

**July 2010 – Endurance Volume and Lactate
Threshold building to the**

Vietnam Triathlon

June will be a re-start basic workout to Vietnam Triathlon and increase the endurance volume, work on lactate threshold and around Zone 2/3/4 also attention on the technique on all modalities. As always we will endeavour to work on work on skills appropriate to the time of year and level of the athlete.

Note:

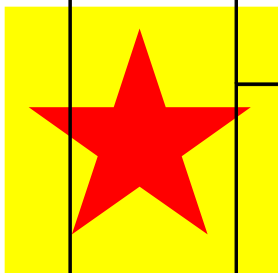
- **The times indicated are the time that the session starts. You should plan to be at the training venue 10-15 minutes before that time. For runs and bike rides we will leave the meeting place at the specified start time. Don't be late!**
- **Please read the description of the session that you are interested in attending to ensure that the level and content is suitable for you.**
- **If you have a pull buoy, kick board etc, please bring it to each swim session.**
- **Ensure that you bring adequate fluids for each session – we suggest 2 water bottles with water and /or electrolyte.**
- **For bike sessions you will need a roadworthy bike, a helmet, a spare inner tube, tyre levers and a pump. You will also need food and fluid appropriate for the length of the session.**

July

Date	Training	Start Time	Location	Details
	Swim	09:00-10:00	Queenstown Swim Centre	<p>AEROBIC DEVELOPMENT ALL LEVELS</p> <p>The focus of the Thursday morning swim sessions will be on endurance development. The swim sets will be of higher volume to ensure that there is sufficient overload. With these aerobic development sets it is important that you monitor your exertion levels.</p> <p>With the small numbers in this group stroke instruction is available.</p>
Thursday 1st	Run	19:30-21:00	Botanic Gardens	<p>STRENGTH DEVELOPMENT ALL LEVELS</p> <p>The focus of the Thursday run is developing specific strength for running. Taking in the inclines around the Botanic Gardens the aim is to run at a controlled intensity. The incline automatically makes it harder to run; you should aim to adjust your effort to maintain the same intensity on the hills. We will also do some running specific conditioning exercises.</p>
Friday 2th	Run	06:30 - 08:00 (Run start 6:45)	Meet at Tribob Office 10b Institution Hill	<p>LONG RUN</p> <p>The weekly long run is the foundation of an endurance running programme. The purpose of the long run is to develop endurance and specific strength – factors vital to success in triathlon. Run begins at 6:45am sharp. Bag drop and showers available.</p>
Saturday 3th		07:00-	NUS Bukit Timah Track	<p>HILL REPS RIFLE RANGE ROAD BRICK/ TRACK ALL LEVELS</p> <p>Strength development work will be the key focus</p>

	Bike/Run	09:00	(SPE)	<p>of the Saturday rides. Seated and standing overgearing will allow athletes to develop cycling specific strength. However, don't forget to focus on technique such as holding you body still when climbing and ensuring that you are pedaling in circles rather than simply pushing on the pedals. Those new to cycling should join this session.</p> <p>Note that we will be running off after this ride. Please bring a bike lock, extra fluid, running shoes and 2x20c for a locker</p>
	Bike	06:30-10:30	Bus stop west bound on Holland Road just past Queensway	<p>ROUND THE ISLAND INTERMEDIATE + ADVANCED RIDERS</p> <p>This ride takes in a 120km route around the island at an average pace of 35kmh. This ride is not coach supported so you must be prepared to look after yourself. Please ensure that you bring spare tubes and adequate nutrition for the ride. Details posted in Facebook: Sport360.asia on Friday</p>
	Swim	16:00-18:00	Sentosa, Tanjong Beach	<p>OPEN WATER SWIM INTERMEDIATE TO ADVANCED LEVELS</p> <p>The emphasis of the open water swims this is on developing your aerobic base and swim specific strength through longer continuous swims. This is a great opportunity to develop your open water skills such as drafting and sighting.</p> <p>RUN SESSION (Optional)</p> <p>A transition run of around 5km. Running workout – Negative Split and focus on making it as technically perfect as possible. Make sure that you bring plenty of fluids as Sentosa can be hot in the afternoons.</p>
Sunday 4th	Bike	07:30 – 10:30	Meet at MacRitchie Reservoir Car Park	<p>INDIVIDUAL TIME TRIAL CHANGI INTERMEDIATE TO ADVANCED LEVELS</p> <p>Individual Time Trials at Changi: option of 20km or 40km (or near distance: 2 or 3.5 laps, doesn't have to be exact distance, just get a time to beat for next time) Best time possible. When 20k riders finish they regroup and ride a lap steady until 40km riders are done. Ride easy there and back.</p>

