

Octane Athletics Training Systems - Olympic Plan



Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Effort	Low	Moderate-High	Moderate-High	Moderate	Low	Moderate	Moderate
Sport	Recover/ Strength	Bike	Run	Swim	Off or Work on Limiter	Bike	Run
1	Off - Stretch, foam, roll, and Include Functional Strength Movements	Warm Up - 10 Min Main Set 1Min@ Normal Cadence 1 Min@ 15 RPM Higher Repeat 5 X 10 Min Cool down	Warm Up 5 Minute Walk 5 Minute Slow Jog Main Set 1 Min Walk/Jog 1 Min Higher Effort Repeat 5 X 10 Min Cool Down	Warm Up 2 X 100 - Easy Main Set 4 X 150 - Moderate 1 X 200 - Easy Cool down 2 X 100 - Easy	Stretch and Foam Roll - An Additional Recovery Workout of 30-45 Min May Be Performed	60 Minute Ride	30 Minute Run
2	Off - Stretch, foam, roll, and Include Functional Strength Movements	Warm Up - 10 Min Main Set 1Min@ Normal Cadence 1 Min@ 15 RPM Higher Repeat 5 X 10 Min Cool down	Warm Up 5 Minute Walk 5 Minute Slow Jog Main Set 1 Min Walk/Jog 1 Min Higher Effort Repeat 5 X 10 Min Cool Down	Warm Up 2 X 100 - Easy Main Set 4 X 150 - Moderate 1 X 200 - Easy Cool down 2 X 100 - Easy	Stretch and Foam Roll - An Additional Recovery Workout of 30-45 Min May Be Performed	60 Minute Ride	30 Minute Run
3	Off - Stretch, foam, roll, and Include Functional Strength Movements	Warm Up - 10 Min Main Set 1Min@ Normal Cadence 1 Min@ 15 RPM Higher Repeat 7 X 10 Min Cool down	Warm Up 5 Minute Walk 5 Minute Slow Jog Main Set 1 Min Walk/Jog 1 Min Higher Effort Repeat 7 X 10 Min Cool Down	Warm Up 2 X 100 - Easy Main Set 6 X 150 - Moderate 1 X 200 - Easy Cool down 2 X 100 - Easy	Stretch and Foam Roll - An Additional Recovery Workout of 30-45 Min May Be Performed	72 Minute Ride	30 Minute Run
4	Off - Stretch, foam, roll, and Include Functional Strength Movements	Warm Up - 10 Min Main Set 1Min@ Normal Cadence 1 Min@ 15 RPM Higher Repeat 10 X 10 Min Cool down	Warm Up 5 Minute Walk 5 Minute Slow Jog Main Set 1 Min Walk/Jog 1 Min Higher Effort Repeat 10 X 10 Min Cool Down	Warm Up 2 X 100 - Easy Main Set 6 X 150 - Moderate 3 X 200 - Easy Cool down 2 X 100 - Easy	Stretch and Foam Roll - An Additional Recovery Workout of 30-45 Min May Be Performed	80 Minute Ride	35 Minute Run
5	Off - Stretch, foam, roll, and Include Functional Strength Movements	Warm Up - 10 Min Main Set 1Min@ Normal Cadence 1 Min@ 15 RPM Higher Repeat 5 X 10 Min Cool down	Warm Up 5 Minute Walk 5 Minute Slow Jog Main Set 1 Min Walk/Jog 1 Min Higher Effort Repeat 5 X 10 Min Cool Down	Warm Up 2 X 100 - Easy Main Set 8 X 150 - Moderate 3 X 200 - Easy Cool down 2 X 100 - Easy	Stretch and Foam Roll - An Additional Recovery Workout of 30-45 Min May Be Performed	90 Minute Ride	40 Minute Run
6	Off - Stretch, foam, roll, and Include Functional Strength Movements	Warm Up - 10 Min Main Set 1Min Hard Effort 1 Min Recovery Repeat 5 X 10 Min Cool down	Hills 10 Min Warm Up Jog/Run Hills - 10 Min 10 Min Cool Down	Warm Up 2 X 100 - Easy Main Set 4 X 300 - Moderate 1 X 500 - Easy Cool down 2 X 100 - Easy	Stretch and Foam Roll - An Additional Recovery Workout of 30-45 Min May Be Performed	100 Minute Ride	45 Minute Run

