

DESCHUTES DASH "OLYMPIC"

A plan modeled for someone of novice to intermediate level to triathlon and mildly limited training time 4-8 hours / week. These are defined by minutes ('). For a deeper dive into the important methodology of how to be properly completing these minutes, CORE X, MOCK TRI and to take full advantage please contact a resident qualified coach at Endurance Collaborative <http://www.theenduranceco.com> & Eric G for for event specific drills, intensities and progressive exercise prescriptions.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
NOTES							
10	S 20' / CORE X	B 30'	R 20'	REST DAY	S 25' / R 15'	B 40'	R 25'
9	S 25' / CORE X	B 30' / R 8'	S 25'	REST DAY	S 25' / R 25'	B 40'	R 25'
8	REST DAY	B 45'	R 25'	S 25' / CORE X	S 25' / R 30'	B 50'	R 35'
7	S 30' / CORE X	B 45' / R 12'	B 45'	REST DAY	S 25' / R 35'	B 50'	R 35'
6	S 30' / CORE X	B 50'	R 30'	REST DAY	S 25' / R 40'	B 60'	R 40'
5	REST DAY	B 60' / R 16'	S 30'	B 45'	S 25' / R 45'	B 60'	R 40'
4	S 25' / CORE X	B 60'	R 40'	REST DAY	S 20' / R 50'	B 75'	"Mock Tri"
3	REST DAY	B 75' / R 20'	B 45'	S 25' / CORE X	S 20' / R 60'	B 80'	River swim D-Dash meetup
2	CORE X	B 90'	R 40'	S 25' / CORE X	REST DAY	B 45'	"Mock Tri"
Race Week	REST DAY	B 30' / R 12'	R 20'	S 20' / B 30'	REST DAY	transport bike gear to park / R 10'	RACE DAY