Monday 5th	Swim	19:30 – 20:30	Farrer Park Swimming Complex	<p>AEROBIC + STRENGTH DEVELOPMENT ALL LEVELS</p> <p>The Monday swimming session will focus on developing swim specific strength. This will mean longer repetitions with a reduced recovery using pull buoy and, for some, paddles. In addition to the endurance work the advanced group focus on increasing the distance swum within the session. If you have your own pull buoy and paddles please bring them along.</p>
Tuesday 6th	Run	08:30-10:00	NUS Bukit Timah Track (SPE)	<p>TRACK SESSION - TECHNIQUE/PACE DEVELOPMENT ALL LEVELS</p> <p>This session will focus on developing a sense of pace as well as working on an economical and efficient running technique. We will work on different running drills during the warmup and the distances run the main set will vary and progress building fitness and confidence.</p>
	Run	19:30-21:00	NUS Bukit Timah Track (SPE)	<p>TRACK SESSION - TECHNIQUE/PACE DEVELOPMENT ALL LEVELS</p> <p>This session will focus on developing a sense of pace as well as working on an economical and efficient running technique. We will work on different running drills during the warmup and the distances run the main set will vary and progress building fitness and confidence.</p>
Wednesday 7th	Bike	06:00 – 07:00	Meet at 7/11 convenience store on Telok Blangah at bottom of Mount Faber	<p>HIGH INTENSITY WORK ALL LEVELS</p> <p>The focus of this session will be strength development working on overgearing at Mount Faber</p>
	Swim	19:30 - 20:30	UWC South East	<p>TECHNIQUE + AEROBIC DEVELOPMENT INTERMEDIATE / ADVANCED</p> <p>The focus of this session will be developing a sense of pace. You will swim at, above and below (1500m) race pace to get a sense of the effort involved. This will also develop your aerobic</p>



			Asia	capabilities and focus on your stroke.
	Swim	09:00-10:00	Queenstown Swim Centre	<p>AEROBIC DEVELOPMENT ALL LEVELS</p> <p>The focus of the Thursday morning swim sessions will be on endurance development. The swim sets will be of higher volume to ensure that there is sufficient overload. With these aerobic development sets it is important that you monitor your exertion levels.</p> <p>With the small numbers in this group stroke instruction is available.</p>

**Thursday
8th**


	Run	19:30-21:00	Botanic Gardens	<p>STRENGTH DEVELOPMENT ALL LEVELS</p> <p>The focus of this evening's run is on developing specific strength for running. Taking in the inclines around the Botanic Gardens the aim is to run at a controlled intensity. The incline automatically makes it harder to run; you should aim to adjust your effort to maintain the same intensity on the hills. We will also do some running specific conditioning exercises.</p>
--	-----	-------------	-----------------	---

Friday 9th

	Run	06:30 - 08:00 (Run start 6:45)	Meet at Tribob Office 10b Institution Hill	<p>LONG RUN</p> <p>The weekly long run is the foundation of an endurance running programme. The purpose of the long run is to develop endurance and specific strength – factors vital to success in triathlon. Run begins at 6:45am sharp. Bag drop and showers available.</p>
--	-----	-----------------------------------	--	---

**Saturday
10th**

	Bike	07:00-09:00	Meet at 7/11 convenience store on Telok Blangah at bottom of Mount Faber	<p>HIGH INTENSITY WORK MOUNT FABER ALL LEVELS</p> <p>Strength development work will be the key focus of the Saturday rides. Seated and standing overgearing will allow athletes to develop cycling specific strength. However, don't forget to focus on technique such as holding your body still when climbing and ensuring that you are pedaling in circles rather than simply pushing on the pedals.</p>
--	------	-------------	--	--

