

Sprint

super sprint

Monday	endurance paced continuous swim 30 mins	endurance paced continuous swim 25mins
Tuesday	flat & easy jog 40mins endurance ride 45mins = 5mins easy, 35mins constant pace, harder than w/up 5 mins cool down	flat & easy jog 30mins endurance ride 40mins = 5mins easy 30mins constant pace, harder than w/up 5mins cool down
Wednesday	swimming technique - tri sesh	swimming technique - tri sesh
Thursday	bike 45 mins: 3min warm up 1min high spin cadence (turn pedals quickly) 1min easy - perform x 3 10 mins high intensity effort 3 mins easy x 2 cool down 7mins	bike 40 mins: 5min warm up 1min high spin cadence (turn pedals quickly) 1min easy - perform x 3 7 mins high intensity effort 3 mins easy x 2 cool down 10mins
Friday	rest	rest
Saturday	flat, easy jog 40 mins	flat, easy jog 30 mins
Sunday	endurance bike 60 mins - comfortable 'riding all day' pace	endurance bike 60mins - comfortable 'riding all day' pace