

220 TRIATHLON

**6 MONTH IRONMAN BASE
TRAINING PLAN**

PART 1 – BUILDING BLOCKS

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
	REST-DAY	REST-DAY	REST-DAY	REST-DAY
MON				
TUE	<p>SWIM</p> <p>INTERVAL</p> <ul style="list-style-type: none"> Total = 1,000m Main set 6 x 50m @ PE 8 	<p>SWIM</p> <p>INTERVAL</p> <ul style="list-style-type: none"> Total = 1,000m Main set 4 x 100m @ PE 8 	<p>SWIM</p> <p>INTERVAL</p> <ul style="list-style-type: none"> Total = 1,200m Main set 8 x 50m @ PE 8 	<p>SWIM</p> <p>INTERVAL</p> <ul style="list-style-type: none"> Total = 1,200m Main set 5 x 100m @ PE 8
WED	<p>BIKE</p> <p>TEMPO</p> <ul style="list-style-type: none"> 40mins Main set 2 x 8mins @ PE 7-8 	<p>BIKE</p> <p>INTERVAL</p> <ul style="list-style-type: none"> 40mins Main set 6 x 2mins @ PE 8 	<p>BIKE</p> <p>TEMPO</p> <ul style="list-style-type: none"> 45mins Main set 2 x 10mins @ PE 7-8 	<p>BIKE</p> <p>INTERVAL</p> <ul style="list-style-type: none"> 45m Main set 7 x 2mins @ PE 8-9
THURS	<p>RUN</p> <p>INTERVAL</p> <ul style="list-style-type: none"> 35mins Main set 4 x 2mins @ PE 8-9 	<p>RUN</p> <p>TEMPO</p> <ul style="list-style-type: none"> 35mins Main set 2 x 6mins @ PE 7-8 	<p>RUN</p> <p>INTERVAL</p> <ul style="list-style-type: none"> 40mins Main set 5 x 2mins @ PE 8-9 	<p>RUN</p> <p>TEMPO</p> <ul style="list-style-type: none"> 40mins Main set 2 x 7mins @ PE 7-8
FRI	<p>SWIM</p> <p>AEROBIC</p> <ul style="list-style-type: none"> 800m @ PE 5-6 	<p>SWIM</p> <p>AEROBIC</p> <ul style="list-style-type: none"> 1,000m @ PE 5-6 	<p>SWIM</p> <p>AEROBIC</p> <ul style="list-style-type: none"> 1,200m @ PE 5-6 	<p>SWIM</p> <p>AEROBIC</p> <ul style="list-style-type: none"> 1,000m @ PE 5-6
SAT	<p>BIKE</p> <p>AEROBIC</p> <ul style="list-style-type: none"> 40km @ PE 5-6 	<p>BIKE</p> <p>AEROBIC</p> <ul style="list-style-type: none"> 45km @ PE 5-6 	<p>BIKE</p> <p>AEROBIC</p> <ul style="list-style-type: none"> 50km @ PE 5-6 	<p>BIKE</p> <p>AEROBIC</p> <ul style="list-style-type: none"> 40km @ PE 5-6
SUN	<p>RUN</p> <p>AEROBIC</p> <ul style="list-style-type: none"> 8km @ PE 5-6 	<p>RUN</p> <p>AEROBIC</p> <ul style="list-style-type: none"> 10km @ PE 5-6 	<p>RUN</p> <p>AEROBIC</p> <ul style="list-style-type: none"> 12km @ PE 5-6 	<p>RUN</p> <p>AEROBIC</p> <ul style="list-style-type: none"> 10km @ PE 5-6

