

	Session #1	Session #2	Session #3	Session #4
WEEK ONE	<p>Swim POOL 1,800m @ PE 5-8 Warm-up • 200m various strokes Main Session • 1,500m (200m drill, 300m FC @ PE 5-6; 200m drill, 2 x 150m FC @ PE 6-7; 200m drill, 3 x 100m FC @ PE 7-8) [Choose a drill from p97] • Take 20-30secs rest between sets Cool-down • 100m, your stroke choice</p> <p>BEGINNER ADAPTATION • Reduce drills down to 150m ADVANCED ADAPTATION • Increase drills up to 250m</p>	<p>Bike ROAD • 40-50km @ PE 6-7 • A consistent and steady effort. Include gentle climbs. Ride with a group if their ride suits your needs. Focus on smooth pedalling action.</p> <p>BEGINNER ADAPTATION • Aim for 35-40km ADVANCED ADAPTATION • Aim for 45-50km</p>	<p>Run TREADMILL/ROAD • 7-8km @ PE 6-8 • A consistent and steady effort. Keep the route mostly flat. Try new routes and include off-road terrain.</p> <p>BEGINNER ADAPTATION • Aim for 7km ADVANCED ADAPTATION • Aim for 8-9km</p>	<p>Swim POOL • 1,900m @ PE 5-8 Warm-up • 200m various strokes Main Session • 1,600m (300m drill, 200m FC, 150m FC, 100m FC, 50m FC, all @ PE 7-9; 300m drill, 200m FC, 150m FC, 100m FC, 50m FC, all @ PE 7-9) [Choose a drill from p97] • Take 20-30secs rest between sets Cool-down • 100m, your stroke choice</p> <p>BEGINNER ADAPTATION • Reduce drills down to 200m ADVANCED ADAPTATION • Increase Main Session to 250m, 200m, 150m, 100m</p>
WEEK TWO	<p>Swim POOL • 1,800m @ PE 5-8 Warm-up • 200m various strokes Main Session • 1,500m (200m drill, 300m FC @ PE 5-6; 200m drill, 2 x 150m FC @ PE 6-7; 200m drill, 3 x 100m FC @ PE 7-8) [Choose a drill from p97] • Take 20-30secs rest between sets Cool-down • 100m, your stroke choice</p> <p>BEGINNER ADAPTATION • Reduce drills down to 150m ADVANCED ADAPTATION • Increase drills up to 250m</p>	<p>Bike ROAD • 50km @ PE 6-7 • A consistent and steady effort. Include gentle climbs. Ride with a group if their ride suits your needs. Focus on smooth pedalling action.</p> <p>BEGINNER ADAPTATION • Aim for 45km ADVANCED ADAPTATION • Aim for 55km</p>	<p>Run TREADMILL/ROAD • 8km @ PE 6-8 • A consistent and steady effort. Keep the route mostly flat. Try new routes and include off-road terrain. Increase effort slightly for kms 4 & 5.</p> <p>BEGINNER ADAPTATION • Aim for 7km ADVANCED ADAPTATION • Aim for 9km</p>	<p>Bike GROUP RIDE • 45mins @ PE 5-8 Warm-up • 5mins @ PE 5-6 Main Session • 7 x (1min increased rpm @ PE 8; 4mins recovery @ PE 6) Cool-down • 5mins @ PE 5</p> <p>BEGINNER ADAPTATION • Complete 6 x Main Session. ADVANCED ADAPTATION • Complete 8 x Main Session.</p>
WEEK THREE	<p>Swim POOL • 1,900m @ PE 5-8 Warm-up • 200m various strokes Main Session • 1,600m (300m drill, 200m FC, 150m FC, 100m FC, 50m FC, all @ PE 7-9; 300m drill, 200m FC, 150m FC, 100m FC, 50m FC, all @ PE 7-9) [Choose a drill from p97] • Take 20-30secs rest between sets Cool-down • 100m, your stroke choice</p> <p>BEGINNER ADAPTATION • Reduce drills down to 200m ADVANCED ADAPTATION • Increase Main Session to 250m, 200m, 150m, 100m</p>	<p>Bike ROAD • 50-55km @ PE 6-7 • A consistent and steady effort. Include gentle climbs. Ride with a group if their ride suits your needs. Focus on smooth pedalling action.</p> <p>BEGINNER ADAPTATION • Aim for 45km ADVANCED ADAPTATION • Aim for 55km</p>	<p>Run TREADMILL/ROAD • 8-9km @ PE 6-8 • A consistent and steady effort. Keep the route mostly flat. Try new routes and include off-road terrain. Increase effort slightly for kms 3, 5 & 7.</p> <p>BEGINNER ADAPTATION • Aim for 8km ADVANCED ADAPTATION • Aim for 10km</p>	<p>Run TREADMILL/TRACK • 45mins @ PE 6-8 Warm-up • 5mins @ PE 5-7. Include short increases in speed Main Session • 4 x (3mins high cadence @ PE 8; 6mins recovery @ PE 6) Cool-down • 5mins @ PE 5</p> <p>BEGINNER ADAPTATION • Change Main Session to 4 x (2mins high cadence @ PE 8; 5mins recovery @ PE 6) ADVANCED ADAPTATION • Change Main Session to 4 x (4mins high cadence @ PE 8; 5mins recovery @ PE 6)</p>
WEEK FOUR	<p>Swim POOL • 1,800m @ PE 5-8 Warm-up • 200m various strokes Main Session • 1,500m (200m drill, 300m FC @ PE 5-6; 200m drill, 2 x 150m FC @ PE 6-7; 200m drill, 3 x 100m FC @ PE 7-8) [Choose a drill from p97] • Take 20-30secs rest between sets Cool-down • 100m, your stroke choice</p> <p>BEGINNER ADAPTATION • Reduce drills down to 150m ADVANCED ADAPTATION • Increase drills up to 250m</p>	<p>Bike ROAD • 50km @ PE 6-7 • A consistent and steady effort. Include some gentle climbs. Ride with a group if their ride suits your needs. Focus on smooth pedalling action.</p> <p>BEGINNER ADAPTATION • Aim for 45km ADVANCED ADAPTATION • Aim for 55km</p>	<p>Run TREADMILL/ROAD • 8km @ PE 6-8 • A consistent and steady effort. Keep the route mostly flat. Try new routes and include off-road terrain. Increase effort slightly for kms 4 & 5.</p> <p>BEGINNER ADAPTATION • Aim for 7km ADVANCED ADAPTATION • Aim for 9km</p>	<p>Swim POOL • 1,800m @ PE 5-8 Warm-up • 200m various strokes Main Session • 1,500m (300m drill, 4 x 200m FC @ PE 7; 4 x 100m FC @ PE 8) [Choose a drill from p97] • Take 20-30secs rest between sets Cool-down • 100m, your stroke choice</p> <p>BEGINNER ADAPTATION • Complete only 2 x 100m @ PE 8 ADVANCED ADAPTATION • Complete 6 x 100m @ PE 8</p>

	Session #1	Session #2	Session #3	Session #4
