









WEEK 1 – WC 12 SEPTEMBER

SUN  Run – Interval (20 mins)	MON  Swim – 800m	TUE  Cycle – Interval (40 mins)	WED  Run – Log (28 mins)	THU	FRI  Long Ride (50 mins)	SAT  Swim (800m)
<p>WARM UP: 12 mins easy (run/walk)</p> <p>MAIN SET: 3 mins Hard</p> <p>WARM DOWN: 5 mins easy</p>	<p>WARM UP: 100m PULL Easy + 30 secs rest, 50m PULL Easy +15 secs rest, 50m DRILL* in Easy + 25 secs rest.</p> <p>MAIN SET X3: 50m Free Style Hard +30 secs rest, 50m KICK with float Easy +15 secs rest. 100m PULL moderate +30 secs rest.</p> <p>WARM DOWN: 50m Freestyle DRILL Easy +20 secs rest, 50m Freestyle Easy +20 secs rest, 50m KICK easy +2 0secs 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: 10 mins easy cycling</p> <p>MAIN SET: 5x3 mins efforts in Moderate to Hard (+2 mins recoveries)</p> <p>WARM DOWN: 5 mins 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: 5 mins easy</p> <p>MAIN SET: 15, 12, 10 mins all at moderate, with 90 secs rests in easy.</p> <p>WARM DOWN: 5 mins Easy</p>	<p>WARM UP: 100m PULL +20 secs rest, 50m Breast stroke +10 secs rest, 100m Freestyle +20 secs rest, 50m breast stroke +10 secs rest.</p> <p>MAIN SET: 4x100m as (50m DRILL*, 50m Freestyle) + 30 secs rests.</p> <p>WARM DOWN: 200m Freestyle breathe every 3 strokes.</p>

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WEEK 2 – WC 19 SEPTEMBER

SUN  Run (20mins)	MON  Swim (800m)	TUE  Cycle (32mins)	WED  Run Long (30mins)	THU	FRI  Long Ride (50mins)	SAT  Swim (1000m)
<p>WARM UP: 12 mins easy (run/walk)</p> <p>MAIN SET: 3 mins Moderate</p> <p>WARM DOWN: 5 mins easy</p>	<p>WARM UP: 4x50m Freestyle + 15 secs rests</p> <p>MAIN SET: 4x100m Freestyle moderate +30 secs rests</p> <p>WARM DOWN: 200m PULL easy breath every 3 strokes.</p>	<p>WARM UP: 10 mins easy</p> <p>MAIN SET: 3x2 mins in Moderate + 2 mins recoveries easy</p> <p>WARM DOWN: 10 mins 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: 10 mins easy, 5 mins as (20 secs in moderate, 40 secs in low intensity).</p> <p>MAIN SET: 4x5 mins at moderate with 60 secs rests in low intensity. 3x3mins at the moderate +30 secs rests.</p> <p>WARM DOWN 5 mins easy</p>	<p>WARM UP: 100m PULL + 20 secs rest, 50m breast stroke + 10 secs rest, 100m Freestyle +20 secs rest, 50m breast stroke +10 secs rest.</p> <p>MAIN SET: 6x100m as (50m DRILL*, 50m Freestyle) + 30 secs rests.</p> <p>WARM DOWN: 200m freestyle breathe every 3 strokes.</p>

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WEEK 3 – WC 26 SEPTEMBER

SUN  Run (25mins)	MON  Swim (900m)	TUE  (35mins)	WED  Run (35mins)	THU	FRI  Long Ride (56mins)	SAT  Swim (1000m)
<p>Steady run, easy pace. Preferably on hills and/or trails</p>	<p>WARM UP: 3x100m Freestyle as (50m DRILL*/50m Freestyle) +15 secs rests.</p> <p>MAIN SET: 300m PULL moderate +45 secs rest, 200m freestyle moderate +30 secs rest.</p> <p>WARM DOWN: 100m easy (50mDRILL*/50m Freestyle)</p>	<p>WARM UP: 10 mins easy</p> <p>MAIN SET: 2x9 mins moderate + 2 mins easy</p> <p>WARM DOWN: 5 mins easy</p> <p style="text-align: center;">+</p> <div style="text-align: center;">  Run (10 mins) </div> <p>As soon as you finish today's ride, slip your running shoes on and go for an easy jog</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 style="text-align: center; color: #e91e63;">REST DAY</p>	<p>WARM UP: 15 mins easy. 5 mins as (20 secs in moderate, 40 secs in easy)</p> <p>MAIN SET: 6x5 mins at moderate with 60 secs rests in low intensity.</p> <p>WARM DOWN 5 mins in low intensity</p> <p style="text-align: center;">+</p> <div style="text-align: center;">  run (15 mins) </div> <p>Run straight after today's cycle workout. As (5mins in moderate to hard, then 10mins easy)</p>	<p>WARM UP. 50m Freestyle in easy +20 secs tread water, 100m Freestyle easy +20 secs tread water. 150m freestyle easy +20 secs tread water, 200m Freestyle easy +20 secs 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 + 10 secs rests</p>



WEEK 4 – WC 3 OCTOBER

SUN  Run (25mins)	MON  Swim (1,100m)	TUE  Cycle 20km at target pace	WED  Run (30mins)	THU	FRI  Long ride (56mins)	SAT  Swim (1150m)
<p>REST DAY</p>	<p>WARM UP: 5x50m freestyle in easy alternating (50m DRILL*/50m freestyle) +10 secs rests.</p> <p>MAIN SET: 750m freestyle moderate (race day practice), + 45 secs rest.</p> <p>WARM DOWN All easy: 100m (50m backstroke, 50m breast stroke) + 15 secs rest.</p>	<p>WARM UP: Ride for 5 mins easy. Ride 5 mins as (10 secs in moderate, 50 secs in easy).</p> <p>MAIN SET: Ride 20km at your target triathlon race pace (moderate to hard). Time yourself out of interest.</p> <p>WARM DOWN: Ride for 10 mins easy.</p>	<p>Easy Run, nice and easy. Use a run/walk strategy if you need to - keep your intensity low</p>	<p>REST DAY</p>	<p>WARM UP: 5 mins in easy 5 mins as (10 secs in hard, 40 secs in low intensity)</p> <p>MAIN SET: 4x9 mins at moderate, with 60 secs rests in easy.</p> <p>WARM DOWN 5mins in low easy</p> <p style="text-align: center;">+</p> <p style="text-align: center;"> run (20 mins)</p> <p>Go at a steady/easy pace today.</p>	<p>WARM UP. 2x100m freestyle easy + 10 secs rests</p> <p>MAIN SET: 750m freestyle moderate, look up every 1020- strokes to navigate. Include a few turns around a buoy. + 60 secs rest</p> <p>WARM DOWN: 200m freestyle easy.</p>

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RACE WEEK – WC 10 OCTOBER

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

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