

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Swim	Run	Bike	Run	REST DAY	Swim	Bike
	Warm Up : 2x100 f/c L2(R20) 4 x 25k L2 (R30) Main Set : 4 x 25 build L3, (R30) 4 x 100 L3-L4 (R40) alternate 100's with f/c and p Cool Down : 100 o/c L1 TOTAL: 900m	Warm Up : 5min jog L1 and dynamic stretching Main Set : 5 min run L3 3 min jog recovery L1 repeat x 2 10 min run L 2 Cool Down : 5 min jog L1 and static stretching	Warm Up : 10 min spin L1 Main Set : 15 miles on undulating route L2 Cool Down : 10 min spin L1	Warm Up : 5min jog L1 and dynamic stretching Main Set : 25 min pace L2 L3 run on grass Cool Down : 5 min jog L1 and static stretching		Warm Up : 200 f/c - 50 p L2 (R30) 6 x 25k L2 (R60) Main Set : Drills 25 drill 25 f/c L2 - L3 doggy - fists - FNT - polo catch up - single arm repeat x 2 Cool Down : 200 p L2 TOTAL:1150m	Warm Up : 10 min spin L1 Main Set : 20 miles on undulating route L2 Cool Down : 10 min spin L1

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Swim / Run	Run	Bike	Run	REST DAY	Swim	Bike
	Warm Up : 200 f/c - 50 p L2 (R30) 6 x 25k L2 (R60) Main Set : Drills 25 drill 25 f/c L2 - L3 doggy - fists - FNT - polo catch up - single arm repeat x 2 Cool Down : 200 p L2 TOTAL: 1350m	Warm Up : 5min jog L1 and dynamic stretching Main Set : 10 min run L3 3 min jog recovery L1 repeat x 2 Cool Down : 5 min jog L1 and static stretching	Warm Up : 10 min spin L1 Main Set : 18 miles L2 - L3 incorporate 5 x 2min at L3- L4 Flat ride Cool Down : 10 min spin L1	Warm Up : 5min jog L1 and dynamic stretching Main Set : Pyrimid session 1 min, 2 min, 4 min, 6 min, 4 min, 2 min, 1 min L3 - L4 with 3 min jog between each pyramid set Cool Down : 5 min jog L1 and static stretching		Warm Up : 2 x 200 f/c L2(R20) 4 x 25k L2 (R30) Main Set : 6 x 25 build L3 (R15) pull + bilateral breathing 50 m breathing every 3,5,7,9,11,9,7,5,3. strokes L3 (R20) 10 x 25 sprints L4 (R20) Cool Down : 2 x 50 p L1 TOTAL: 1450m	Warm Up : 10 min spin L1 Main Set : 22 miles hilly route L2 Cool Down : 10 min spin L1
	Run						
	25 min steady pace L2 - L3						

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Swim	Run	Bike	Run	REST DAY	Swim	Bike
	Warm Up : 2 x 200 f/c 50 p L2 (R30) 8 x 25k L2 (R20) Main Set : 10 x 100 L3 (R30) 1 x 200 p L3 (R20) Cool Down : 100 o/c L1 TOTAL: 1900m	Warm Up : 5min jog L1 and dynamic stretching Main Set : 2 min run L3 2 min jog recovery L1 repeat x 7 Cool Down : 5 min jog L1 and static stretching	Warm Up : 10 min spin L1 Main Set : 10 miles timed L4 record time for future reference Cool Down : 10 min spin L1	Warm Up : 5min jog L1 and dynamic stretching Main Set : 1 min hill reps 5% L3 jog back recovery repeat x 10 Cool Down : 5 min jog L1 and static stretching		Warm Up : 2x100 f/c L2(R20) 4 x 25k L2 (R30) Main Set : 6 x 25 build L3, (R30) 8 x 100 L3-L4 (R20) alternate 100's with f/c and p 10 x 25 L4 (R10) 200 p L3 (R30) Cool Down : 100 o/c L1 TOTAL: 1800m	Warm Up : 10 min spin L1 Main Set : 25 miles on hilly route L2 Concentrate on hill climbing technique on and out of saddle Cool Down : 10 min spin L1

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Swim	Run	Bike	Run	REST DAY	Swim	Bike
	Warm Up : 200 f/c - 50 p L2 (R30) 6 x 25 k L2 (R20) Main Set : 600m every 4th length drill choose below doggy - fists - FNT - polo catch up - single arm L2 - L3 Cool Down : 200 p L2 TOTAL 1150	Warm Up : 5min jog L1 and dynamic stretching Main Set : 1 min L4 1 min L1 repeat x 12 or split into 3 sets of 4 with 5 min jog recovery between each set Cool Down : 5 min jog L1 and static stretching	Warm Up : 10 min spin L1 Main Set : 15 miles choose your favourite route or ride with a group L2 Cool Down : 10 min spin L1	Warm Up : 5min jog L1 and dynamic stretching Main Set : 40 secs fast pace L4 slight down hill 2 - 3% jog back recovery L1 repeat x 10 Cool Down : 5 min jog L1 and static stretching		Warm Up : 100 f/c - 50 p L2 (R30) Main Set : 3 x 75 L3 200 p L2 repeat x 3 Cool Down : 100 p L2 TOTAL: 1525m	Warm Up : 10 min spin L1 Main Set : 18 miles on flat route L2 Cool Down : 10 min spin L1

