

## Sprint

## super sprint

<b>Monday</b>	endurance paced continuous swim 30mins	endurance paced continuous swim for 20 - 30 mins
<b>Tuesday</b>	endurance run 40mins - you should be able to nose breathe & easily hold a conversation	endurance run 30mins - you should be able to nose breathe & hold a conversation
<b>Wednesday</b>	swimming technique - tri sesh	swimming technique - tri sesh
<b>Thursday</b>	bike 50 mins - include 2 x 15mins medium intensity efforts with 10min recovery in between	bike 50 mins - include 2 x 10mins medium intensity efforts with 10min recovery in between
<b>Friday</b>	rest	rest
<b>Saturday</b>	bike 30mins then EASY run for 10 mins this should be within 5-10 mins of getting off the bike	bike 30 mins then EASY run for 5-10mins this should be within 5-10 mins of getting off the bike
<b>Sunday</b>	bike - 75mins at steady, consistent pace	bike - 60 mins at steady, consistent pace