

## Javier – The Comeback Competitor

### Profile Summary

**Name:** Javier

**Age:** 44

**Occupation:** High School PE Teacher

**Location:** San Diego, USA

**Family:** Married, one teenage daughter

**Triathlon Goal:** Return to 70.3 racing and set a new personal best (sub-5:15)

**Timeline:** 20-week training plan

**Experience:** Completed multiple 70.3 races before Achilles injury two years ago. Returned to base fitness and now runs pain-free again.

**Constraints:** Works full-time, coaches school sports on Tuesdays and Thursdays.

Available for early morning and weekend training. Can train 7–9 hours/week. Prefers brick-style workouts to reduce weekly training time.

### Javier's Plan: Week 1 (Reintegration Phase)

**Goal:** Reintroduce structured volume, assess fitness, and test Achilles tolerance

Day	Session	Description
<b>Mon</b>	Swim (Technique + Aerobic)	2,000m: Warm-up 300m. Drills: 6x50m (single-arm, catch-up, 3-3-3). Main: 6x200m pull + paddles @ RPE 6 w/ 30s rest. Cool down: 200m easy backstroke. <b>Coach Note:</b> Pull-focused to protect lower legs and reinforce upper-body endurance.
<b>Tue</b>	Run-Walk Intervals (Soft Surface)	35 min: 5-min brisk walk warm-up, then 6x (2-min jog @ RPE 5 + 1.5-min walk). Cool down 5-min walk. <b>Coach Note:</b> First week back running on a flat grass loop. Encourages muscle memory while controlling Achilles load.
<b>Wed</b>	Bike (Trainer Endurance Spin)	60 min: Warm-up 10 min. Main: 3x12 min Z2 w/ 3-min recovery spin. Focus on cadence 90–95 RPM. Include 5x30s single-leg drills. Cool down 5 min.

Day	Session	Description
		<b>Coach Note:</b> Base power return with neuromuscular focus. Safe indoors.
<b>Thu</b>	OFF (Active Recovery)	Light walk or yoga. Focus on mobility: calves, hamstrings, hips. <b>Coach Note:</b> Thursdays reserved for full recovery due to coaching responsibilities.
<b>Fri</b>	Swim (Drills + Speed Prep)	2,200m: 400m warm-up, 8x50m drills, 6x100m @ RPE 7 on 2:10, 100m kickboard. Cool down 200m. <b>Coach Note:</b> Introduces speed, maintains aerobic base. High stroke focus.
<b>Sat</b>	Brick: Bike + Short Run	75 min total: 60 min ride (Z2) + 15 min jog @ RPE 5. Transition practice. <b>Coach Note:</b> Early exposure to triathlon structure. Focuses on fluid transitions and run form post-ride.
<b>Sun</b>	Long Run-Walk + Strength	45 min total: 10-min walk warm-up, 3x8-min jog + 2-min walk, 5-min walk cool down. 20 min bodyweight circuit: lunges, glute bridges, calf raises, bird dogs. <b>Coach Note:</b> Controlled run volume with joint support strength work.

**Total Time: ~8 hours**

### Coach Logic (Week 1)

- Designed to reintroduce running in safe segments to build volume gradually.
- Strength work reintroduces single-leg stability and glute activation.
- Swim sessions emphasize pull buoy and paddles to support Achilles.
- Two full days of recovery are scheduled to offset returning impact load.
- Brick session provides controlled stress simulation for event flow.

## Javier's Plan: Week 7 (Build Phase)

**Goal:** Expand aerobic base, reintroduce tempo running, reinforce strength and transitions

Day	Session	Description
<b>Mon</b>	Swim (Threshold Endurance)	2,500m: Warm-up 400m. Main: 3x300m @ RPE 7, 4x100m pull @ RPE 8 w/ 20s rest. Cool down 300m back + scull. <b>Coach Note:</b> Builds swim resilience and muscular endurance while protecting legs.
<b>Tue</b>	Run (Steady State Progression)	50 min: 10 min walk/jog warm-up, 3x10-min steady run (RPE 6–7) w/ 2-min walk, cool down 5 min. <b>Coach Note:</b> Replaces short jogs with longer continuous efforts. Encourages pacing and form.
<b>Wed</b>	Bike (Endurance w/ Over-Unders)	75 min: Warm-up 10 min. 3x10-min: (4 min Z2 + 2 min Z3 + 4 min Z2) @ 90 RPM. Cool down 10 min. <b>Coach Note:</b> Builds aerobic capacity with short bursts of power, simulating race surges.
<b>Thu</b>	OFF	Recovery + Stretch. Foam roll + Theragun on calves/quads.
<b>Fri</b>	Swim (Pacing Intervals)	2,800m: 400m warm-up. 4x50m drills. 4x100m @ RPE 6, 2x200m @ RPE 7, 1x400m steady. Cool down. <b>Coach Note:</b> Sustained efforts for pacing development. Delivers mid-week volume safely.
<b>Sat</b>	Brick: Long Ride + Transition Run	2 hr ride: 60 min Z2, 30 min Z3, last 10 min strong. Off-bike: 20 min run RPE 6 steady. <b>Coach Note:</b> Nutrition trial + load handling. Builds mental and physical endurance.
<b>Sun</b>	Long Run (Z2 Steady) + Mobility	60 min Z2 on flat terrain. Post-run: 20 min yoga or recovery stretching. <b>Coach Note:</b> Longest run of the block. Focused on breathing and soft cadence. Post-session mobility prevents stiffness.

**Total Time: ~9 hrs**

## Coach Logic (Week 7)

- Progresses run volume while monitoring intensity spikes.
- Brick adds distance and pace complexity to simulate 70.3 efforts.
- Structured over-unders develop pacing intelligence for racing.
- Volume is near peak but supported by built-in recovery.
- Still emphasizes low-risk movement patterns and shoulder-friendly swim tools.