WEEK FIVE	<p>Swim POOL • 2,100m @ PE 5-8 Warm-up • 200m various strokes Main Session • 1,800m as: 300m drill, 2 x 300m FC @ PE 5-8 increasing pace in final 50m, 6 x 100m @ PE 8, 300m drill, 2 x 300m FC @ PE 5-8 increasing pace in final 50m, 6 x 100m @ PE 8. Take 20-30secs rest between sets. [Choose a drill from p103] Cool-down • 100m your choice of stroke BEGINNER ADAPTATION • Reduce drills down to 200m ADVANCED ADAPTATION • Complete 8 x 100m @ PE 8 in each set</p>	<p>Bike ROAD • 50km @ PE 6-8. Your long ride of the week at a steady effort. Try to include some more challenging climbing this month. Ride with a group if their ride suits your needs. Focus on body posture when out of the saddle, be relaxed and let the bike sway. BEGINNER ADAPTATION • Aim for 40-45km ADVANCED ADAPTATION • Aim for 50-55km and include hill reps</p>	<p>Run TREADMILL/TRACK • 45mins @ PE 6-8 Warm-up • 5mins @ PE 5-7 include short increases in speed Main Session • 5 x [2mins high cadence @ PE 8, 1min hard run @ PE 9, 4mins recovery @ PE 6] Cool-down • 5mins @ PE 5 BEGINNER ADAPTATION • Increase recovery time by 1min ADVANCED ADAPTATION • Change main set to 6 x (2mins high cadence @ PE 8, 1min hard run @ PE 9, 3mins recovery @ PE 6)</p>	<p>Swim POOL • 1,500m time trial. A timed effort against the clock. Swim as hard as you can to achieve the best possible time. Do this in a controlled environment that allows you to repeat at a later stage. Note: include a 200m warm-up prior to the TT and cool-down afterwards</p>
WEEK SIX	<p>Swim POOL • 2,200m @ PE 5-8 Warm-up • 200m various strokes Main Session • 300m drill followed by 4 x [100m kick only, 100m pull only, 200m FC @ PE 7]. Take 20-30secs rest between each 400m set. [Choose a drill from p103] Cool-down • 100m your choice of stroke BEGINNER ADAPTATION • Reduce the FC down to 150m ADVANCED ADAPTATION • Increase the Kick and Pull up to 150m</p>	<p>Bike ROAD/GYM • 40km time trial. A timed effort against the clock. Ride as hard as you can to achieve the best possible time. Do this in a controlled environment that allows you to repeat at a later stage. Note: include a 10min warm-up prior to the TT and cool-down afterwards</p>	<p>Run TREADMILL/ROAD • 9-10km @ PE 6-8. A consistent and steady effort. It's beneficial to take the runs off road at this time of year. Increase effort slightly for kms 3, 5 & 7. BEGINNER ADAPTATION • Aim for 9km ADVANCED ADAPTATION • Aim for 10km and include more climbing</p>	<p>Bike ROAD/GYM • 45mins @ PE 5-8 Warm-up • 5mins @ PE 5-6 Main Session • 6 x [1min seated climb simulation @ PE 8, 1min standing climb simulation @ PE 8, 4mins recovery @ PE 6] Cool-down • 5mins @ PE 5 BEGINNER ADAPTATION • Complete 5 x main set ADVANCED ADAPTATION • Reduce recovery by 30secs</p>
WEEK SEVEN	<p>Swim POOL • 3,300m @ PE 5-8 Warm-up • 200m various strokes Main Session • 300m drill, 2 x 300m FC @ PE 5-8 increasing pace in final 50m, 6 x 100m @ PE 8, 300m drill, 2 x 300m FC @ PE 5-8 increasing pace in final 50m, 6 x 100m @ PE 8. Take 20-30secs rest between sets. [Choose a drill from p103] Cool-down • 100m your choice of stroke BEGINNER ADAPTATION • Reduce drills down to 200m ADVANCED ADAPTATION • Complete 8 x 100m @ PE 8 in each set</p>	<p>Bike ROAD • 60km @ PE 6-8. Your long ride of the week at a steady effort. Try to include some more challenging climbing this month. Ride with a group if their ride suits your needs. Focus on body posture when out of the saddle, be relaxed and let the bike sway. BEGINNER ADAPTATION • Aim for 50km ADVANCED ADAPTATION • Aim for 60-65km and include hill reps</p>	<p>Run TREADMILL/TRACK • 45mins @ PE 6-8 Warm-up • 5mins @ PE 5-7 include short increases in speed Main Session • 5 x [2mins high cadence @ PE 8, 1min hard run @ PE 9, 4mins recovery @ PE 6] Cool-down • 5mins @ PE 5 BEGINNER ADAPTATION • Increase recovery time by 1min ADVANCED ADAPTATION • Change main set to 6 x [2mins high cadence @ PE 8, 1min hard run @ PE 9, 3mins recovery @ PE 6].</p>	<p>Bike TREADMILL/ROAD • 10km time trial. A timed effort against the clock. Run as hard as you can to achieve the best possible time. Do this in a controlled environment that allows you to repeat at a later stage. Note: include a 5-8min warm-up prior to the TT and cool-down afterwards</p>
WEEK EIGHT	<p>Swim POOL • 2,200m @ PE 5-8 Warm-up • 200m various strokes Main Session • 300m drill followed by 4 x [100m kick only, 100m pull only, 200m FC @ PE 7]. Take 20-30secs rest between each 400m set. [Choose a drill from p103] Cool-down • 100m your choice of stroke BEGINNER ADAPTATION • Reduce the FC down to 150m ADVANCED ADAPTATION • Increase the Kick and Pull up to 150m</p>	<p>Bike ROAD • 50km @ PE 6-8. Your long ride of the week at a steady effort. Try to include some more challenging climbing this month. Ride with a group if their ride suits your needs. Focus on body posture when out of the saddle, be relaxed and let the bike sway. BEGINNER ADAPTATION • Aim for 40-45km ADVANCED ADAPTATION • Aim for 50-55km and include hill reps</p>	<p>Run TREADMILL/ROAD • 10km @ PE 6-8. A consistent and steady effort. It's beneficial to take the runs off road at this time of year. Increase effort slightly for kms 3, 5 & 7. BEGINNER ADAPTATION • Aim for 9km ADVANCED ADAPTATION • Aim for 11km and include more climbing</p>	<p>Bike GYM/ROAD • 45mins @ PE 5-8 Warm-up • 5mins @ PE 5-6 Main Session • 6 x [1min seated climb simulation @ PE 8, 1min standing climb simulation @ PE 8, 4mins recovery @ PE 6] Cool-down • 5mins @ PE 5 BEGINNER ADAPTATION • Complete 5 x main session ADVANCED ADAPTATION • Reduce recovery by 30secs</p>

