200 Easy Free/Breast

#### **Workout #2 (3450 Meters)**

Warm-up: 750 meters easy

4 X 200 25 drill/ 25 swim alternate (scull, catch-up, fingertips, kick on belly)

Main Set:

4 X 425 meter Steady State with 1 minute recovery

Cool Down:

200 Easy Free/Breast

## **Tuesday**

### **PAC Cycling Workout 8.4.2009**

**1.5 hours of total riding with 40 min of tempo effort**

Warm Up:

10 min Z1 easy

Drills:

10 X 1 min high cadence drills (110-120 rpms) 1min recovery

Main Set:

4 X 10 min Tempo Pace - 5 min recovery between each

Cool Down:

5 min easy recovery pace

## **Wednesday**

### **PAC Track 8.5.2009**

Workout #1

Warm Up - 1 mile easy

Drills-Combination of Leg Swings (Frontal, Saggital), Hurdler Drill, Skips, High Knees, Butt Kicks, High Skips, Side to Sides, Grapevine and form work drills.

2 X 150 Stride 30 sec rest

2 X 1000 Tempo Pace (15k - ½ marathon pace (2 minute jog/walk recovery)

4 X 200 5k pace- Work on turnover (1 minute jog/walk recovery)

Cool Down - 1 mile easy

**8/5/2009**

### **Open water workout**

**Workout #1 (2500)**

750 meter warm-up easy

2 X 200 25 Fast/ 25 easy – 30 sec rest

2 X 200 25 Scull/ 25 swim – 30 sec rest

Main Set:

750 meters – Alternate Slow/Fast dock to dock

Cool Down: 200 easy free/ breast

**8/5/2009**

**1 Hour of trigger point focusing on the Soleus, Gastroc, Piriformis, and Quads.**

## **Thursday**

Driveway Series Criterium Ride-Easy to the Driveway – Race – Easy Home

## **Friday**

### **PAC Tempo Workout 8-7-2009**

Warm Up-5-10 min of easy jogging

Leg Swings (Frontal, Saggital, and Hurdlers)

Main Set:

3 mile Fartlek – Alternate 800 Tempo Pace/ 800 Recovery Pace

Stay controlled and work on turnover.

Cool Down:

½ mile easy and then jump into barton springs.

## **PAC Week 2 Workouts**

### **Monday**

**8-10-2009**

#### **Open Water Workout (2825)**

Warm Up

750 meters alternating right and left side breathing between docks

Pace is nice and easy

8 X 50 Alternating Fast and Slow Free/ 30 sec of treading water as rest

200 meters of Alternating 50s (Scull/Free)

Main Set:

3 X 425 meter Steady State Free-1 minute of treading water as rest

Cool Down:

200 Meters of Choice Stroke

## **Tuesday**

**8.11.2009**

### **PAC Indoor Cycling Practice**

Warm Up

10 min of easy Z1 pace

Main Set:

3 X 15 min of Tempo or Z3 paced efforts. Recovery is 5 min of easy Z1-Z2 effort between each.

3 X 2 min of LT or Z4 paced efforts. Recovery is 3 min of easy Z1-Z2 spinning.

Cool Down

10 min of Easy Z1 riding.

## **Wednesday**

**8.12.2009**

### **PAC Track Practice**

Warm Up-1 mile easy Recovery Pace

Drills-

2 X 150 meter strides

4 X 1000 Tempo Pace-2 minute recovery Jog/walk

4 X 200 5K pace – 1 minute recovery Jog/walk

1 mile cool down

**8-12-2009**

### **Open Water Workout (2300 option 1, 3250 option 2)**

Warm Up

750 meters nice and easy

Keep your stroke nice and long and relaxed

2 X 200 of Alternating 50 meter Scull 50 meter swim-30 sec rest between each

2 X 200 of Alternating 50 meter Catch Up and 50 meter swim-30 sec rest between each

Main Set:

Option 1: 750 meters of Alternating Fast/Slow swimming between the docks

Option 2: 1500 meters of Alternating Fast/Slow swimming between the docks

Cool Down:

200 meters of Choice Stroke

**Evening Trigger point practice post swim**

## **Thursday**

**Driveway Series Ride**

## **Friday**

**PAC Tempo Workout 8-14-2009**

Warm Up-5-10 min of easy jogging

Leg Swings (Frontal, Saggital, and Hurdlers) Lunging routine and balance routine

Main Set:

4 mile Fartlek – Alternate 800 Tempo Pace/ 800 Recovery Pace

Stay controlled. Turnover is key in the pick-up portion of the run.

Cool Down:

½ mile easy and then jump into Barton springs.