				Those new to cycling should join this session.
	Bike	06:30-10:30	Bus stop west bound on Holland Road just past Queensway	<p>ROUND THE ISLAND ADVANCED RIDERS ONLY</p> <p>This ride takes in a 120km route around the island at an average pace of 35kmh. This ride is not coach supported so you must be prepared to look after yourself. Please ensure that you bring spare tubes and adequate nutrition for the ride. Details posted in Facebook: Sport360.asia on Friday</p>
	Swim / Run Brick	16:00-18:00	Sentosa, Tanjong Beach	<p>OPEN WATER SWIM + RUN BRICK INTERMEDIATE TO ADVANCED LEVELS</p> <p>The emphasis of the open water swims this is on developing your aerobic base and swim specific strength through longer continuous swims. This is a great opportunity to develop your open water skills such as drafting and sighting.</p> <p>RUN SESSION A transition run of around 5km. Running workout – Negative Split and focus on making it as technically perfect as possible. Make sure that you bring plenty of fluids as Sentosa can be hot in the afternoons.</p>
Sunday 11h	Bike	07:30 – 10:30	Meet at MacRitchie Reservoir Car Park	<p>KRANJI LOOP INTERMEDIATE TO ADVANCED LEVELS</p> <p>Steady aerobic conditioning ride: 2hrs 30-3 hrs in usual groups with 3*2 laps at solid pace: Kranji as a 2-up format, swapping lead every 2-4 mins.</p>
Monday 12th	Swim	19:30 – 20:30	Farrer Park Swimming Complex	<p>AEROBIC + STRENGTH DEVELOPMENT ALL LEVELS</p> <p>The Monday swimming session will focus on developing swim specific strength. This will mean longer repetitions with a reduced recovery using pull buoy and, for some, paddles. In addition to the endurance work the advanced group focus on increasing the distance swum within the session.</p>

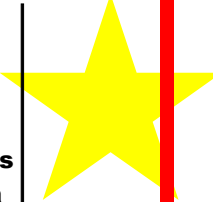
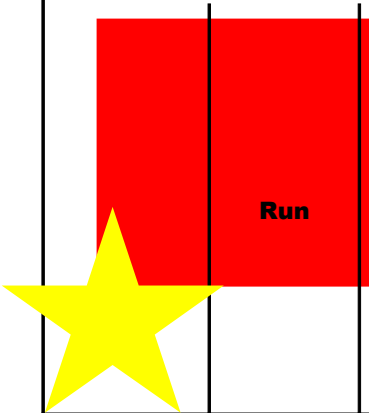
				If you have your own pull buoy and paddles please bring them along.
Tuesday 13th	Run	08:30-10:00	NUS Bukit Timah Track (SPE)	<p>TRACK SESSION - TECHNIQUE/PACE DEVELOPMENT ALL LEVELS</p> <p>This session will focus on developing a sense of pace as well as working on an economical and efficient running technique. We will work on different running drills during the warmup and the distances run the main set will vary and progress building fitness and confidence.</p>
	Run	19:30-21:00	NUS Bukit Timah Track (SPE)	<p>TRACK SESSION - TECHNIQUE/PACE DEVELOPMENT ALL LEVELS</p> <p>This session will focus on developing a sense of pace as well as working on an economical and efficient running technique. We will work on different running drills during the warmup and the distances run the main set will vary and progress building fitness and confidence.</p>
Wednesday 14th	Bike	06:00 - 07:00	Meet at 7/11 convenience store on Morse Road at bottom of Mount Faber	<p>HIGH INTENSITY WORK ALL LEVELS</p> <p>The focus of this session will be on developing strength and power</p>
	Swim	19:30 - 20:30	UWC South East Asia	<p>TECHNIQUE + AEROBIC DEVELOPMENT INTERMEDIATE / ADVANCED</p> <p>The focus of this session will be developing a sense of pace. You will swim at, above and below (1500m) race pace to get a sense of the effort involved. This will also develop your aerobic capabilities and focus on your stroke.</p>
Thursday 15th	Swim	09:00-10:00	Queenstown Swim Centre	<p>AEROBIC DEVELOPMENT ALL LEVELS</p> <p>The focus of the Thursday morning swim sessions</p>