KEY: FC = Front crawl; Kick = Kickboard & legs only; Pull = Pull buoy in between legs & arms only

	Session #1	Session #2	Session #3	Session #4
WEEK NINE	<p>Swim</p> <p>POOL</p> <ul style="list-style-type: none"> • 1,950m @ PE 5-9 <p>Warm-up</p> <ul style="list-style-type: none"> • 200m various strokes <p>Main Session</p> <ul style="list-style-type: none"> • 1,650m as: 300m drill [Choose a drill from p105], 5 x 200m pull only @ PE 7, 100m @ PE 9, 5 x 50m @ PE 9. Take 20-30secs rest between sets. <p>Cool-down</p> <ul style="list-style-type: none"> • 100m your choice of stroke <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Remove 5 x 50m from end <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Complete 8 x 50m @ PE 9 at end 	<p>Bike</p> <p>ROAD</p> <ul style="list-style-type: none"> • 55-60km @ PE 6-8. Your long ride of the week at a steady effort. Make the routes hilly and challenging. Combine climbing efforts both in and out of saddle. Include some 'overgearing' during climbing. <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Aim for 40-45km <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Aim for 60-65km 	<p>Run</p> <p>TREADMILL/TRACK</p> <ul style="list-style-type: none"> • 50mins @ PE 5-9 <p>Warm-up</p> <ul style="list-style-type: none"> • 5mins @ PE 5-7, include short increases in speed <p>Main Session</p> <ul style="list-style-type: none"> • 5 x [1min @ PE 9 on 4% incline, 3mins recovery @ PE 6] 4 x [2mins @ PE 8 on 2% incline, 3mins recovery @ PE 6] <p>Cool-down</p> <ul style="list-style-type: none"> • 5mins @ PE 5 <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Include an extra 20-30secs on the recovery time <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Increase the incline gradient 	<p>Swim</p> <p>POOL</p> <ul style="list-style-type: none"> • 2,400m @ PE 5-9 <p>Warm-up</p> <ul style="list-style-type: none"> • 200m various strokes <p>Main Session</p> <ul style="list-style-type: none"> • 300m drill [Choose a drill from p105] followed by 2 x [400m @ PE 7, 300m @ PE 8, 200m @ PE 9]. Take 20secs rest between sets <p>Cool-down</p> <ul style="list-style-type: none"> • 100m your choice of stroke <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Reduce the PE of each effort <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Include 4 x 50m @ PE 9 at end
WEEK TEN	<p>Swim</p> <p>POOL</p> <ul style="list-style-type: none"> • 2,100m @ PE 5-9 <p>Warm-up</p> <ul style="list-style-type: none"> • 200m various strokes <p>Main Session</p> <ul style="list-style-type: none"> • 300m drill [Choose a drill from p105] followed by 15 x 100m @ PE 8-9. Take 20secs rest between sets. Aim to swim at a pace approx 5-10secs quicker than time-trial pace <p>Cool-down</p> <ul style="list-style-type: none"> • 100m your choice of stroke <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Aim for 12 x 100m <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Aim for 18 x 100m 	<p>Bike</p> <p>ROAD/GYM</p> <ul style="list-style-type: none"> • 50mins @ PE 5-9 <p>Warm-up</p> <ul style="list-style-type: none"> • 5mins @ PE 5-6 <p>Main Session</p> <ul style="list-style-type: none"> • 8 x [60-90secs in big gear holding 90-100rpm @ PE 8-9, 3mins 30secs recovery @ PE 6] <p>Cool-down</p> <ul style="list-style-type: none"> • 5mins @ PE 5 <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Aim for the 60secs each time <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Aim for the 90secs each time 	<p>Run</p> <p>ROAD</p> <ul style="list-style-type: none"> • 11-12km @ PE 6-8. A focus of this run is that it should be rolling with hills. Continue making the run off-road. Increase effort slightly for kms 3, 5, 7 & 9. <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Aim for 11km <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Aim for 12km and include some steep hills 	<p>Run</p> <p>TREADMILL/ROAD</p> <ul style="list-style-type: none"> • 8-10km @ PE 7-8. A tempo run at a consistent pace approx 10-15secs slower per km than race pace. <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Aim for 8km and keep it flat <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Don't choose a completely flat route
WEEK ELEVEN	<p>Swim</p> <p>POOL</p> <ul style="list-style-type: none"> • 2,350m @ PE 5-9 <p>Warm-up</p> <ul style="list-style-type: none"> • 200m various strokes <p>Main Session</p> <ul style="list-style-type: none"> • 300m drill [Choose a drill from p105] followed by 5 x [200m pull only @ PE 7, 100m @ PE 9]; 5 x 50m @ PE 9. Take 20-30secs rest between sets <p>Cool-down</p> <ul style="list-style-type: none"> • 100m your choice of stroke <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Remove 5 x 50m from end <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Complete 8 x 50m @ PE 9 at end 	<p>Bike</p> <p>ROAD</p> <ul style="list-style-type: none"> • 60km @ PE 6-8. Your long ride of the week at a steady effort. Make the routes hilly and challenging. Combine climbing efforts both in and out of saddle. Include some 'overgearing' during climbing. <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Aim for 50km <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Aim for 70km 	<p>Run</p> <p>TREADMILL/RUN</p> <ul style="list-style-type: none"> • 50mins @ PE 5-9 <p>Warm-up</p> <ul style="list-style-type: none"> • 5mins @ PE 5-7 include short increases in speed <p>Main Session</p> <ul style="list-style-type: