

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Swim	Run	Bike	Run	REST DAY	Swim	Bike
	Warm Up : 4 X 25 o/c L1 Main Set : 4 x 25 f/c L2, (R40) 2x 25 o/c L2, (R30) 4x 25 f/c L3, (R30) Cool Down : 50 o/c L1 TOTAL: 400m	Warm Up : 5min jog L1 and dynamic stretching Main Set : 1 min L2 1 min jog L1 or walk repeat x 5 Cool Down : 5 min jog L1 and static stretching	Warm Up : 10 min spin L1 Main Set : 6 - 8 miles flat ride L2 Cool Down : 10 min spin L1	Warm Up : 5min jog L1 and dynamic stretching Main Set : 10 min L2 - L3 run on grass Cool Down : 5 min jog L1 and static stretching		Warm Up : 2 x 50 o/c L1(R20) Main Set : 4 x 25k L2 - L3 (R30) 4 x 25 p L2 - L3 (R30) 4 x 25 f/c L2 - L3 (R30) 2 x 50 as 25 o/c - 25 f/c L3 (R40) Cool Down : 50 o/c L1 TOTAL: 650m	Warm Up : 10 min spin L1 Main Set : 10 miles flat ride L2 Cool Down : 10 min spin L1

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Swim	Run	Bike	Run	REST DAY	Swim	Bike
	Warm Up : 4 X 25 f/c L1 Main Set : 6 x 25 f/c L2, (R40) 4 x 25 p L2, (R30) 4 x 25 k L3, (R30) 6 x 25 f/c L3 Cool Down : 50 o/c L1 TOTAL: 650m	Warm Up : 5 min jog L1 and dynamic stretching Main Set : 2 min L2 1 min jog L1 or walk repeat x 5 Cool Down : 5 min jog L1 and static stretching	Warm Up : 10 min spin L1 Main Set : 10 miles undulating ride L2 - L3 Cool Down : 10 min spin L1	Warm Up : 5min jog L1 and dynamic stretching Main Set : 15 min L2 - L3 run on grass Cool Down : 5 min jog L1 and static stretching		Warm Up : 2 x 50 o/c L1(R20) 2 x 25 k L2 - L3 (R30) Main Set : 4 x 100 f/c L2 - L3 (R30) 6 x 50 p L2 - L3 (R30) 8 x 25 f/c L2 - L3 (R30) 3 x 50 p L3 (R40) Cool Down : 50 o/c L1 TOTAL: 950m	Warm Up : 10 min spin L1 Main Set : 12 - 15 miles hilly ride L2 - L3 Cool Down : 10 min spin L1

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Swim	Run	Bike	Run	REST DAY	Swim	Bike
	Warm Up : 2 X 100 f/c L1 (R40) 6 x 25k L2 - L3 (R30) Main Set : Drills 25 drill 25 f/c L2 - L3 doggy - fists - FNT - polo catch up - single arm Cool Down : 50 o/c L1 TOTAL: 700m	Warm Up : 5 min jog L1 and dynamic stretching Main Set : 5 min L2 - L3 5 min jog L1 or walk repeat x 2 Cool Down : 5 min jog L1 and static stretching	Warm Up : 10 min spin L1 Main Set : 12-15 miles undulating ride L2 - L3 Cool Down : 10 min spin L1	Warm Up : 5min jog L1 dynamic stretching Main Set : 1 min L2 - L3 1 min jog L1 repeat x 8 Cool Down : 5 min jog L1 and static stretching		Warm Up : 2 x 50 o/c L1 (R20) 2 x 25 k L2 - L3 (R30) Main Set : 4 x 100 f/c L2 - L3 (R30) 6 x 50 p L2 - L3 (R30) 8 x 25 f/c L2 - L3 (R30) 3 x 50 p L3 (R40) Cool Down : 50 o/c L1 TOTAL: 950m	Warm Up : 10 min spin L1 Main Set : 18 - 20 miles hilly ride L2 - L3 Cool Down : 10 min spin L1

