

Sprint

super sprint

Monday	rest or 40 mins swim: 5 mins easy 4 x 5mins RPE 6 with 1 min recovery interval 5 mins easy	rest or swim 30mins: 5 mins easy 3 x 5 mins RPE with 1 min recovery interval 5 mins easy
Tuesday	bike - 50 mins easy pace use an easy gear with high cadence	bike - 50 mins easy pace use easy gear with high cadence
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	run 50mins 10 mins easy 4 x 6 mins RPE 6 with 2 mins recovery 8 mins cool down	run 40 mins 10 mins easy 3 x 6 mins RPE with 2 mins recovery 6 mins could down
Friday	rest	rest
Saturday	90 mins bike/run after a 10min warm-up 4 x 10mins RPE 6 with 2 mins recovery intervals 10 mins cool down then 20 mins run. It doesn't need to be a sprint, just do it within 5 mins of finishing bike	65 mins bike/run after a 10min warm-up 4 x 10mins RPE 6 with 2 mins recovery intervals 10 mins cool down then 10 mins run. It doesn't need to be a sprint, just do it within 5 mins of finishing bike
Sunday	run 45 mins easy pace (you can chatter & hold conversation)	run 30mins easy pace (chat & hold conversation pace)