none"> • 5 x [1min @ PE 9 on 4% incline, 3mins recovery @ PE 6] 4 x [2mins @ PE 8 on 2% incline, 3mins recovery @ PE 6] <p>Cool-down</p> <ul style="list-style-type: none"> • 5mins @ PE 5 <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Include an extra 20-30secs on the recovery time <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Increase the incline gradient 	<p>Bike</p> <p>GYM/ROAD</p> <ul style="list-style-type: none"> • 50mins @ PE 5-9 <p>Warm-up</p> <ul style="list-style-type: none"> • 5mins @ PE 5-6 <p>Main Session</p> <ul style="list-style-type: none"> • 8 x [60-90secs in big gear holding 90-100rpm @ PE 8-9, 3:30mins recovery @ PE 6] <p>Cool-down</p> <ul style="list-style-type: none"> • 5mins @ PE 5 <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Aim for the 60secs each time <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Aim for the 90secs each time
WEEK TWELVE	<p>Swim</p> <p>POOL</p> <ul style="list-style-type: none"> • 2,400m @ PE 5-9 <p>Warm-up</p> <ul style="list-style-type: none"> • 200m various strokes <p>Main Session</p> <ul style="list-style-type: none"> • 300m drill [Choose a drill from p105] followed by 2 x [400m @ PE 7, 300m @ PE 8, 200m @ PE 9]. Take 20secs rest between sets <p>Cool-down</p> <ul style="list-style-type: none"> • 100m your choice of stroke <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Reduce the RPE of each effort. <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Include 4 x 50m @ PE 9 at end. 	<p>Bike</p> <p>GYM/ROAD</p> <ul style="list-style-type: none"> • 50mins @ PE 5-9 <p>Warm-up</p> <ul style="list-style-type: none"> • 5mins @ PE 5-6 <p>Main Session</p> <ul style="list-style-type: none"> • 8 x [60-90secs in big gear holding 90-100rpm @ PE 8-9, 3:30mins recovery @ PE 6] <p>Cool-down</p> <ul style="list-style-type: none"> • 5mins @ PE 5 <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Aim for the 60secs each time <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Aim for the 90secs each time 	<p>Run</p> <p>TREADMILL/ROAD</p> <ul style="list-style-type: none"> • 11-13km @ PE 6-8. A focus of this run is that it should be rolling with hills. Continue making the run off-road. Increase effort slightly for kms 3, 5, 7 & 9 <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Aim for 11km <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Aim for 13km and include some steep hills 	<p>Run</p> <p>TREADMILL/ROAD</p> <ul style="list-style-type: none"> • 8-10km @ PE 7-8. A tempo run at a consistent pace approx 10-15secs slower per km than race pace. <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Aim for 8km and keep it flat <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Don't choose a completely flat route

KEY: RPM = Revs per minute (bike); Pull only = Pull buoy in between legs & arms only

	Session #1	Session #2	Session #3	Session #4
WEEK 13	<p>Swim POOL</p> <ul style="list-style-type: none"> • 2,400m @ PE 5-9 <p>Warm-up</p> <ul style="list-style-type: none"> • 200m various strokes <p>Main Session</p> <ul style="list-style-type: none"> • 300m drill [adapt a drill from p105], 300m pull only @ PE 7, 6 x 100m @ PE 8-9, 300m pull only @ PE 7, 6 x 100m @ PE 8-9. Take 20-30secs rest between sets <p>Cool-down</p> <ul style="list-style-type: none"> • 100m your choice of stroke <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Reduce to 5 x 100m <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Increase to 400m pull 	<p>Bike ROAD</p> <ul style="list-style-type: none"> • 60km @ PE 6-8. Your long ride of the week at a steady effort. Make the routes hilly and challenging. Combine climbing efforts both in and out of saddle. Include some 'overgearing' during climbing. <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Aim for 50km <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Increase the number of hills 	<p>Run TREADMILL/ROAD</p> <ul style="list-style-type: none"> • 12km @ PE 6-8. Your long run of the week at a steady effort. Include a 20min section of hill repeats, and sprint the hills at a high intensity with recovery on the way back down. <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Aim for 11km <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Choose the toughest climbs possible 	<p>Swim POOL</p> <ul style="list-style-type: none"> • 1,500m time trial. A timed effort against the clock. Swim as hard as you can to achieve the best possible time. Do this in a controlled environment. Repeat from Base Phase 2 - if possible, in the same pool. <p>• Note: include a 200m warm-up prior to the TT and a cool-down afterwards</p>
