

TRIMANUAL

BASE PLAN: BASIC

WEEK 1: BASE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST DAY	Turbo Tuesday	Run Workout: 40 mins @ Easy Pace	Strength + Stretch	Remote Run Squad	Bike Workout: 90 mins @ Easy	Run Workout: 75 mins @ Easy Pace

What did you do well?

What could you improve?

WEEK 2: BASE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST DAY	Turbo Tuesday	Run Workout: 45 mins @ Easy Pace	Strength + Stretch	Remote Run Squad	Bike Workout: 100 mins @ Easy	Run Workout: 80 mins @ Easy Pace

What did you do well?

What could you improve?

WEEK 3: RECOVERY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST DAY	Turbo Tuesday	Bike Workout: 45 mins @ Easy	Strength + Stretch	Remote Run Squad	Bike Workout: 75 mins @ Easy	Run Workout: 60 mins @ Easy Pace

What did you do well?

What could you improve?

TRACKING

	Week 1	Week 2	Week 3
Rate your hydration			
Rate your nutrition/fuelling			
Rate your sleep habits			
Rate your training completion			
How fatigued are you?			