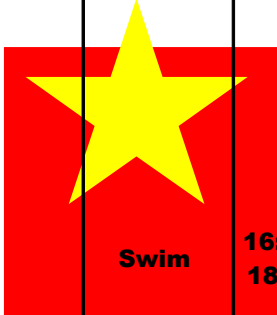
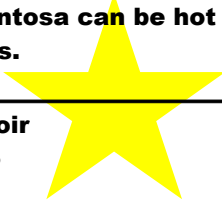
				<p>will be on endurance development. The swim sets will be of higher volume to ensure that there is sufficient overload. With these aerobic development sets it is important that you monitor your exertion levels.</p> <p>With the small numbers in this group stroke instruction is available.</p>
--	--	--	--	--

				<p>STRENGTH DEVELOPMENT ALL LEVELS</p> <p>The focus of this evening's run is on developing specific strength for running. Taking in the inclines around the Botanic Gardens the aim is to run at a controlled intensity. The incline automatically makes it harder to run; you should aim to adjust your effort to maintain the same intensity on the hills. We will also do some running specific conditioning exercises.</p>
--	--	--	--	---

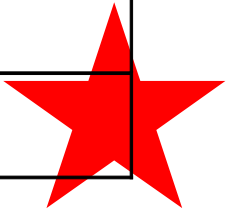
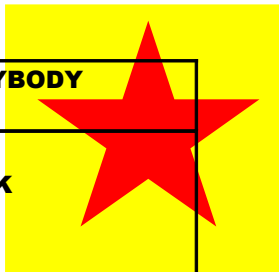
Friday 16th	Run	06:30 - 08:00 (Run start 6:45)	Meet at Tribob Office 10b Institution Hill	<p>LONG RUN</p> <p>The weekly long run is the foundation of an endurance running programme. The purpose of the long run is to develop endurance and specific strength – factors vital to success in triathlon. Run begins at 6:45am sharp. Bag drop and showers available.</p>
-------------	-----	-----------------------------------	--	---

Saturday 17 th	Bike	07:00-09:00	Meet at 7/11 convenience store on Morse Road at bottom of Mount Faber	<p>HIGH HILL REPS RIFLE RANGE ROAD BRICK/ TRACK ALL LEVELS</p> <p>Strength development work will be the key focus of the Saturday rides. Seated and standing overgearing will allow athletes to develop cycling specific strength. However, don't forget to focus on technique such as holding your body still when climbing and ensuring that you are pedaling in circles rather than simply pushing on the pedals. Those new to cycling should join this session.</p> <p>Note that we will be running off after this ride. Please bring a bike lock, extra fluid, running shoes and 2x20c for a locker</p> <p>Rifle Range T30, how far can you get? Into run: 3k TIME TRIAL</p>
---------------------------	------	-------------	---	---

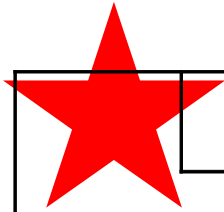


				<p align="center">ROUND THE ISLAND ADVANCED RIDERS ONLY</p> <p>This ride takes in a 120km route around the island at an average pace of 35kmh. This ride is not coach supported so you must be prepared to look after yourself. Please ensure that you bring spare tubes and adequate nutrition for the ride. Details posted in Facebook: Sport360.asia on Friday</p>
	Bike	06:30-10:30	<p>Bus stop west bound on Holland Road just past Queensway</p>	
	 Swim	16:00-18:00	<p>Sentosa, Tanjong Beach</p>	<p align="center">OPEN WATER SWIM INTERMEDIATE TO ADVANCED LEVELS</p> <p>The emphasis of the open water swims this is on developing your aerobic base and swim specific strength through longer continuous swims. This is a great opportunity to develop your open water skills such as drafting and sighting.</p> <p align="center">RUN SESSION (Optional) A transition run of around 5km. Running workout – Negative Split and focus on making it as technically perfect as possible. Make sure that you bring plenty of fluids as Sentosa can be hot in the afternoons.</p>
Sunday 18th	Bike	07:30 – 10:30	<p>Pearce Reservoir Car Park</p>	<p align="center">Pearce Reservoir ALL LEVELS</p> <p align="center">BRICK SURPRISE...!!! With a side order of hurt</p>
				