WEEK 14	<p>Swim POOL</p> <ul style="list-style-type: none"> • 2,400m @ PE 5-9 <p>Warm-up</p> <ul style="list-style-type: none"> • 200m various strokes <p>Main Session</p> <ul style="list-style-type: none"> • 300m drill [adapt a drill from p105], 3 x 300m @ PE 8, 2 x 300m @ PE 8-9, 3 x 100m @ PE 9. Aim to swim at time-trial pace. Take 20secs rest between sets <p>Cool-down</p> <ul style="list-style-type: none"> • 100m your choice of stroke <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Increase rest to 30secs <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Increase to 6 x 100m efforts 	<p>Bike ROAD/GYM</p> <ul style="list-style-type: none"> • 40km time trial. A timed effort against the clock. Ride as hard as you can to achieve the best possible time. Do this in a controlled environment. Repeat from Base Phase 2 - if possible, in the same location. <p>• Note: include a 10min warm-up prior to the TT and a cool-down afterwards</p>	<p>Run TREADMILL/ROAD</p> <ul style="list-style-type: none"> • 50mins @ PE 5-9 <p>Warm-up</p> <ul style="list-style-type: none"> • 5mins @ PE 5-7; include short bursts of increased speed <p>Main Session</p> <ul style="list-style-type: none"> • 5 x [4mins @ PE 8 on 2% incline, 1min @ PE 9 on 1% incline, 3mins recovery @ PE 6] <p>Cool-down</p> <ul style="list-style-type: none"> • 5mins @ PE 5 <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Include an extra 1min recovery <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Increase the incline gradient 	<p>Bike ROAD</p> <ul style="list-style-type: none"> • 60km @ PE 6-8. Your long ride of the week at a steady effort. Include a section of hill repeats and climb at a high intensity. Climb both in and out of saddle. Include some 'overgearing' during climbing. <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Aim for 50km <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Increase the number of hill reps
WEEK 15	<p>Swim POOL</p> <ul style="list-style-type: none"> • 2,400m @ PE 5-9 <p>Warm-up</p> <ul style="list-style-type: none"> • 200m various strokes <p>Main Session</p> <ul style="list-style-type: none"> • 300m drill [adapt a drill from p105] followed by 300m pull only @ PE 7, 6 x 100m @ PE 8-9, 300m pull only @ PE 7, 6 x 100m @ PE 8-9. Take 20-30secs rest between sets <p>Cool-down</p> <ul style="list-style-type: none"> • 100m your choice of stroke <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Remove 6 x 100m from end <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Complete 8 x 50m @ PE 9 at end 	<p>Bike ROAD</p> <ul style="list-style-type: none"> • 60mins @ PE 5-9 <p>Warm-up</p> <ul style="list-style-type: none"> • 10mins @ PE 5-6 <p>Main Session</p> <ul style="list-style-type: none"> • 5 x [2mins seated climb @ 90-100rpm @ PE 8, 2mins standing climb @ 70-80rpm @ PE 8-9, 5mins steady @ PE 7] <p>Cool-down</p> <ul style="list-style-type: none"> • 5mins @ PE 5 <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Reduce to 4 x main session <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Use highest possible gear 	<p>Run TREADMILL/ROAD</p> <ul style="list-style-type: none"> • 12km @ PE 6-8. Your long run of the week at a steady effort. Include a 20min section of hill repeats and sprint the hills at a high intensity with recovery on the way back down. <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Aim for 11km <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Choose the toughest climbs possible 	<p>Run TREADMILL/ROAD</p> <ul style="list-style-type: none"> • 10km <p>TIME-TRIAL</p> <p>A timed effort against the clock. Run as hard as you can to achieve the best possible time. Do this in a controlled environment. Repeat from Base Phase 2 - if possible, in the same location.</p> <p>• Note: include a 5-8min warm-up prior to the TT and a cool-down afterwards</p>
WEEK 16	<p>Swim POOL</p> <ul style="list-style-type: none"> • 2,400m @ PE 5-9 <p>Warm-up</p> <ul style="list-style-type: none"> • 200m various strokes <p>Main Session</p> <ul style="list-style-type: none"> • 300m drill [adapt a drill from p105] followed by 3 x 300m @ PE 8, 3 x 200m @ PE 8-9, 3 x 100m @ PE 9. Take 20secs rest between sets. Aim to swim at time-trial pace. <p>Cool-down</p> <ul style="list-style-type: none"> • 100m your choice of stroke <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Increase rest to 30secs <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Increase to 6 x 100m efforts at end 	<p>Bike ROAD</p> <ul style="list-style-type: none"> • 60km @ PE 6-8. Your long ride of the week at a steady effort. Include a section of hill repeats and climb at a high intensity. Climb both in and out of saddle. Include some 'overgearing' during climbing. <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Aim for 50km <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Increase the number of hill reps 	<p>Run TREADMILL/ROAD</p> <ul style="list-style-type: none"> • 50mins @ PE 5-9 <p>Warm-up</p> <ul style="list-style-type: none"> • 5mins @ PE 5-7; include short bursts of increased speed <p>Main Session</p> <ul style="list-style-type: none"> • 5 x [4mins @ PE 8 on 2% incline, 1min @ PE 9 on 1% incline, 3mins recovery @ PE 6] <p>Cool-down</p> <ul style="list-style-type: none"> • 5mins @ PE 5 <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Include an extra 1min recovery time <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Increase the incline gradient 	<p>Bike GYM/ROAD</p> <ul style="list-style-type: none"> • 60mins @ PE 5-9 <p>Warm-up</p> <ul style="list-style-type: none"> • 10mins @ PE 5-6 <p>Main Session</p> <ul style="list-style-type: none"> • 5 x [2mins seated climb @ 90-100rpm @ PE 8, 2mins standing climb @ 70-80rpm @ PE 8-9, 5mins steady @ PE 7] <p>Cool-down</p> <ul style="list-style-type: none"> • 5mins @ PE 5 <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Reduce to 4 x main session <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Use highest possible gear

KEY: RPM = Revs per minute (bike); Pull only = Pull buoy in between legs & use arms only

	Session #1	Session #2	Session #3	Session #4
