

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>Swim</b>	<b>Run</b>	<b>Bike</b>	<b>Run</b>	<b>REST DAY</b>	<b>Swim</b>	<b>Bike</b>
	<b>Warm Up :</b> 50 o/c L1  <b>Main Set :</b> 8 x 25 f/c L2, (R30) 3 x 50 f/c L2, (R30) 6 x 25 f/c L3, (R30)  <b>Cool Down :</b> 100 o/c L1 <b>TOTAL: 650m</b>	<b>Warm Up :</b> 5min jog L1 and dynamic stretching  <b>Main Set :</b> 1 x 1 min run L2 2 min jog recovery L1 <b>repeat x 4</b>  <b>Cool Down :</b> 5 min jog L1 and static stretching	<b>Warm Up :</b> 10 min spin L1  <b>Main Set :</b> 8 - 10 miles flat ride L2  <b>Cool Down :</b> 10 min spin L1	<b>Warm Up :</b> 5min jog L1 and dynamic stretching  <b>Main Set :</b> 20 min pace L2 run on grass  <b>Cool Down :</b> 5 min jog L1 and static stretching		<b>Warm Up :</b> 1 x 100 o/c L1(R20) 4 x 25k L2 (R30)  <b>Main Set :</b> 2 x 75 f/c L3, (R30) 1 x 100 p L2, (R30) and repeat  <b>Cool Down :</b> 100 o/c L1 <b>TOTAL: 800m</b>	<b>Warm Up :</b> 10 min spin L1  <b>Main Set :</b> 15 -18 miles on undulating route L2  <b>Cool Down :</b> 10 min spin L1

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>Swim</b>	<b>Run</b>	<b>Bike</b>	<b>Run</b>	<b>REST DAY</b>	<b>Swim</b>	<b>Bike</b>
	<b>Warm Up :</b> 50 f/c - 50 p L2 (R30) 6 x 25k L2 (R60)  <b>Main Set :</b> 5 x 50 f/c L3, (R30) 3 x 50 p L3, (R30) 6 x 25 f/c L4 (R30)  <b>Cool Down :</b> 50 p L2 <b>TOTAL: 800m</b>	<b>Warm Up :</b> 5min jog L1 and dynamic stretching  <b>Main Set :</b> 5 min run L3 3 min jog recovery L1 <b>repeat x 2</b>  <b>Cool Down :</b> 5 min jog L1 and static stretching	<b>Warm Up :</b> 10 min spin L1  <b>Main Set :</b> 12-15miles L2 incorporate 3 x 2min at L3- L4  <b>Cool Down :</b> 10 min spin L1	<b>Warm Up :</b> 5min jog L1 and dynamic stretching  <b>Main Set :</b> 20 min steady pace on undulating route  <b>Cool Down :</b> 5 min jog L1 and static stretching		<b>Warm Up :</b> 2x100 f/c L2(R20) 4 x 25k L2 (R30)  <b>Main Set :</b> 4 x 25 build L3, (R30) 4 x 100 L3-L4 (R40) alternate 100's with f/c and p  <b>Cool Down :</b> 100 o/c L1 <b>TOTAL: 900m</b>	<b>Warm Up :</b> 10 min spin L1  <b>Main Set :</b> 15 -18 miles on undulating route L2  <b>Cool Down :</b> 10 min spin L1

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>Swim</b>	<b>Run</b>	<b>Bike</b>	<b>Run</b>	<b>REST DAY</b>	<b>Swim</b>	<b>Bike</b>
	<b>Warm Up :</b> 200 f/c - 50 p L2 (R30) 6 x 25k L2 (R60) <b>Main Set : Drills</b> 25 drill 25 f/c L2 - L3 doggy - fists - FNT - polo catch up - single arm  <b>Cool Down :</b> 200 p L2 <b>TOTAL: 850m</b>	<b>Warm Up :</b> 5min jog L1 and dynamic stretching <b>Main Set :</b> 2 min run L3 2 min jog recovery L1 <b>repeat x 4</b>  <b>Cool Down :</b> 5 min jog L1 and static stretching	<b>Warm Up :</b> 10 min spin L1  <b>Main Set :</b> timed 10 miles L4 record time for future reference  <b>Cool Down :</b> 10 min spin L1	<b>Warm Up :</b> 5min jog L1 and dynamic stretching <b>Main Set :</b> 30 min steady pace L2 - L3  <b>Cool Down :</b> 5 min jog L1 and static stretching		<b>Warm Up :</b> 2 x 100 f/c L2(R20) 4 x 25k L2 (R30) <b>Main Set :</b> pull + bilateral breathing 50 m breathing every 3, 5, 3, 5, 3, 5 strokes L3 (R20) 8 x 25 sprints L4 (R20)  <b>Cool Down :</b> 2 x 50 p L1 <b>TOTAL: 900m</b>	<b>Warm Up :</b> 10 min spin L1  <b>Main Set :</b> 15 miles on hilly route L2  <b>Cool Down :</b> 10 min spin L1

