





















WEEK 1 – WC 7 FEBRUARY

MON  Run – Interval (20mins)	TUE  Swim (800m)	WED  Cycle – Interval (40mins)	THU  Run – Log (28mins)	FRI	SAT  Long Ride (50mins)	SUN  Swim (800m)
<p>WARM UP: 12mins easy (run/walk)</p> <p>MAIN SET: 3mins Hard</p> <p>WARM DOWN: 5mins easy</p>	<p>WARM UP: 100m PULL Easy +30secs rest, 50m PULL Easy +15secs rest, 50m DRILL* in Easy +25secs rest.</p> <p>MAIN SET X3: 50m Free Style Hard +30secs rest, 50m KICK with float Easy +15secs rest. 100m PULL moderate +30secs rest.</p> <p>WARM DOWN: 50m Freestyle DRILL Easy +20secs rest, 50m Freestyle Easy +20secs rest, 50m KICK easy +20secs rest, 50m Backstroke Easy.</p>	<p>These bike sessions are relatively short and sharp, so they're ideal for a mid-week workout.</p> <p>WARM UP: 10mins easy cycling</p> <p>MAIN SET: 5x3mins efforts in Moderate to Hard (+2mins recoveries)</p> <p>WARM DOWN: 5mins Easy</p>	<p>Easy Run - nice and easy.</p> <p>Use a run/walk strategy if you need to - keep your intensity low</p>	<p>REST DAY</p>	<p>WARM UP: 5mins easy</p> <p>MAIN SET: 15, 12, 10mins all at moderate, with 90secs rests in easy.</p> <p>WARM DOWN: 5mins Easy</p>	<p>WARM UP: 100m PULL +20secs rest, 50m Breast stroke +10secs rest, 100m Freestyle +20secs rest, 50m breast stroke +10secs rest.</p> <p>MAIN SET: 4x100m as (50m DRILL*, 50m Freestyle) +30secs rests.</p> <p>WARM DOWN: 200m Freestyle breathe every 3 strokes.</p>

WEEK 2 – WC 14 FEBRUARY

MON  Run (20mins)	TUE  Swim (800m)	WED  Cycle (32mins)	THU  Run Long (30mins)	FRI	SAT  Long Ride (50mins)	SUN  Swim (1000m)
<p>WARM UP: 12mins easy (run/walk)</p> <p>MAIN SET: 3mins Moderate</p> <p>WARM DOWN: 5mins easy</p>	<p>WARM UP: 4x50m Freestyle +15secs rests</p> <p>MAIN SET: 4x100m Freestyle moderate +30secs rests</p> <p>WARM DOWN: 200m PULL easy breathe every 3 strokes.</p>	<p>WARM UP: 10mins easy</p> <p>MAIN SET: 3x2mins in Moderate+2mins recoveries easy</p> <p>WARM DOWN: 10mins easy</p>	<p>Easy Run, nice and easy. Use a run/walk strategy if you need to - keep your intensity low Easy Run, nice and easy.</p>	<p>REST DAY</p>	<p>WARM UP: 10mins easy, 5mins as (20secs in moderate, 40secs in low intensity).</p> <p>MAIN SET: 4x5mins at moderate with 60secs rests in low intensity. 3x3mins at the moderate +30secs rests.</p> <p>WARM DOWN: 5mins easy</p>	<p>WARM UP: 100m PULL +20secs rest, 50m breast stroke +10secs rest, 100m Freestyle +20secs rest, 50m breast stroke +10secs rest.</p> <p>MAIN SET: 6x100m as (50m DRILL*, 50m Freestyle) +30secs rests.</p> <p>WARM DOWN: 200m freestyle breathe every 3 strokes.</p>