WEEK 17	<p>Swim</p> <p>POOL</p> <ul style="list-style-type: none"> • 2,400m @ PE 5-9 <p>Warm-up</p> <ul style="list-style-type: none"> • 200m various strokes <p>Main Session</p> <ul style="list-style-type: none"> • 300m drill [adapt a drill from p107] followed by 2 x [150m, breathe every four strokes, 150m pull only, 2 x 300m @ PE 8]. Take 20-30secs rest between sets. <p>Cool-down</p> <ul style="list-style-type: none"> • 100m your choice of stroke <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Reduce to 2 x 250m @PE 8 <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Breathe every 5 strokes 	<p>Bike</p> <p>ROAD</p> <ul style="list-style-type: none"> • 50km @ PE 7-9. Your long ride of the week. Once warmed-up, include 2 x 12km sections at race-pace intensity, with a 5min recovery between them. Practise moving your body into an aerodynamic position. <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Include 2 x 10km efforts <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Include 2 x 15km efforts 	<p>Run</p> <p>TREADMILL/ROAD</p> <ul style="list-style-type: none"> • 50mins @ PE 5-9 <p>Warm-up</p> <ul style="list-style-type: none"> • 5mins @ PE 5-7, include short increases in speed <p>Main Session</p> <ul style="list-style-type: none"> • 5 x [1min @ PE 7, 6mins @ PE 8-9, 1min complete rest] <p>Cool-down</p> <ul style="list-style-type: none"> • 5mins @ PE 5 <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Increase rest time to 90secs <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Decrease rest time to 30secs 	<p>Swim</p> <p>POOL</p> <ul style="list-style-type: none"> • 2,400m at PE 5-9 <p>Warm-up</p> <ul style="list-style-type: none"> • 200m various strokes <p>Main Session</p> <ul style="list-style-type: none"> • 300m drill [adapt a drill from p107]. 3 x [600m @ PE 7-8, first and last 100m swum at higher intensity]. Take 40secs rest between sets. <p>Cool-down</p> <ul style="list-style-type: none"> • 100m various strokes <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Reduce to 3 x 500m <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Reduce rest to 30secs
WEEK 18	<p>Swim</p> <p>POOL</p> <ul style="list-style-type: none"> • 2,100m @ PE 5-9 <p>Warm-up</p> <ul style="list-style-type: none"> • 200m various strokes <p>Main Session</p> <ul style="list-style-type: none"> • 300m drill [adapt a drill from p107], followed by 2 x [150m @ PE 8-9. Take 20secs rest between sets. <p>Cool-down</p> <ul style="list-style-type: none"> • 100m your choice of stroke <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Increase rest to 30secs <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Reduce rest to 15secs 	<p>Bike</p> <p>ROAD/GYM</p> <ul style="list-style-type: none"> • 60mins @ PE 5-9 <p>Warm-up</p> <ul style="list-style-type: none"> • 5mins @ PE 5-7 <p>Main Session</p> <ul style="list-style-type: none"> • 6 x [5mins @ PE 8, 3mins steady @ PE 6] <p>Cool-down</p> <ul style="list-style-type: none"> • 5mins @ PE 5 <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Reduce to 5 x main session <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Increase to 5mins @ PE 9 in main session 	<p>Run</p> <p>TREADMILL/ROAD</p> <ul style="list-style-type: none"> • 12km @ PE 6-8. Your long run of the week at a steady effort. Once warmed-up, include 3 x 2km sections at race pace (PE 8) intensity with 1km @ PE 6 recovery inbetween. <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Aim for 3 x 1km at race pace <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Aim for 3 x 3km at race pace 	<p>Bike/Run Brick</p> <p>ROAD</p> <ul style="list-style-type: none"> • 70mins @ PE 6-8 <p>Warm-up</p> <ul style="list-style-type: none"> • 5-6min run @ PE 6 <p>Main Session</p> <ul style="list-style-type: none"> • 3 x [12min bike @ PE 7, 6min run @ PE 8, 2mins complete rest] <p>Cool-down</p> <ul style="list-style-type: none"> • 5min run @ PE 5 <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Reduce main session to 3 x 10min bike, 5min run <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Increase bike to @ PE 8-9
WEEK 19	<p>Swim</p> <p>POOL</p> <ul style="list-style-type: none"> • 2,400m @ PE 5-9 <p>Warm-up</p> <ul style="list-style-type: none"> • 200m various strokes <p>Main Session</p> <ul style="list-style-type: none"> • 300m drill [adapt a drill from p107] followed by 2 x [150m breathe every four strokes, 150m pull only, 2 x 300m @ PE 8]. Take 20secs rest between sets. <p>Cool-down</p> <ul style="list-style-type: none"> • 100m your choice of stroke <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Reduce to 2 x 250m @ PE 8 <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Breathe every 5 strokes 	<p>Bike</p> <p>ROAD</p> <ul style="list-style-type: none"> • 50km @ PE 7-9. Your long ride of the week. Once warmed-up, include 2 x 12km sections at race-pace intensity (PE 8-9), with a 5min recovery between them. Practise moving your body into an aerodynamic position. <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Include 2 x 10km efforts <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Include 2 x 15km efforts 	<p>Run</p> <p>TREADMILL/ROAD</p> <ul style="list-style-type: none"> • 50mins @ PE 5-9 <p>Warm-up</p> <ul style="list-style-type: none"> • 5mins @ PE 5-7, include short increases in speed <p>Main Session</p> <ul style="list-style-type: none"> • 5 x [1min @ PE 7, 6mins @ PE 8-9, 1min complete rest] <p>Cool-down</p> <ul style="list-style-type: none"> • 5mins @ PE 5 <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Increase rest time to 90secs <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Decrease rest time to 30secs 	<p>Swim</p> <p>POOL</p> <ul style="list-style-type: none"> • 2,400m @ PE 5-9 <p>Warm-up</p> <ul style="list-style-type: none"> • 200m various strokes <p>Main Session</p> <ul style="list-style-type: none"> • 300m drill [adapt a drill from p107]. 3 x [600m @ PE 7-8, first and last 100m at increased pace]. Take 40secs rest between sets. <p>Cool-down</p> <ul style="list-style-type: none"> • 100m your choice of stroke <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Reduce to 3 x 500m @ PE 7-8 <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Reduce rest to 30secs