	<h1>! TIME TRIAL WEEK !</h1>			
Monday 19th	Swim	19:30 – 20:30	<p>Farrer Park Swimming Complex</p>	<p>400m TIME TRIAL</p>
Tuesday 20th	Run	08:30-10:00	<p>NUS Bukit Timah Track (SPE)</p>	<p>TRACK SESSION</p> <p>5K TIME TRIAL FOR EVERYBODY</p>
	Run	19:30-21:00	<p>NUS Bukit Timah Track</p>	<p>TRACK SESSION</p>

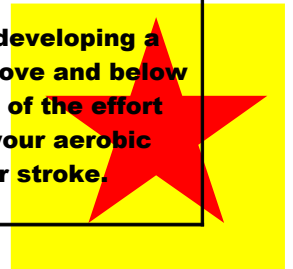
			(SPE)	5km TIME TRIAL FOR EVERYBODY
Wednesday 21th	Bike	06:00 - 07:00	Meet at 7/11 convenience store on Morse Road at bottom of Mount Faber	HIGH INTENSITY WORK ALL LEVELS The focus of this session will be on developing strength and power
	Swim	19:30 - 20:30	UWC South East Asia	INTERMEDIATE / ADVANCED 30min TIME TRIAL: How far can you get?
	Swim	09:00-10:00	Queenstown Swim Centre	ALL LEVELS 30min TIME TRIAL: How far can you get?
Thursday 22th	Run	19:30-21:00	Botanic Gardens	STRENGTH DEVELOPMENT ALL LEVELS The focus of this evening's run is on developing specific strength for running. Taking in the inclines around the Botanic Gardens the aim is to run at a controlled intensity. The incline automatically makes it harder to run; you should aim to adjust your effort to maintain the same intensity on the hills. We will also do some running specific conditioning exercises.
Friday 23th	Run	06:30 - 08:00 (Run start 6:45)	Meet at Tribob Office 10b Institution Hill	LONG RUN The weekly long run is the foundation of an endurance running programme. The purpose of the long run is to develop endurance and specific strength – factors vital to success in triathlon. Run begins at 6:45am sharp. Bag drop and showers available.
Saturday 24th	Bike	07:00-09:00	Meet at MacRitchie Reservoir	SINGAPORE EXPO ALL LEVELS



			Car Park	2km INDIVIDUAL TIME TRIAL:
	Bike	06:30-10:30	Bus stop west bound on Holland Road just past Queensway	ROUND THE ISLAND ADVANCED RIDERS ONLY This ride takes in a 120km route around the island at an average pace of 35kmh. This ride is not coach supported so you must be prepared to look after yourself. Please ensure that you bring spare tubes and adequate nutrition for the ride. Details posted in Facebook: Sport360.asia on Friday
	Swim / Run Brick	16:00-18:00	Sentosa, Tanjong Beach	OPEN WATER SWIM + RUN BRICK INTERMEDIATE TO ADVANCED LEVELS The emphasis of the open water swims this is on developing your aerobic base and swim specific strength through longer continuous swims. This is a great opportunity to develop your open water skills such as drafting and sighting. RUN SESSION A transition run of around 5km. Keep the pace of this run steady and focus on making it as technically perfect as possible. Make sure that you bring plenty of fluids as Sentosa can be hot in the afternoons.
Sunday 25th	Bike	07:30 – 10:30	Meet at MacRitchie Reservoir Car Park	CRIT RIDE Criterium Ride at Changi: This will be a handicapped hard group effort in small groups of similar ability, with a race to get your team first across the finish line. Focus will be on good team work and tight group riding. Approx 40km, with a 30km easy ride there and 30km back. Same format as the last crit for those that came, with slight adjustment to set-off times to try and ensure blanket finish!
Monday 26th	Swim	19:30 – 20:30	Farrer Park Swimming Complex	AEROBIC + STRENGTH DEVELOPMENT ALL LEVELS The Monday swimming session will focus on developing swim specific strength. This will mean longer repetitions with a reduced recovery using pull buoy and, for some, paddles. In addition to the endurance work the advanced group focus on increasing the distance swum within the session. If you have your own pull buoy and paddles please bring them along.



