

Sprint

super sprint

Monday	rest or swim - 20 to 30 minutes continuous	rest or swim - 10 to 15 minutes continuous
Tuesday	run 30mins - chatting pace, make a note of the distance	run 20-30 minutes, chatting pace, note the distance
Wednesday	swimming technique - tri sesh	swimming technique - tri sesh
Thursday	bike 50mins - include 2 x 10 minutes higher intensity intervals consider how fast your legs are turning use easy gears, spin your legs	bike 50 mins - include 2 x 5 minutes higher intensity intervals use easy gears to spin your legs
Friday	rest	rest
Saturday	run - easy paced 50-60 minutes	run 40-60 minutes, easy pace
Sunday	bike - 90 minutes focus steady pace, smooth pedalling	bike - 60 minutes steady pace, smooth pedalling