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	REST DAY	Run	Bike	Run	REST DAY	Swim	Bike
		Warm Up : 5min jog L1 and dynamic stretching Main Set : 30 min steady pace choose grass and road Cool Down : 5 min jog L1 and static stretching	Warm Up : 10 min spin L1 Main Set : 12-15 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 3% jog back recovery L1 repeat x 6 Cool Down : 5 min jog L1 and static stretching		Warm Up : 100 f/c - 50 p L2 (R30) Main Set : 3 x 200m every 4th length drill choose below fists - FNT - polo catch up - single arm L3 (R 60) Cool Down : 100 p L2 TOTAL: 800m	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	Bike	Run	REST DAY	Swim	Bike
	Warm Up : 2 x 50 f/c L1 - L2 (R60) 2x 50p L2 (R60) Main Set : 400m timed (race pace) L4 - L5 record time for future reference Cool Down : 50 p L2 TOTAL: 650m	Warm Up : 5min jog L1 and dynamic stretching Main Set : 3 min run L3 3 min jog recovery L1 repeat x 3 Cool Down : 5 min jog L1 and static stretching	Warm Up : 10 min spin L1 Main Set : 12-15 miles tempo ride L3 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 8 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 : pull + bilateral breathing 50 m breathing every 3, 5, 7, 5, 3 strokes L3 (R20) 8x 25 sprints L4 (R20) Cool Down : 100 f/c L1 TOTAL: 850m	Warm Up : 10 min spin L1 Main Set : 18 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 : 300m L2 - L3 every 4th length L4 - L5 (R120) 6x 25 L4 (R15) Cool Down : 50 p L2 TOTAL: 800m	Warm Up : 5min jog L1 and dynamic stretching Main Set : 3 min run L3 3 min jog recovery L1 repeat x 4 Cool Down : 5 min jog L1 and static stretching	Warm Up : Bike 10 min spin L1 Main Set : 10 miles tempo ride L3 <div align="center">Run</div> 15 min L2 - L3 Cool Down : 5 min jog L1	Warm Up : 5min jog L1 and dynamic stretching Main Set : 30 secs hill reps 8-10% jog back recovery repeat x 8 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 : pull + bilateral breathing 50 m breathing every 3, 5, 7, 5, 3 strokes L3 (R30) 6 x 25 sprints L4 (R20) Cool Down : 100 f/c L1 TOTAL: 800m	Warm Up : 10 min spin L1 Main Set : 15 miles on hilly 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 : 50 p L2 TOTAL: 850m	Warm Up : 5min jog L1 and dynamic stretching Main Set : 2 min run L3 L4 2 min jog recovery L1 repeat x 5 Cool Down : 5 min jog L1 and static stretching	Warm Up : 10 min spin L1 Main Set : 12 miles L2 - L3 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 6 Cool Down : 5 min jog L1 and static stretching		Warm Up : 1x 50 f/c L2(R20) 2 x 25k L2 (R30) Main Set : 4 x 25 build L3 - L4 (R30) 200m p L3 - L4 Cool Down : 1 x 50 p L1 Bike 6- 8 miles L3 L4 Cool Down : 10 min L1	Warm Up : 10 min spin L1 Main Set : 15 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 : 1 x 50 f/c L1 - L2 (R60) 1x 50p L2 (R60) Main Set : 10 x 25 L4 - L5 (R60) Cool Down : 100 p L2 TOTAL: 450m	Warm Up : 5min jog L1 and dynamic stretching Main Set : 1 min run L4 1 min jog recovery L1 repeat x 4 Cool Down : 5 min jog L1 and static stretching	Warm Up : 10 min spin L1 Main Set : 8 miles L1 - L2 flat ride Cool Down : 10 min spin L1	Warm Up : 100p L2 Main Set : 4 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 mins L1		