WEEK 20	<p>Swim</p> <p>POOL</p> <ul style="list-style-type: none"> • 2,100m @ PE 5-9 <p>Warm-up</p> <ul style="list-style-type: none"> • 200m various strokes <p>Main Session</p> <ul style="list-style-type: none"> • 300m drill [adapt a drill from p107] followed by 15 x 100m @ PE 8-9. 20secs rest between sets. <p>Cool-down</p> <ul style="list-style-type: none"> • 100m your choice of stroke <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Increase rest to 30secs <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Reduce rest to 15secs 	<p>Bike</p> <p>ROAD/GYM</p> <ul style="list-style-type: none"> • 60mins @ PE 5-9 <p>Warm-up</p> <ul style="list-style-type: none"> • 5mins @ PE 5-7 <p>Main Session</p> <ul style="list-style-type: none"> • 6 x [5mins @ PE 8-9, 3mins steady @ PE 6]. <p>Cool-down</p> <ul style="list-style-type: none"> • 5mins @ PE 5 <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Reduce to 5 x main session <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Increase to 5mins @ PE 9 in main session 	<p>Run</p> <p>TREADMILL/ROAD</p> <ul style="list-style-type: none"> • 12km @ PE 6-8. Your long run of the week at a steady effort. Once warmed-up, include 3 x 2km sections at race-pace (@ PE 8) intensity with a 1km @ PE 6 recovery inbetween. <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Aim for 3 x 1km at race pace <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Aim for 3 x 3km at race pace 	<p>Bike/Run Brick</p> <p>ROAD</p> <ul style="list-style-type: none"> • 60mins @ PE 5-8 <p>Warm-up</p> <ul style="list-style-type: none"> • 5min run @ PE 6 <p>Main Session</p> <ul style="list-style-type: none"> • 30km bike @ PE 7, 6km run @ PE 7-8 <p>Cool-down</p> <ul style="list-style-type: none"> • 5min run @ PE 5 <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Reduce run main session to PE 6-7 <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Increase bike main session to PE 8-9

KEY: All swim sets are front crawl unless specified; Pull only = Pull buoy in between legs & use arms only

	Session #1	Session #2	Session #3	Session #4
WEEK 21	<p>Swim POOL</p> <ul style="list-style-type: none"> • 2,400m @ PE 5-9 <p>Warm-up</p> <ul style="list-style-type: none"> • 200m various strokes <p>Main Session</p> <ul style="list-style-type: none"> • 300m drill [adapt a drill from p119] followed by 200m breathing every 4-5 strokes, 400m @ PE 7-8, 200m pull only, 400m @ PE 7-8, 200m sighting every 4-6 strokes, 400m @ PE 7-8. Take 30sec rest between sets. <p>Cool-down</p> <ul style="list-style-type: none"> • 100m various strokes <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Increase rest time to 45secs <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Swim 400m efforts @ PE 8-9 	<p>Bike ROAD</p> <ul style="list-style-type: none"> • 50km @ PE 7-9. Your long ride of the week. Once warmed-up, include 2 x 15km sections at race-pace intensity, with a 5min recovery between them. Practise moving your body into an aerodynamic position. <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Include 2 x 12km efforts <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Include 2 x 20km efforts 	<p>Run TREADMILL/ROAD</p> <ul style="list-style-type: none"> • 60mins @ PE 5-9 <p>Warm-up</p> <ul style="list-style-type: none"> • 5mins @ PE 5-7, include short increases in speed <p>Main Session</p> <ul style="list-style-type: none"> • 6 x [1.2km @ PE 8, 1min rest] <p>Cool-down</p> <ul style="list-style-type: none"> • 5mins @ PE 5 <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Aim for PE 7 in main session <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Decrease rest time to 45secs 	<p>Swim POOL</p> <ul style="list-style-type: none"> • 1,500m time trial. A timed effort against the clock. Swim as hard as you can to achieve the best possible time. Do this in a controlled environment - ideally the same pool in which you did the TT from the Build Phase 2 session (issue 322), so you can compare results. <p>Note: include a 200m warm-up before the TT and a cool-down afterwards</p>
