





















# WEEK 1 - WC 13 JANUARY

<b>SUN</b>  Run - Interval (20mins)	<b>MON</b>  Swim - 800m	<b>TUE</b>  Cycle - Interval (40mins)	<b>WED</b>  Run - Log (28mins)	<b>THU</b>	<b>FRI</b>  Long Ride (50mins)	<b>SAT</b>  Swim (800m)
<p><b>WARM UP:</b> 12mins easy (run/walk)</p> <p><b>MAIN SET:</b> 3mins Hard</p> <p><b>WARM DOWN:</b> 5mins easy</p>	<p><b>WARM UP:</b> 100m PULL Easy +30secs rest, 50m PULL Easy +15secs rest, 50m DRILL* in Easy +25secs rest.</p> <p><b>MAIN SET X3:</b> 50m Free Style Hard +30secs rest, 50m KICK with float Easy +15secs rest. 100m PULL moderate +30secs rest.</p> <p><b>WARM DOWN:</b> 50m Freestyle DRILL Easy +20secs rest, 50m Freestyle Easy +20secs rest, 50m KICK easy +20secs rest, 50m Backstroke Easy.</p>	<p>These bike sessions are relatively short and sharp, so they're ideal for a mid-week workout.</p> <p><b>WARM UP:</b> 10mins easy cycling</p> <p><b>MAIN SET:</b> 5x3mins efforts in Moderate to Hard (+2mins recoveries)</p> <p><b>WARM DOWN:</b> 5mins Easy</p>	<p>Easy Run - nice and easy.</p> <p>Use a run/walk strategy if you need to - keep your intensity low</p>	<p><b>REST DAY</b></p>	<p><b>WARM UP:</b> 5mins easy</p> <p><b>MAIN SET:</b> 15, 12, 10mins all at moderate, with 90secs rests in easy.</p> <p><b>WARM DOWN:</b> 5mins Easy</p>	<p><b>WARM UP:</b> 100m PULL +20secs rest, 50m Breast stroke +10secs rest, 100m Freestyle +20secs rest, 50m breast stroke +10secs rest.</p> <p><b>MAIN SET:</b> 4x100m as (50m DRILL*, 50m Freestyle) +30secs rests.</p> <p><b>WARM DOWN:</b> 200m Freestyle breathe every 3 strokes.</p>








# WEEK 2 - WC 20 JANUARY

<b>SUN</b>  Run (20mins)	<b>MON</b>  Swim (800m)	<b>TUE</b>  Cycle (32mins)	<b>WED</b>  Run Long (30mins)	<b>THU</b>	<b>FRI</b>  Long Ride (50mins)	<b>SAT</b>  Swim (1000m)
<p><b>WARM UP:</b> 12mins easy (run/walk)</p> <p><b>MAIN SET:</b> 3mins Moderate</p> <p><b>WARM DOWN:</b> 5mins easy</p>	<p><b>WARM UP:</b> 4x50m Freestyle +15secs rests</p> <p><b>MAIN SET:</b> 4x100m Freestyle moderate +30secs rests</p> <p><b>WARM DOWN:</b> 200m PULL easy breathe every 3 strokes.</p>	<p><b>WARM UP:</b> 10mins easy</p> <p><b>MAIN SET:</b> 3x2mins in Moderate+2mins recoveries easy</p> <p><b>WARM DOWN:</b> 10mins easy</p>	<p>Easy Run, nice and easy. Use a run/walk strategy if you need to - keep your intensity low Easy Run, nice and easy.</p>	<p><b>REST DAY</b></p>	<p><b>WARM UP:</b> 10mins easy, 5mins as (20secs in moderate, 40secs in low intensity).</p> <p><b>MAIN SET:</b> 4x5mins at moderate with 60secs rests in low intensity. 3x3mins at the moderate +30secs rests.</p> <p><b>WARM DOWN:</b> 5mins easy</p>	<p><b>WARM UP:</b> 100m PULL +20secs rest, 50m breast stroke +10secs rest, 100m Freestyle +20secs rest, 50m breast stroke +10secs rest.</p> <p><b>MAIN SET:</b> 6x100m as (50m DRILL*, 50m Freestyle) +30secs rests.</p> <p><b>WARM DOWN:</b> 200m freestyle breathe every 3 strokes.</p>

