

Sprint

super sprint

Monday	endurance paced continuous swim 40 mins	endurance paced continuous swim 40mins
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 alternative session 5min warm up 4 x 100m swim with 30 secs rest 5 min cool down	swimming technique - tri sesh alternative session 5 min warm up 2 x 50m swim with 20 secs rest 2 x 100m with 3 secs rest 5min cool down
Thursday	bike 60 mins: 3min warm up 1min high cadence spin (turning pedals round fast) 1 min easy 1 min high cadence spin 1 min easy 1min high cadence spin 2 min easy 15 minutes at RPE 6-7 5mins easy 15 mins at RPE 6-7 then cool down	bike 50 mins: 5min warm up 1min high spin cadence (turn pedals quickly) 1min easy - perform x 3 10mins at RPE 6-7 5 mins easy 10 mins at RPE 6-7 then cool down
Friday	rest	rest
Saturday	flat, easy jog 40 mins	flat, easy jog 30 mins
Sunday	endurance bike 90 mins - comfortable 'riding all day' pace	endurance bike 70 mins - comfortable 'riding all day' pace