WEEK 22	<p>Swim POOL</p> <ul style="list-style-type: none"> • 2,400m @ PE 5-9 <p>Warm-up</p> <ul style="list-style-type: none"> • 200m various strokes <p>Main Session</p> <ul style="list-style-type: none"> • 300m drill [adapt a drill from p119], followed by 6 x 100m @ PE 8-9, 600m @ PR 7, 6 x 100m @ PE 8-9. Take 20sec rest between sets. <p>Cool-down</p> <ul style="list-style-type: none"> • 100m various strokes <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Increase rest to 30secs <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Reduce rest to 15secs 	<p>Bike ROAD/GYM</p> <ul style="list-style-type: none"> • 40km time trial. A timed effort against the clock. Ride as hard as you can to achieve the best possible time. Do this in a controlled environment - ideally the same as where you did the TT from the Build Phase 2 session (issue 322), so you can compare results. <p>Note: include a 10min warm-up before the TT and a cool-down afterwards</p>	<p>Run TREADMILL/ROAD</p> <ul style="list-style-type: none"> • 12km @ PE 6-8. Your long run of the week. Complete as 2 x 6km efforts, gradually increasing the pace over the first km of each, next 5km @ PE 8. Take 3-4min recovery between each set. <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Aim to match TT pace <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Aim for 1km/h above TT pace 	<p>Bike/Run Brick GYM</p> <ul style="list-style-type: none"> • 75mins @ PE 6-8 <p>Warm-up</p> <ul style="list-style-type: none"> • 5-6min run @ PE 6 <p>Main Session</p> <ul style="list-style-type: none"> • 2 x [20min bike @ PE 7-8, 10min run @ PE 8, 2min complete rest] <p>Cool-down</p> <ul style="list-style-type: none"> • 5min run @ PE 5 <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Reduce main session to 2 x 15min bike, 10min run <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Complete as close as possible to TT pace
WEEK 23	<p>Swim POOL</p> <ul style="list-style-type: none"> • 2,400m @ PE 5-9 <p>Warm-up</p> <ul style="list-style-type: none"> • 200m various strokes <p>Main Session</p> <ul style="list-style-type: none"> • 300m drill [adapt a drill from p119] followed by 200m breathing every 4-5 strokes, 400m @ PE 7-8, 200m pull only, 400m @ PE 7-8, 200m sighting every 4-6 strokes, 400m @ PE 7-8. Take 30sec rest between sets. <p>Cool-down</p> <ul style="list-style-type: none"> • 100m various strokes <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Increase rest time to 45secs <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Swim 400m efforts @ PE 8-9 	<p>Bike GYM</p> <ul style="list-style-type: none"> • 60mins @ PE 5-9 <p>Warm-up</p> <ul style="list-style-type: none"> • 5mins @ PE 5-7 <p>Main Session</p> <ul style="list-style-type: none"> • 4 x [10mins @ 2-3km/h above TT pace, 2mins @ PE 5]. <p>Cool-down</p> <ul style="list-style-type: none"> • 5mins @ PE 5 <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Aim to match TT pace <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Aim for 4km/h above TT pace 	<p>Run TREADMILL/ROAD</p> <ul style="list-style-type: none"> • 60mins @ PE 5-9 <p>Warm-up</p> <ul style="list-style-type: none"> • 5mins @ PE 5-7, include short increases in speed <p>Main Session</p> <ul style="list-style-type: none"> • 6 x [1.2km @ PE 8, 1min rest] <p>Cool-down</p> <ul style="list-style-type: none"> • 5mins @ PE 5 <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Aim for PE 7 in main session <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Decrease rest time to 45secs 	<p>Run TREADMILL/ROAD</p> <ul style="list-style-type: none"> • 10km time trial. A timed effort against the clock. Run as hard as you can to achieve the best possible time. Do this in a controlled environment - ideally the same as where you did the TT from the Build Phase 2 session (issue 322), so you can compare results. <p>Note: include a 5-8min warm-up before the TT and a cool-down afterwards</p>
WEEK 24	<p>Swim POOL</p> <ul style="list-style-type: none"> • 2,400m @ PE 5-9 <p>Warm-up</p> <ul style="list-style-type: none"> • 200m various strokes <p>Main Session</p> <ul style="list-style-type: none"> • 300m drill [adapt a drill from p119], followed by 6 x 100m @ PE 8-9, 600m @ PR 7, 6 x 100m @ PE 8-9. Take 20sec rest between sets. <p>Cool-down</p> <ul style="list-style-type: none"> • 100m various strokes <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Increase rest to 30secs <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Reduce rest to 15secs 	<p>Bike GYM</p> <ul style="list-style-type: none"> • 60mins @ PE 5-9 <p>Warm-up</p> <ul style="list-style-type: none"> • 5mins @ PE 5-7 <p>Main Session</p> <ul style="list-style-type: none"> • 4 x [10mins @ 2-3km/h above TT pace, 2mins @ PE 5]. <p>Cool-down</p> <ul style="list-style-type: none"> • 5mins @ PE 5 <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Aim to match TT pace <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Aim for 4km/h above TT pace 	<p>Run TREADMILL/ROAD</p> <ul style="list-style-type: none"> • 12km @ PE 6-8. Your long run of the week. Complete as 2 x 6km efforts, gradually increasing the pace over the first km of each, next 5km @ PE 8. Take 3-4min recovery between each set. <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Aim to match TT pace <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Aim for 1km/h above TT pace 	<p>Bike/Run Brick ROAD</p> <ul style="list-style-type: none"> • 150mins @ PE 6-8 <p>Warm-up</p> <ul style="list-style-type: none"> • 5min run @ PE 6 <p>Main Session</p> <ul style="list-style-type: none"> • 40km bike @ PE 7-8, 10km run @ PE 7-8 <p>Cool-down</p> <ul style="list-style-type: none"> • 5min run @ PE 5 <p>BEGINNER ADAPTATION</p> <ul style="list-style-type: none"> • Reduce run main session to PE 7 <p>ADVANCED ADAPTATION</p> <ul style="list-style-type: none"> • Complete as close as possible to TT pace

KEY: All swim sets are front crawl unless specified; Pull only = Pull buoy in between legs & use arms only; TT = time trial