











MON	TUE	WED	THU	FRI	SAT	SUN
Day 92	93	94	95	96	97	98
 Rest Day	 AD 2600m Catch Positioning/Pull-Swim 100s 1:00:00 50 TSS Warm Up: 100 Choice 200 Swim 300 Pull Technique Set: 12x50 Pull - 5/10 Effort Do this set... P: This session is all about setting your arm up during extension in the best way ready to begin you...	 1 Hour Z2 with Strides 1:15:00 80 TSS Warm Up: 5 Minute Easy Jog Main Set: 1 Hour Z2 (5-7/10 Effort) 5x (30 Seconds Build to Fas... P: Because of the excessive strain you put on yourself during yesterday's bike session, today's run ...	 Strength 1:00:00 40 TSS  90 Minute Base Endurance with 1 Minute Threshold 1:33:00 68 TSS Warm Up: Ramp in 3 Minute Blocks up to 75-80% FTP Main Set: 6x (10 Minutes Z2, 'Easy' Effo... P: The same session as last week with 1 more short effort. Just like last week, if your heart rate g...	 AD 2550m Catch Positioning/Distance Pyramid 1:00:00 45 TSS Warm Up: 200 Pull 200 Swim 200 Kick Technique Set: 6x100 Pull - 6/10 Effort Once you have... P: This is the first session where you are going to think about how to make your arms propel yoursel...	 3x4 Minutes Threshold, 2 Minutes Active Recovery 0:33:00 29 TSS Warm Up: 5 Minute Easy Jog Main Set: 3x 4 Minutes Z4, 'Threshold' pace (8-9/10 Effort) 2 M... P: Your run efforts session for this week is going to be at a slightly higher intensity than last we...	 3x15 Minutes Tempo with Reducing Recovery 1:25:00 87 TSS Warm Up: 15 Minutes Easy Spinning Main Set: 15 Minutes Z3, 'Tempo' Effort (7-8/10 Effort) 1... P: This Sunday ride is going to be a build on last weekend's ride. The efforts are slightly longer a...
	 Vo2 Ramp 100-120% 1:17:00 77 TSS Warm Up: 15 Minutes Easy Spinning 5 Minutes Low Z2, 'Easy' Effort (5-6/10 Effort) 4 Minutes ... P: The effort focuses today are going to be on the bike. This one is going to take some mental grit...					 Easy 50 Minute Run 0:50:00 54 TSS Main Set: 45 Minute Easy Run (5-7/10 Effort) Cool Down: 5 Minutes gradually slowing down int... P: Go straight into a Zone 2 effort off the bike. Don't like the perception of speed allow you to ...