

Week 1 (7 hours)						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Rest Do not attempt to do anything. Relax and hang out with friends and family. Catch up with your support crew. 01h:01m</p>	<p>Swim 1450 Swimming 300 warm up (swim, pull, swim) 8x25 drill work on body rotation. one arm swimming, swim on side (fin drill) 3x100 in 2:30 or less 30 sec rest/ 100 6x25 in 45s or less 15 sec rest/25 8x25 kick (with fins) 300 cool down (w/ fins if needed) 00h:30m Run 39 Running Do 8x30 sec sprints w/ 2 minute recovery/ sprint do a complete warm up and cool to total time 00h:40m</p>	<p>Bike 1hr #1 Cycling Steady ride at a moderate aerobic intensity avg. 14-18mph RPE 7-10 01h:00m</p>	<p>Swim 1800 Swimming Either Open Water Swim for 40 minutes or 300 warm up (s,p,k) 1200 in 28min or less 300 cool down (use fins if needed) 00h:40m Run 50min Running Steady run at 10k pace: 00h:50m</p>	<p>Swim 1600 Swimming 8x25 drill work on the catch First drill pull water to and push toward your feet 4x150 as 50 easy, 25 hard 20sec rest/ 150 8x25 kick (use fins) 300 cool down 00h:40m Run 40 min Running Hold 5k pace After do 2x20 sec sprints w/ 40 sec recovery/ sprint 00h:45m</p>	<p>Bike 1hour 30min Cycling Steady ride at a moderate aerobic intensity avg. 14-18mph RPE 7/8:10 01h:30m</p>	<p>Bike 1h 5min Cycling Ride for a total time (1h 5min) with 8x 1min hill climbs. Either find a short hill or gear up and push for 1 min. you can take a spin class and add resistance to challenge yourself. 01h:15m</p>
Week 2 (6 hours)						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday