

MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 3						
AM SWIM: 45 min ▶ Warm-up: 2x(100 swim, 50 side kick, 100 pull) ▶ Main set: 3x400 with 30 sec rest as (1) alternating 50 Fist Drill, 50 easy, (2) build per 100 to finish at L4 effort, (3) go for it! ▶ Cool-down: 100 easy PM GYM: Core and stretching, 20 min	BIKE: Intervals, 75 min ▶ Warm-up: 10 min easy spin, 100 RPM cadence, 5x30 sec high-cadence sprints, 30 sec easy ▶ Main set: 4x8 min on flat terrain as alternating 1 min L3 and 60 RPM, 1 min L5 and 100 RPM ▶ 4 min easy between intervals RUN OFF BIKE: L2, 20 min	AM SWIM: 1 hr ▶ Warm-up: 400 swim, 8x50 as 25 Single Arm Drill, 25 swim, 10 sec rest ▶ Main set: (3 rounds) 100 sprint, 10 sec rest, 4x50 L3 with 5 sec rest, 1 min rest, 50 sprint, 10 sec rest, 200 L3, 50 easy recovery PM RUN: L2, 45 min ▶ After an easy 10 min warm-up, do 10x15 sec stride-outs where you build to a sprint with good form. Jog 45 sec easy between intervals.	AM BIKE: Intervals, 1.5 hrs ▶ Warm-up: 15 min easy spin ▶ Main set: 45 min continuous intervals on rolling terrain if possible. 5 min at L3 and 60 RPM, 5 min easy spin at L2, 5x30 sec high-cadence sprints, 30 sec easy. Repeat for 60 min. ▶ Rest of ride easy PM GYM: Core and stretching, 20 min	SWIM: 30 min ▶ 15x100 recovery as 50 choice (drill, kick or pull), 50 swim. 20 sec rest	BIKE: 2 hrs ▶ Warm-up: 20 min including 5x20 sec out-of-saddle sprints with 40 sec recovery ▶ Main set: 2x10 min climbs with 10 min easy spinning between sets ▶ 20 min continuous flat at 100 RPM and L3 ▶ Rest of ride easy RUN OFF BIKE: L2, 30 min	RUN: L2, 75 min ▶ Warm-up: 30 min easy L2 ▶ 6x2 min hill repeats, jog back recovery ▶ Rest of run easy
WEEK 4						
AM SWIM: 45 min ▶ Warm-up: 300 swim, 4x50 build to sprint, 10 sec rest ▶ Main set: 6x150 with 20 sec rest as odds tempo pull (breathing every 5 strokes if you can), evens as 50 hard swim, 50 Fist Drill, 50 hard swim ▶ Cool-down: 200 easy PM GYM: Core and stretching, 20 min	BIKE: Hills, 1.5 hrs ▶ Warm-up: 10 min easy spin 100 RPM cadence, 5 min at 60 RPM building to L3 ▶ Main set: (Two rounds total) 5x1 min climbs seated for first 45 sec, out of saddle for 15 sec, 2 min easy in between ▶ 10 min on flat at L4 holding 85-90 RPM, 5 min easy ▶ Rest of ride easy	AM SWIM: 1 hr ▶ Warm-up: 6x100 as 50 swim, 50 Catch-Up Drill, 10 sec rest ▶ Main set: (Two rounds total) 8x50 as odds sprint, evens easy, 20 sec rest, 400 at L3 effort, 30 sec rest ▶ Cool-down: 200 easy PM RUN: 1 hr ▶ Warm-up: 10 min ▶ Main set: (Two rounds total) 5x1 min hill sprints, jog back recovery, 2x0.5-mile repeats at L5, with 3 min easy jog in between intervals ▶ Rest of run easy	BIKE: Intervals, 75 min ▶ Warm-up: 15 min easy spin ▶ Main set: 2x20 min on rolling terrain as 10 min at L3 and 60 RPM, 5x30 sec seated high-cadence sprints, 30 sec easy, 5 min at L4 in gear of choice, 10 min easy in between sets ▶ Rest of ride easy RUN OFF BIKE: 30 min ▶ Warm-up: 5 min easy ▶ Main set: (Two rounds total) 10x20 sec sprints, 40 sec easy recovery on flat, straight into 5 min at L3 ▶ Rest of run easy	SWIM: 30 min ▶ Open-water swim including 10x30 sec hard efforts throughout	BIKE: 2.5 hrs ▶ Warm-up: 20 min easy ▶ Main set: 4x5 min seated climbs with 2 min easy between intervals ▶ 3x10 min continuous flat interval as 1 min at 60 RPM, 1 min at 100 RPM and L3 effort, 5 min easy in between ▶ Rest of ride easy RUN OFF BIKE: 30 min ▶ Warm-up: 5 min easy ▶ 3x5 min at L4 on flat, 2 min easy in between	RUN: L2, 75 min ▶ ALL super easy!
WEEK 5						
AM SWIM: 1 hr ▶ Warm-up: 800 choice ▶ Main set: 4x300, 45 sec rest as (1) alternating 50 Doggie Paddle Drill hard, 50 L3, (2) alternating 75 hard, 25 easy, (3) pull, breathing every 5 strokes, (4) ALL OUT! ▶ Cool-down: 200 easy PM GYM: Core and stretching, 20 min	BIKE: 75 min ▶ Warm-up: 10 min easy spin, 5x(30 sec hard, 30 sec easy) ▶ Main set: 3x12 min on rolling or flat terrain as 4 min at L3 and 60 RPM, 4 min at L4 and 100 RPM, 4 min giving it everything you've got in gear of choice, 4 min easy in between sets ▶ Rest of ride easy RUN OFF BIKE: 30 min ▶ 2x1 mile repeats L4, 2 min easy in between ▶ Rest of run easy	AM SWIM: 1 hr ▶ Warm-up: 4x150 as 50 swim, 50 kick with board, 50 pull, 10 sec rest ▶ Main set: 10x75 as 25 sprint, 25 easy, 25 sprint, 20 sec rest ▶ 6x100 at L4 effort, 20 sec rest ▶ Cool-down: 200-400 choice PM RUN: L2, 1 hr	BIKE: 1.5 hrs ▶ Warm-up: 15 min easy spin ▶ Main set: 60 min alternating 10 min at 60 RPM, 10 min at 100 RPM, rolling terrain ▶ Rest of ride easy	SWIM: 30 min ▶ Open-water swim including 10x30 sec hard efforts throughout swim	BIKE: 2.5 hrs ▶ Warm-up: 20 min building up pace to L3 ▶ Main set: 3x10 min intervals on rolling course as alternating 1 min just below L4, 1 min at L5 (cadence of choice!), 5 min easy in between sets ▶ Rest of ride easy RUN OFF BIKE: 30 min ▶ 4x0.5-mile repeats as hard as you can, 2 min easy in between, on flat ▶ Rest of run easy	RUN: 1 hr ▶ L2 for first 40 min then L3 for last 20 min, rolling terrain