

## Sprint

## super sprint

<b>Monday</b>	endurance paced continuous swim 40mins	endurance paced continuous swim 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 60 mins: 5min warm up 1min hard, 2 min easy x 3 5 min recovery 15mins medium effort & 3mins recovery x 2 5mins cool down	bike 50 mins - include 2 x 10mins medium intensity efforts with 10min recovery in between
<b>Friday</b>	rest	rest
<b>Saturday</b>	bike - 70mins at steady, consistent pace	bike - 60 mins at steady, consistent pace
<b>Sunday</b>	run endurance 40 mins - as Tuesday	run endurance 40 mins - as Tuesday