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>REST DAY</b>	<b>Run</b>	<b>Bike</b>	<b>Run</b>	<b>REST DAY</b>	<b>Swim</b>	<b>Bike</b>
		<b>Warm Up :</b> 5min jog L1 and dynamic stretching <b>Main Set :</b> 45 min steady pace choose grass and road  <b>Cool Down :</b> 5 min jog L1 and static stretching	<b>Warm Up :</b> 10 min spin L1  <b>Main Set :</b> 15 miles choose your favourite route or ride with a group L2  <b>Cool Down :</b> 10 min spin L1	<b>Warm Up :</b> 5min jog L1 and dynamic stretching <b>Main Set :</b> 40 secs fast pace L4 slight down hill 3% jog back recovery L1 <b>repeat x 6</b>  <b>Cool Down :</b> 5 min jog L1 and static stretching		<b>Warm Up :</b> 100 f/c - 50 p L2 (R30)  <b>Main Set :</b> 600m every 4th length drill choose below doggy - fists - FNT - polo catch up - single arm L2 - L3  <b>Cool Down :</b> 100 p L2 <b>TOTAL: 800m</b>	<b>Warm Up :</b> 10 min spin L1  <b>Main Set :</b> 18 miles on flat route L2  <b>Cool Down :</b> 10 min spin L1

Week 5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>Swim</b>	<b>Run</b>	<b>Bike</b>	<b>Run</b>	<b>REST DAY</b>	<b>Swim</b>	<b>Bike</b>
	<b>Warm Up :</b> 4 x 50 f/c L1 - L2 (R60) 4x 50p L2 (R60) <b>Main Set :</b> 400m timed (race pace) L4 - L5 record time for future reference  <b>Cool Down :</b> 100 p L2 <b>TOTAL: 900m</b>	<b>Warm Up :</b> 5min jog L1 and dynamic stretching <b>Main Set :</b> 3 min run L3 3 min jog recovery L1 <b>repeat x 3</b>  <b>Cool Down :</b> 5 min jog L1 and static stretching	<b>Warm Up :</b> 10 min spin L1 <b>Main Set :</b> 18 miles tempo ride L3  <b>Cool Down :</b> 10 min spin L1	<b>Warm Up :</b> 5min jog L1 and dynamic stretching <b>Main Set :</b> 30 secs hill reps 8 -10% jog back recovery <b>repeat x 8</b>  <b>Cool Down :</b> 5 min jog L1 and static stretching		<b>Warm Up :</b> 2 x 100 f/c L2(R20) 4 x 25k L2 (R30) <b>Main Set :</b> pull + bilateral breathing 50 m breathing every 3, 5, 7, 5, 3 strokes L3 (R20) 8x 25 sprints L4 (R20)  <b>Cool Down :</b> 100 f/c L1 <b>TOTAL: 850m</b>	<b>Warm Up :</b> 10 min spin L1 <b>Main Set :</b> 20 miles on hilly route L3 concentrating on gear selection & hydration / nutrition on flat sections of ride  <b>Cool Down :</b> 10 min spin L1