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Effort	Low	Moderate-High	Moderate-High	Moderate	Low	Moderate	Moderate
Sport	Recover/ Strength	Bike	Run	Swim	Off or Work on Limiter	Bike	Run
7	Off - Stretch, foam, roll, and Include Functional Strength Movements	Warm Up - 10 Min Main Set 1Min Hard Effort 1 Min Recovery Repeat 7 X 10 Min Cool down	Hills 10 Min Warm Up Jog/Run Hills - 15 Min 10 Min Cool Down	Warm Up 2 X 100 - Easy Main Set 6 X 300 - Moderate 1 X 500 - Easy Cool down 2 X 100 - Easy	Stretch and Foam Roll - An Additional Recovery Workout of 30-45 Min May Be Performed	110 Minute Ride	50 Minute Run
8	Off - Stretch, foam, roll, and Include Functional Strength Movements	Warm Up - 10 Min Main Set 1Min Hard Effort 1 Min Recovery Repeat 10 X 10 Min Cool down	Hills 10 Min Warm Up Jog/Run Hills - 20 Min 10 Min Cool Down	Warm Up 2 X 100 - Easy Main Set 4 X 400- Moderate 1 X 500 - Easy Cool down 2 X 100 - Easy	Stretch and Foam Roll - An Additional Recovery Workout of 30-45 Min May Be Performed	125 Minute Ride	56 Minute Run
9	Off - Stretch, foam, roll, and Include Functional Strength Movements	Warm Up - 10 Min Main Set 1Min Hard Effort 1 Min Recovery Repeat 5 X 10 Min Cool down	Hills 10 Min Warm Up Jog/Run Hills - 10 Min 10 Min Cool Down	Warm Up 2 X 100 - Easy Main Set 3 X 400 - Moderate 2 X 500 - Easy Cool down 2 X 100 - Easy	Stretch and Foam Roll - An Additional Recovery Workout of 30-45 Min May Be Performed	135 Minute Ride	63 Minute Run
10	Off - Stretch, foam, roll, and Include Functional Strength Movements	Warm Up - 10 Min Main Set 2 Min Hard Effort 1 Min Recovery Repeat 8 X 10 Min Cool down	Hills 10 Min Warm Up Jog/Run Hills - 15 Min 10 Min Cool Down	Warm Up 2 X 100 - Easy Main Set 3 X 500 - Moderate 1 X 300 - Easy Cool down 2 X 100 - Easy	Stretch and Foam Roll - An Additional Recovery Workout of 30-45 Min May Be Performed	150 Minute Ride	70 Minute Run
11	Off - Stretch, foam, roll, and Include Functional Strength Movements	Warm Up - 10 Min Main Set 2 Min Hard Effort 1 Min Recovery Repeat 6 X 10 Min Cool down	Hills 10 Min Warm Up Jog/Run Hills - 10 Min 10 Min Cool Down	Warm Up 2 X 100 - Easy Main Set 1 X 750 - Moderate 1 X 500 - Easy Cool down 2 X 100 - Easy	Stretch and Foam Roll - An Additional Recovery Workout of 30-45 Min May Be Performed	135 Minute Ride	50 Minute Run
12	Off - Stretch, foam, roll, and Include Functional Strength Movements	60 minute Easy Ride	35 Minute Easy Run	Warm Up 2 X 100 - Easy Main Set 4 X 150 - Moderate 1 X 200 - Easy Cool down 2 X 100 - Easy	Stretch and Foam Roll	Off	Race Day!!!

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