WEEK 3 – WC 21 FEBRUARY

MON  Run (25mins)	TUE  Swim (900m)	WED  (35mins)	THU  Run (35mins)	FRI	SAT  Long Ride (56mins)	SUN  Swim (1000m)
<p>Steady run, easy pace. Preferably on hills and/or trails</p> <p>WARM UP: 3x100m Freestyle as (50m DRILL*/50m Freestyle) +15secs rests.</p> <p>MAIN SET: 300m PULL moderate +45secs rest, 200m freestyle moderate +30secs rest.</p> <p>WARM DOWN: 100m easy (50mDRILL*/50m Freestyle)</p>	<p>WARM UP: 10mins easy</p> <p>MAIN SET: 2x9mins moderate +2mins easy</p> <p>WARM DOWN: 5mins easy</p>	<p>WARM UP: 5mins jog Include three 100m accelerations from slow to approx. race pace.</p> <p>MAIN SET: Timed 5km Race or solo effort, run as fast as you can consistently maintain</p> <p>WARM DOWN: Soon after you finish, try and jog 5 mins. Then do 5mins of gentle stretching.</p>	<p>REST DAY</p>	<p>WARM UP: 15mins easy. 5mins as (20secs in moderate, 40secs in easy)</p> <p>MAIN SET: 6x5mins at moderate with 60secs rests in low intensity.</p> <p>WARM DOWN 5mins in low intensity</p>	<p>WARM UP: 50m Freestyle in easy +20secs tread water, 100m Freestyle easy +20secs tread water. 150m freestyle easy +20secs tread water, 200m Freestyle easy +20secs tread water.</p> <p>MAIN SET: - 3 x 100m freestyle moderate to hard but controlled efforts.</p> <p>Beach or deep water starts. Imagine they are race-starts.</p> <p>WARM DOWN: 2x100m freestyle easy +10secs rests</p>	<p>WARM UP: 10mins easy</p> <p>MAIN SET: 2x9mins moderate +2mins easy</p> <p>WARM DOWN: 5mins easy</p>
		<p>+</p>  Run (10mins)			<p>+</p>  run (15mins)	
		<p>As soon as you finish today's ride, slip your running shoes on and go for an easy jog</p>			<p>Run straight after today's cycle workout. As (5mins in moderate to hard, then 10mins easy)</p>	

WEEK 4 – WC 28 FEBRUARY

MON 
Run (25mins)

TUE 
Swim (1,100m)

WED 
Cycle 20km at target pace

THU 
Run (30mins)

FRI

SAT 
Long ride (56mins)

SUN 
Swim (1150m)

REST DAY

WARM UP:
5x50m freestyle in easy alternating (50m DRILL*/50m freestyle) +10secs rests.

MAIN SET:
750m freestyle moderate (race day practice), +45 secs rest.

WARM DOWN
All easy:
100m (50m backstroke, 50m breast stroke) +15secs rest.

WARM UP:
Ride for 5mins easy.
Ride 5mins as (10secs in moderate, 50secs in easy).

MAIN SET:
Ride 20km at your target triathlon race pace (moderate to hard). Time yourself out of interest.

WARM DOWN:
Ride for 10mins easy.

Easy Run, nice and easy. Use a run/walk strategy if you need to - keep your intensity low

REST DAY

WARM UP:
5mins in easy
5mins as (10secs in hard, 40secs in low intensity)

MAIN SET:
4x9mins at moderate, with 60secs rests in easy.

WARM DOWN
5mins in low easy

+



run (20mins)

Go at a steady/easy pace today.

WARM UP:
2x100m freestyle easy +10secs rests

MAIN SET:
750m freestyle moderate, look up every 1020- strokes to navigate. Include a few turns around a buoy. +60secs rest

WARM DOWN:
200m freestyle easy.

RACE WEEK – WC 7 MARCH

MON	TUE  Swim (1000m)	WED  Ride (30mins)	THU  Run (20mins)	FRI	SAT RACE DAY
REST DAY	<p>WARM UP: 100m Freestyle easy +10secs rest, 100m PULL easy +10secs rest, 100m as (50mBACK/50m breast stroke easy</p> <p>MAIN SET: 3x200m freestyle hard +30secs rest.</p> <p>WARM DOWN: 200m alternating (25mDRILL*/25FC).</p>	<p>WARM UP: Ride 15mins in easy</p> <p>MAIN SET: Ride 5 mins moderate to high</p> <p>WARM DOWN: Ride 10mins easy</p>	<p>WARM UP: 12mins easy.</p> <p>MAIN SET: 3mins hard.</p> <p>WARM DOWN: 5mins easy</p>	REST DAY	