

Sprint

Super Sprint

Monday	rest or swim swim: continuous swim 10 mins	rest or swim swim: continuous 10min swim
Tuesday	run 5k @RPE 3 you should be able to hold a conversation	run 3k RPE 3
Wednesday	swim WAC tri session: technique/swim	swim WAC tri session: technique/swim
Thursday	ride 30 mins: include 3 x 1mins of effort (RPE 8)	ride 30 mins: include 3 x 1mins of effort (RPE 8)
Friday	rest day	
Saturday	run 5k - consider a Parkrun	run 5k - consider ParkRun, mix it up run/ walk session
Sunday	ride for 60 mins pace needs to be even & steady RPE 4	ride for 30 - 45 mins pace needs to be steady & even, RPE 4