# WEEK 3 - WC 27 JANUARY

<b>SUN</b>  Run (25mins)	<b>MON</b>  Swim (900m)	<b>TUE</b>  (35mins)	<b>WED</b>  Run (35mins)	<b>THU</b>	<b>FRI</b>  Long Ride (56mins)	<b>SAT</b>  Swim (1000m)
<p>Steady run, easy pace. Preferably on hills and/or trails</p>	<p><b>WARM UP:</b> 3x100m Freestyle as (50m DRILL*/50m Freestyle) +15secs rests.</p> <p><b>MAIN SET:</b> 300m PULL moderate +45secs rest, 200m freestyle moderate +30secs rest.</p> <p><b>WARM DOWN:</b> 100m easy (50mDRILL*/50m Freestyle)</p>	<p><b>WARM UP:</b> 10mins easy</p> <p><b>MAIN SET:</b> 2x9mins moderate +2mins easy</p> <p><b>WARM DOWN:</b> 5mins easy</p> <p style="text-align: center;">+</p> <div data-bbox="680 1023 974 1158" style="background-color: #f96; padding: 5px; text-align: center;">  Run (10mins)           </div> <p>As soon as you finish today's ride, slip your running shoes on and go for an easy jog</p>	<p><b>WARM UP:</b> 5mins jog Include three 100m accelerations from slow to approx. race pace.</p> <p><b>MAIN SET:</b> Timed 5km Race or solo effort, run as fast as you can consistently maintain</p> <p><b>WARM DOWN:</b> Soon after you finish, try and jog 5 mins. Then do 5mins of gentle stretching.</p>	<p>REST DAY</p>	<p><b>WARM UP:</b> 15mins easy. 5mins as (20secs in moderate, 40secs in easy)</p> <p><b>MAIN SET:</b> 6x5mins at moderate with 60secs rests in low intensity.</p> <p><b>WARM DOWN</b> 5mins in low intensity</p> <p style="text-align: center;">+</p> <div data-bbox="1561 1023 1854 1158" style="background-color: #f96; padding: 5px; text-align: center;">  run (15mins)           </div> <p>Run straight after today's cycle workout. As (5mins in moderate to hard, then 10mins easy)</p>	<p><b>WARM UP.</b> 50m Freestyle in easy +20secs tread water, 100m Freestyle easy +20secs tread water. 150m freestyle easy +20secs tread water, 200m Freestyle easy +20secs tread water.</p> <p><b>MAIN SET:</b> - 3 x 100m freestyle moderate to hard but controlled efforts.</p> <p>Beach or deep water starts. Imagine they are race-starts.</p> <p><b>WARM DOWN:</b> 2x100m freestyle easy +10secs rests</p>

# WEEK 4 - WC 3 FEBRUARY

SUN  Run (25mins)	MON  Swim (1,100m)	TUE  Cycle 20km at target pace	WED  Run (30mins)	THU	FRI  Long ride (56mins)	SAT  Swim (1150m)
<p><b>REST DAY</b></p>	<p><b>WARM UP:</b> 5x50m freestyle in easy alternating (50m DRILL*/50m freestyle) +10secs rests.</p> <p><b>MAIN SET:</b> 750m freestyle moderate (race day practice), +45 secs rest.</p> <p><b>WARM DOWN</b> All easy: 100m (50m backstroke, 50m breast stroke) +15secs rest.</p>	<p><b>WARM UP:</b> Ride for 5mins easy. Ride 5mins as (10secs in moderate, 50secs in easy).</p> <p><b>MAIN SET:</b> Ride 20km at your target triathlon race pace (moderate to hard). Time yourself out of interest.</p> <p><b>WARM DOWN:</b> Ride for 10mins easy.</p>	<p>Easy Run, nice and easy. Use a run/walk strategy if you need to - keep your intensity low</p>	<p><b>REST DAY</b></p>	<p><b>WARM UP:</b> 5mins in easy 5mins as (10secs in hard, 40secs in low intensity)</p> <p><b>MAIN SET:</b> 4x9mins at moderate, with 60secs rests in easy.</p> <p><b>WARM DOWN</b> 5mins in low easy</p> <p style="text-align: center;">+</p> <p style="text-align: center;"> run (20mins)</p> <p>Go at a steady/easy pace today.</p>	<p><b>WARM UP:</b> 2x100m freestyle easy +10secs rests</p> <p><b>MAIN SET:</b> 750m freestyle moderate, look up every 1020- strokes to navigate. Include a few turns around a buoy. +60secs rest</p> <p><b>WARM DOWN:</b> 200m freestyle easy.</p>

# RACE WEEK - WC 10 FEBRUARY

SUN	MON  Swim (1000m)	TUE  Ride (30mins)	WED  Run (20mins)	THU	FRI
REST DAY	<p><b>WARM UP:</b> 100m Freestyle easy +10secs rest, 100m PULL easy +10secs rest, 100m as (50mBACK/50m breast stroke easy</p> <p><b>MAIN SET:</b> 3x200m freestyle hard +30secs rest.</p> <p><b>WARM DOWN:</b> 200m alternating (25mDRILL*/25FC).</p>	<p><b>WARM UP:</b> Ride 15mins in easy</p> <p><b>MAIN SET:</b> Ride 5 mins moderate to high</p> <p><b>WARM DOWN:</b> Ride 10mins easy</p>	<p><b>WARM UP:</b> 12mins easy.</p> <p><b>MAIN SET:</b> 3mins hard.</p> <p><b>WARM DOWN:</b> 5mins easy</p>	REST DAY	RACE DAY