

MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 6						
OFF: <i>Just stretch!</i>	AM SWIM: 30 min ▶ Warm-up: 300 swim ▶ Main set: 10x50 as 25 drill of choice, 25 steady swim, 10 sec rest ▶ 8x25 kick hard, 10 sec rest ▶ Cool-down: 100 easy <hr/> PM RUN: L2, 30 min ▶ Easy recovery run	BIKE: 1 hr ▶ Recovery spin on flat	AM SWIM: 30 min ▶ Warm-up: 400 choice ▶ Main set: 6x100 L4, 20 sec rest ▶ Cool-down: 200 easy <hr/> PM RUN: L2, 30 min	OFF: <i>Just stretch!</i>	BIKE: 45 min ▶ Warm-up: 10 min then 5x30 sec hard, 30 sec easy ▶ Main set: 5x2 min at race intensity, L4/5, 2 min easy in between intervals, rolling terrain ▶ Rest of ride easy RUN OFF BIKE: L2, 20 min ▶ Easy jog with 6x20 sec strides to loosen up	RACE DAY ▶ Do a 10-min bike, 10-min run and 5-min swim warm-up if possible. Include some race efforts to get the body prepared! GOOD LUCK!