

MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1						
AM SWIM: 30 min ▶ Warm-up: 200 swim, 100 pull with buoy, 50 kick with board ▶ Main set: 4x200, 20 sec rest as (1) alternating 25 Fist Drill, 75 swim, (2) alternating 25 hard, 25 easy, (3) pull with buoy and breathe every 5 strokes, (4) build every 50 to sprint by end ▶ Cool-down: 100 <hr/> PM GYM: Core and stretching, 20 min	BIKE: Hills, 45 min ▶ Warm-up: 10 min easy spin, 5x(30 sec 100+ RPM, 30 sec easy) ▶ Main set: 2x5 min hill repeats on 4-8% grade. Alternate 2 min in saddle, 1 min out of saddle. Recover for 2 min easy in between repeats. ▶ 15 min at L3 on flat holding a high cadence (90+ RPM) <hr/> RUN OFF BIKE: L2, 15 min ▶ Super easy	AM SWIM: 45 min ▶ Warm-up: 200 swim, 2x50 as 25 side kick, 25 swim, 10 sec rest ▶ Main set (do two rounds total): 200 hard, 30 sec rest, 2x100 as 25 head-up water polo stroke, 25 steady swim, 20 sec rest, 4x50 build to sprint within 50, 15 sec rest, 100 easy recovery <hr/> PM RUN: L2, 45 min	AM BIKE: Intervals, 75 min ▶ Warm-up: 15 min easy spin ▶ Main set: 30 min intervals on rolling/flat terrain: 5 min at L3, 5 min spin easy at L2, 5x30 sec out-of-saddle sprints in a hard gear, 30 sec easy, 5 min at 100 RPM and L4, 5 min spin easy at L2, 5x45 sec seated high-cadence sprints, 15 sec easy ▶ Rest of ride easy <hr/> PM GYM: Core and stretching, 20 min	OFF	BIKE: Hills, 1.5 hrs ▶ Warm-up: 20 min including 5x15 sec out-of-saddle sprints in a hard gear with 45 sec recovery ▶ Main set: 2x10 min climbs (or 3x5 min depending on your hill), with 5 min easy recovery in between ▶ Rest of ride easy <hr/> RUN OFF BIKE: 20 min ▶ Warm-up: 5 min ▶ Main set: 10x(20 sec sprints on flat, 40 sec easy) ▶ Rest of run easy	RUN: L2, 60 min
WEEK 2						
AM SWIM: 40 min ▶ Warm-up: 5x100 as 50 Doggie Paddle Drill, 50 swim, 10 sec rest ▶ Main set: 400 alternating 50 hard, 50 easy, 20 sec rest, 300 pull (breathing every 5 strokes), 20 sec rest, 200 as 25 head-up water polo stroke, 75 steady swim, 20 sec rest, 100 sprint ▶ 8x25 kick HARD with board, 10 sec rest ▶ Cool-down: 100 easy <hr/> PM GYM: Core and stretching, 20 min	BIKE: Hills, 1.5 hrs ▶ Warm-up: 15 min easy ▶ Main set: 6x2 min climbs as odds seated, evens standing, with 2 min easy in between intervals ▶ 20 min on flat holding 100 RPM ▶ Rest of ride easy	AM SWIM: 50 min ▶ Warm-up: 600 swim building intensity every 100 ▶ Main set: 10x100 hard, 30 sec rest. Note time per 100 and try to hold consistent pace throughout. ▶ Cool-down: 200 easy <hr/> PM RUN: L2, 1 hr ▶ Warm-up: 10 min ▶ Main set: 5x3 min hill repeats, jog back recovery each time. Use strong form—stand with tall posture and keep a high cadence. ▶ Rest of run easy	BIKE: Intervals, 1 hr ▶ Warm-up: 5 min easy spin ▶ Main set: 20 min continuous intervals on rolling terrain or flat: 5 min at L3 and 60 RPM, 5 min spin easy at L2, 5 min at L4 and 100 RPM, 5x45 sec seated high-cadence sprints, 15 sec easy ▶ Rest of ride easy <hr/> RUN OFF BIKE: L2, 15 min ▶ Super easy	OFF	BIKE: L2, 2 hrs ▶ ALL easy	RUN: L2, 75 min