




 Rest Day


 IN 2400m Head Positioning/Breathing/Descending Ladder
1:00:00
2400 m
 Warm Up:
 2x
 (100 Swim
 100 Pull
 50 Choice)
 Technique Set:
 12x25 Swim - 7/10 Effort
 Breath...
 P: Aim to keep this session to 1 hour.
 If you feel you can not complete the whole set within the h...





 2x 20 Minutes Z2 into 10 Minutes Z3
1:25:00
79 TSS
 Warm Up:
 10 Minutes Easy Spinning
 Main Set:
 2x
 (20 Minutes Z2, 'Easy' Effort (5-7/10 Effo...
 P: This session is a progression on the Zone 3 bike session from week 1. The lengths of the efforts...




 30 mins Z2 + 4x30 Second strides
0:52:30
45 TSS
 Warm Up:
 10 Minute Easy Jog/Walk
 Main Set:
 30 Minutes Z2 (5-7/10 Effort)
 5x
 30 Seconds Fa...
 P: Another easy run to build your aerobic endurance. Finishing off with some 30 second efforts again...





 Strength
1:00:00
40 TSS


 55 Minute Base Endurance with 1 Minute Threshold
0:55:00
40 TSS
 Warm Up:
 Ramp in 3 Minute Blocks up to 75-80% FTP
 Main Set:
 3x
 (10 Minutes Z2, 'Easy' Effor...
 P: This midweek ride has an aerobic focus but includes the possibility of some short threshold based...





+


 IN 2250m Breathing / Pull-Swim 100s
1:00:00
2250 m
 Warm Up:
 200 Swim
 100 Kick
 200 Choice
 Technique Set:
 10x75 Pull - 6/10 Effort Breathe eve...
 P: This session focuses on what you are doing with your breathing compared to how your body sits in ...




 3x1k on/off Tempo Efforts
8.00 km
60 TSS
 Warm Up:
 1KM Easy Jogging
 Main Set:
 3x
 (1K Z3, 'Tempo' (7-8/10 Effort), 1K Easy(5-7/10 Effo...
 P: This session builds on the previous tempo run efforts you have done but this time changes it up a...



 100 Minute Base Endurance with 1 Minute Threshold
1:39:00
73 TSS
 Warm Up:
 18 Minutes of 3 Minute Increasing Efforts as a ramp from 50% to 80% (3/10 ->6-7/10 Effo...
 P: Very similar to your session during the week, this ride is a progression in the fact that it is a...



 20 mins Z2 + 4x30 Second strides
0:42:30
33 TSS
 Warm Up:
 10 Minute Easy Jog/Walk
 Main Set:
 20 Minutes Z2 (5-7/10 Effort)
 5x
 30 Seconds Fas...
 P: Slowly get into this run off the bike. Let your legs loosen slowly. This will reduce the risk of ...

