



Workout Plan Weeks 1 - 4

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Week 1	7-Mar	8-Mar	9-Mar	10-Mar	11-Mar	12-Mar	13-Mar
Acclimation 1	Rest Day	BIKE - 1 hour Spin the legs easy, Zone 1-2	RUN - 30 mins Short Speed Work, Accelerate for 1 minute on minutes 5, 10, 15, 20 and 25.	Rest Day	SWIM - 30 mins Drills - 1,000 yards	LONG BIKE - 1 Hour Easy Endurance Pace, Zone 2	SWIM - 1 hour Drills - 1,200 yards LONG RUN - 20 mins Conversational Pace
Week 2	14-Mar	15-Mar	16-Mar	17-Mar	18-Mar	19-Mar	20-Mar
Acclimation 2	Rest Day	BIKE - 1 hour Spin the legs Zone 1-2	RUN - 30 mins Short Speed Work Accelerate for the last 5 minutes, 25-30.	Rest Day	SWIM - 30 mins Drills - 1,000 yards	LONG BIKE - 1 Hour Easy Endurance Pace, Zone 2	SWIM - 1 hour Drills - 1,400 yards LONG RUN - 25 mins Conversational Pace
Week 3	21-Mar	22-Mar	23-Mar	24-Mar	25-Mar	26-Mar	27-Mar
Acclimation 3	Rest Day	BIKE - 1 hour Spin the legs, Zone 1-2	RUN - 30 mins Short Hill Work Find a short hill and do 10 repeats.	Rest Day	SWIM - 30 mins Drills - 1,000 yards	LONG BIKE - 1 Hour Easy Endurance Pace, Zone 2	SWIM - 1 hour Drills - 1,200 yards LONG RUN - 30 mins Conversational Pace
Week 4	28-Mar	29-Mar	30-Mar	31-Mar	1-Apr	2-Apr	3-Apr
Acclimation 4	Rest Day	BIKE - 1 hour Practice Hills Find a small hill, not too steep, practicing ascending and descending comfortably.	RUN - 45 mins Short Speed Work Accelerate for 5 minutes from 20-25 and again from 40-45.	Rest Day	SWIM - 30 mins Drills - 1,000 yards	LONG BIKE - 1 Hour Easy Endurance Pace, Zone 2	SWIM - 1 hour Drills - 1,400 yards LONG RUN - 35 mins Conversational Pace