Tuesday 27th	Run	08:30-10:00	NUS Bukit Timah Track (SPE)	TRACK SESSION - TECHNIQUE/PACE DEVELOPMENT ALL LEVELS This session will focus on developing a sense of pace as well as working on an economical and efficient running technique. We will work on different running drills during the warmup and the distances run the main set will vary and progress building fitness and confidence.
	Run	19:30-21:00	NUS Bukit Timah Track (SPE)	TRACK SESSION - TECHNIQUE/PACE DEVELOPMENT ALL LEVELS This session will focus on developing a sense of pace as well as working on an economical and efficient running technique. We will work on different running drills during the warmup and the distances run the main set will vary and progress building fitness and confidence.
Wednesday 28th	Bike	06:00 - 07:00	Meet at 7/11 convenience store on Telok Blangah at bottom of Mount Faber	HIGH INTENSITY WORK ALL LEVELS The focus of this session will be strength development working on overgearing at Mount Faber
	Swim	19:30 - 20:30	UWC South East Asia	TECHNIQUE + AEROBIC DEVELOPMENT INTERMEDIATE / ADVANCED The focus of this session will be developing a sense of pace. You will swim at, above and below (1500m) race pace to get a sense of the effort involved. This will also develop your aerobic capabilities and focus on your stroke.



AEROBIC DEVELOPMENT**ALL LEVELS**

The focus of the Thursday morning swim sessions will be on endurance development. The swim sets will be of higher volume to ensure that there is sufficient overload. With these aerobic development sets it is important that you monitor your exertion levels.

With the small numbers in this group stroke instruction is available.

Swim**09:00-10:00****Queenstown Swim Centre****Thursday 29th****STRENGTH DEVELOPMENT
ALL LEVELS**

The focus of this evening's run is on developing specific strength for running. Taking in the inclines around the Botanic Gardens the aim is to run at a controlled intensity. The incline automatically makes it harder to run; you should aim to adjust your effort to maintain the same intensity on the hills. We will also do some running specific conditioning exercises.

Run**19:30-21:00****Botanic Gardens****Friday 30th****Run****06:30 - 08:00 (Run start 6:45)****Meet at Tribob Office 10b Institution Hill****LONG RUN**

The weekly long run is the foundation of an endurance running programme. The purpose of the long run is to develop endurance and specific strength - factors vital to success in triathlon. Run begins at 6:45am sharp. Bag drop and showers available.

**HILL REPS
RIFLE RANGE ROAD BRICK/ TRACK
ALL LEVELS**

Strength development work will be the key focus of the Saturday rides. Seated and standing overgearing will allow athletes to develop specific strength. However, don't forget to focus on technique such as holding your body still when climbing and ensuring that you are pedaling in circles rather than simply pushing on the pedals. Triathlon cycling should join this session.

Bike**07:00-09:00****NUS Timah Track (SPE)**

Note that we will be running off after this ride. Please bring a bike lock, extra fluid, running shoes and 2x20c for a locker

**ROUND THE ISLAND
ADVANCED RIDERS ONLY**

This ride takes in a 120km route around the island at an average pace of 35kmh. This ride is not coach supported so you must be prepared to look after yourself. Please ensure that you bring spare tubes and adequate nutrition for the ride.

Details posted in Facebook: Sport360.as

Saturday 31th**Bike****06:30-10:30****Bus stop west bound on Holland Road just past Queensway****Friday**