Week 6	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>Swim</b>	<b>Run</b>	<b>Bike / Run (Brick)</b>	<b>Run</b>	<b>REST DAY</b>	<b>Swim</b>	<b>Bike</b>
	<b>Warm Up :</b> 2 x 50 f/c L1 - L2 (R60) 1 x 50p L2 (R60) <b>Main Set :</b> 500m L2 - L3 every 4th length L4 - L5 (R120) 10 x 25 L4 (R15)  <b>Cool Down :</b> 100 p L2 <b>TOTAL: 1150m</b>	<b>Warm Up :</b> 5min jog L1 and dynamic stretching <b>Main Set :</b> 3 min run L3 3 min jog recovery L1 <b>repeat x 5</b>  <b>Cool Down :</b> 5 min jog L1 and static stretching	<b>Warm Up : Bike</b> 10 min spin L1 <b>Main Set :</b> 15 miles tempo ride L3 <b>Cool Down :</b> 10 min spin L1 <b>Run</b> 15 min L2 - L3  <b>Cool Down :</b> 5 min jog L1	<b>Warm Up :</b> 5min jog L1 and dynamic stretching <b>Main Set :</b> 1 min L3 jog back recovery L1 <b>repeat x 8</b>  <b>Cool Down :</b> 5 min jog L1 and static stretching		<b>Warm Up :</b> 2 x 100 f/c L2(R20) 4 x 25k L2 (R30) <b>Main Set :</b> pull + bilateral breathing 50 m breathing every 3, 5, 7, 9, 7, 5, 3 strokes L3 (R20) 10 x 25 sprints L4 (R20)  <b>Cool Down :</b> 100 f/c L1 <b>TOTAL: 1000m</b>	<b>Warm Up :</b> 10 min spin L1 <b>Main Set :</b> 15-18 miles on hilly route L3 concentrating on gear selection & hydration / nutrition on flat sections of ride <b>Cool Down :</b> 10 min spin L1

Week 7	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>Swim</b>	<b>Run</b>	<b>Bike</b>	<b>Run</b>	<b>REST DAY</b>	<b>Swim / Bike (Brick)</b>	<b>Bike</b>
	<b>Warm Up :</b> 4 x 50 f/c L1 - L2 (R60) 4x 50p L2 (R60) <b>Main Set :</b> 400m timed (race pace) L4 - L5 record time for future reference  <b>Cool Down :</b> 100 p L2 <b>TOTAL: 900m</b>	<b>Warm Up :</b> 5min jog L1 and dynamic stretching <b>Main Set :</b> 2 min run L3 2 min jog recovery L1 <b>repeat x 6</b>  <b>Cool Down :</b> 5 min jog L1 and static stretching	<b>Warm Up :</b> 10 min spin L1  <b>Main Set :</b> 18 miles tempo ride L3  <b>Cool Down :</b> 10 min spin L1	<b>Warm Up :</b> 5min jog L1 and dynamic stretching <b>Main Set :</b> 30 secs L4 30 secs L1 <b>repeat X 10</b>  <b>Cool Down :</b> 5 min jog L1 and static stretching		<b>Warm Up :</b> 2 x 50 f/c L2(R20) 2 x 25k L2 (R30) <b>Main Set :</b> 4 x 25 build L3 - L4 (R30) 400m L3 - L4 <b>Cool Down :</b> 100 p L1 <b>Bike</b> 8 - 10 miles L3  <b>Cool Down :</b> 10 min L1	<b>Warm Up :</b> 10 min spin L1  <b>Main Set :</b> 25 miles on hilly route L3 concentrating on gear selection & hydration / nutrition on flat sections of ride  <b>Cool Down :</b> 10 min spin L1

Week 8	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>Swim</b>	<b>Run</b>	<b>Bike</b>	<b>Swim / Transition</b>	<b>Run</b>	<b>REST DAY</b>	<b>Race Day</b>
TAPER WEEK UP TO RACE SUNDAY	<b>Warm Up :</b> 4 x 50 f/c L1 - L2 (R60) 4x 50p L2 (R60) <b>Main Set :</b> 10 x 25 L4 - L5 (R60)  <b>Cool Down :</b> 100 p L2 <b>TOTAL: 650m</b>	<b>Warm Up :</b> 5min jog L1 and dynamic stretching <b>Main Set :</b> 1 min run L4 1 min jog recovery L1 <b>repeat x 5</b>  <b>Cool Down :</b> 5 min jog L1 and static stretching	<b>Warm Up :</b> 10 min spin L1  <b>Main Set :</b> 10 miles L1 - L2  <b>Cool Down :</b> 10 min spin L1	<b>Warm Up :</b> 200p  <b>Main Set :</b> 5 x 25 L5 (R60)  <b>Cool Down :</b> 50 o/c L1  <b>Transition Practice</b> run in - T1 - bike out bike in - T2 - run out	<b>pre - race jog</b> 10 - 15 mins L1		