Week 5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Swim/ Run	Run	Bike	Run	REST DAY	Swim	Bike
	Warm Up : 4 x 50 f/c L1 - L2 (R60) 4x 50p L2 (R60) Main Set : 400m timed (race pace) L4 - L5 record time for future reference Cool Down : 100 p L2 TOTAL: 900m	Warm Up : 5min jog L1 and dynamic stretching Main Set : 3 min L4 3 min L1 repeat x 6 Cool Down : 5 min jog L1 and static stretching	Warm Up : 10 min spin L1 Main Set : 2 min L4 2 min L2 repeat x 5 5 mile ride L2 Cool Down : 10 min spin L1	Warm Up : 5min jog L1 and dynamic stretching Main Set : 30 secs hill reps 8-10% jog back recovery repeat x 12 or split into 3 sets of 4 5 min jog between sets Cool Down : 5 min jog L1 and static stretching		Warm Up : 2 x 200 f/c L2(R20) 4 x 25k L2 (R30) Main Set : 10 x 50 L4 (R20) 10 x 25 L5 (R10) Cool Down : 2 x 100 o/c L1 TOTAL: 1450m	Warm Up : 10 min spin L1 Main Set : 20 miles on hilly route L3 concentrating on gear selection & hydration / nutrition on flat sections of ride Cool Down : 10 min spin L1

Week 6	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Swim	Run	Bike / Run (Brick)	Run	REST DAY	Swim	Bike
	Warm Up : 2 x 50 f/c L1 - L2 (R60) 1 x 50p L2 (R60) Main Set : 4 x 25 build L3 (R 20) 500m L2 - L3 every 4th length L4 - L5 (R60) 10 x 25 L4 (R15) Cool Down : 100 p L2 TOTAL: 1100m	Warm Up : 5min jog L1 and dynamic stretching Main Set : 3 mile or 5000m track timed L4 record time for future reference Cool Down : 5 min jog L1 and static stretching	Warm Up : Bike 10 min spin L1 Main Set : 15 miles tempo ride L3 Cool Down : 10 min spin L1 Run 15 min L2 Cool Down : 5 min jog L1	Warm Up : 5min jog L1 and dynamic stretching Main Set : 40 min L2 Cool Down : 5 min jog L1 and static stretching		Warm Up : 2 x 100 f/c L2(R20) 4 x 25k L2 (R30) Main Set : 2 x 100 L3 (R 15) 3 x 75 L3 (R15) 4 x 50 L3 (R15) 5 x 25 L3 (R 15) 200 p L3 Cool Down : 100 f/c L1 TOTAL: 1250m	Warm Up : 10 min spin L1 Main Set : 25 miles on flat route L3 concentrating on gear selection & hydration / nutrition on flat sections of ride Cool Down : 10 min spin L1

Week 7	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Swim	Run	Bike	Run	REST DAY	Swim / Bike (Brick)	Bike
	Warm Up : 4 x 50 f/c L1 - L2 (R60) 4x 50p L2 (R60) Main Set : 400m timed (race pace) L4 - L5 record time for future reference Cool Down : 100 p L2 TOTAL: 900m	Warm Up : 5min jog L1 and dynamic stretching Main Set : 30 secs L5 30 secs L1 repeat x 10 5 min jog L1 1 mile run L3 Cool Down : 5 min jog L1 and static stretching	Warm Up : 10 min spin L1 Main Set : 18 miles tempo ride L3 Cool Down : 10 min spin L1	Warm Up : 5min jog L1 and dynamic stretching Main Set : 1 min L3 jog back recovery L1 repeat x 10 Cool Down : 5 min jog L1 and static stretching		Warm Up : 2 x 50 f/c L2 (R20) 2 x 25k L2 (R30) Main Set : 4 x 25 build L3 - L4 (R30) 8 x 50 L4 (R20) Cool Down : 100 p L1 Bike 8 miles L4 Cool Down : 10 min L1	Warm Up : 10 min spin L1 Main Set : 20 miles on hilly route L3 concentrating on gear selection & hydration / nutrition on flat sections of ride Cool Down : 10 min spin L1

Week 8	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Swim	Run	Bike	Swim / Transition	Run	REST DAY	Race Day
TAPER WEEK UP TO RACE SUNDAY	Warm Up : 4 x 50 f/c L1 - L2 (R60) 4x 50p L2 (R60) Main Set : 4 x 50 L3 (R60) 10 x 25 L4 - L5 (R60) Cool Down : 100 p L2 TOTAL: 650m	Warm Up : 5min jog L1 and dynamic stretching Main Set : 40 secs fast pace L4 slight down hill 3% jog back recovery L1 repeat x 8 Cool Down : 5 min jog L1 and static stretching	Warm Up : 10 min spin L1 Main Set : 10 miles L1 - L2 spin Cool Down : 10 min spin L1	Warm Up : 200p Main Set : 5 x 25 L5 (R60) Cool Down : 50 o/c L1 Transition Practice run in - T1 - bike out bike in - T2 - run out	pre - race jog 10 - 15 mins L1		