PART 2 – BUILD THE VOLUME

	WEEK 5	WEEK 6	WEEK 7	WEEK 8
	REST-DAY	REST-DAY	REST-DAY	REST-DAY
MON				
TUE	<p>SWIM</p> <p>INTERVAL</p> <ul style="list-style-type: none"> Total = 1,300m <p>Main set</p> <ul style="list-style-type: none"> 4 x 75m @ PE 8 4 x 50m @ PE 8 	<p>SWIM</p> <p>INTERVAL</p> <ul style="list-style-type: none"> Total = 1,300m <p>Main set</p> <ul style="list-style-type: none"> 6 x 100m @ PE 8 	<p>SWIM</p> <p>INTERVAL</p> <ul style="list-style-type: none"> Total = 1,500m <p>Main set</p> <ul style="list-style-type: none"> 4 x 100m @ PE 8 8 x 25m @ PE 9 	<p>SWIM</p> <p>INTERVAL</p> <ul style="list-style-type: none"> Total = 1,500m <p>Main set</p> <ul style="list-style-type: none"> 8 x 100m @ PE 8
WED	<p>BIKE</p> <p>TEMPO</p> <ul style="list-style-type: none"> 45mins <p>Main set</p> <ul style="list-style-type: none"> 3 x 6mins @ PE 7-8 	<p>BIKE</p> <p>INTERVAL</p> <ul style="list-style-type: none"> 45mins <p>Main set</p> <ul style="list-style-type: none"> 8 x 90secs @ PE 8-9 	<p>BIKE</p> <p>TEMPO</p> <ul style="list-style-type: none"> 50mins <p>Main set</p> <ul style="list-style-type: none"> 3 x 8mins @ PE 7-8 	<p>BIKE</p> <p>INTERVAL</p> <ul style="list-style-type: none"> 50m <p>Main set</p> <ul style="list-style-type: none"> 10 x 90secs @ PE 8-9
THURS	<p>RUN</p> <p>INTERVAL</p> <ul style="list-style-type: none"> 45mins <p>Main set</p> <ul style="list-style-type: none"> 6 x 90secs @ PE 8-9 	<p>RUN</p> <p>TEMPO</p> <ul style="list-style-type: none"> 40mins <p>Main set</p> <ul style="list-style-type: none"> 3 x 5mins @ PE 7-8 	<p>RUN</p> <p>INTERVAL</p> <ul style="list-style-type: none"> 45mins <p>Main set</p> <ul style="list-style-type: none"> 6 x 2mins @ PE 8-9 	<p>RUN</p> <p>TEMPO</p> <ul style="list-style-type: none"> 45mins <p>Main set</p> <ul style="list-style-type: none"> 3 x 6mins @ PE 7-8
FRI	<p>SWIM</p> <p>AEROBIC</p> <ul style="list-style-type: none"> 1,000m @ PE 5-6 	<p>SWIM</p> <p>AEROBIC</p> <ul style="list-style-type: none"> 1,200m @ PE 5-6 	<p>SWIM</p> <p>AEROBIC</p> <ul style="list-style-type: none"> 1,400m @ PE 5-6 	<p>SWIM</p> <p>AEROBIC</p> <ul style="list-style-type: none"> 1,000m @ PE 5-6
SAT	<p>BIKE</p> <p>AEROBIC</p> <ul style="list-style-type: none"> 50km @ PE 5-6 	<p>BIKE</p> <p>AEROBIC</p> <ul style="list-style-type: none"> 55km @ PE 5-6 	<p>BIKE</p> <p>AEROBIC</p> <ul style="list-style-type: none"> 60km @ PE 5-6 	<p>BIKE</p> <p>AEROBIC</p> <ul style="list-style-type: none"> 40km @ PE 5-6
SUN	<p>RUN</p> <p>AEROBIC</p> <ul style="list-style-type: none"> 11km @ PE 5-6 	<p>RUN</p> <p>AEROBIC</p> <ul style="list-style-type: none"> 12km @ PE 5-6 	<p>RUN</p> <p>AEROBIC</p> <ul style="list-style-type: none"> 13km @ PE 5-6 	<p>RUN</p> <p>AEROBIC</p> <ul style="list-style-type: none"> 10km @ PE 5-6

PART 3 – ADD TIME TRIALS

	WEEK 9	WEEK 10	WEEK 11	WEEK 12
	REST-DAY	REST-DAY	REST-DAY	REST-DAY
MON				
TUE	<p>SWIM</p> <p>TIME-TRIAL</p> <ul style="list-style-type: none"> • Total = 1,900m <p>Include warm-up & cool-down</p>	<p>SWIM</p> <p>INTERVAL</p> <ul style="list-style-type: none"> • Total = 1,800m <p>Main set</p> <ul style="list-style-type: none"> • 2 x 400m @ PE 8 • 4 x 100m @ PE 8 	<p>SWIM</p> <p>INTERVAL</p> <ul style="list-style-type: none"> • Total = 2,000m <p>Main set</p> <ul style="list-style-type: none"> • 1 x 500m @ PE 7 • 2 x 200m @ PE 8 • 3 x 100m @ PE 9 	<p>SWIM</p> <p>INTERVAL</p> <ul style="list-style-type: none"> • Total = 1,800m <p>Main set</p> <ul style="list-style-type: none"> • 12 x 100m @ PE 8
WED	<p>BIKE</p> <p>TEMPO</p> <ul style="list-style-type: none"> • 60mins <p>Main set</p> <ul style="list-style-type: none"> • 4 x 6mins @ PE 7-8 	<p>BIKE</p> <p>INTERVAL</p> <ul style="list-style-type: none"> • 50mins <p>Main set</p> <ul style="list-style-type: none"> • 4 x 2mins @ PE 8-9 • 4 x 1min @ PE 8 	<p>BIKE</p> <p>TEMPO</p> <ul style="list-style-type: none"> • 60mins <p>Main set</p> <ul style="list-style-type: none"> • 4 x 7mins @ PE 7-8 	<p>BIKE</p> <p>INTERVAL</p> <ul style="list-style-type: none"> • 50m <p>Main set</p> <ul style="list-style-type: none"> • 4 x 2mins @ PE 8-9 • 4 x 1min @ PE 8
THURS	<p>RUN</p> <p>INTERVAL</p> <ul style="list-style-type: none"> • 45mins <p>Main set</p> <ul style="list-style-type: none"> • 4 x 2mins @ PE 8-9 • 4 x 1min @ PE 8 	<p>RUN</p> <p>TIME-TRIAL</p> <ul style="list-style-type: none"> • 15km <p>Include warm-up & cool-down</p>	<p>RUN</p> <p>INTERVAL</p> <ul style="list-style-type: none"> • 45mins <p>Main set</p> <ul style="list-style-type: none"> • 4 x 2mins @ PE 8-9 • 4 x 1min @ PE 8 	<p>RUN</p> <p>TEMPO</p> <ul style="list-style-type: none"> • 50mins <p>Main set</p> <ul style="list-style-type: none"> • 3 x 8mins @ PE 7-8
FRI	<p>SWIM</p> <p>AEROBIC</p> <ul style="list-style-type: none"> • 1,400m @ PE 5-6 	<p>SWIM</p> <p>AEROBIC</p> <ul style="list-style-type: none"> • 1,500m @ PE 5-6 	<p>SWIM</p> <p>AEROBIC</p> <ul style="list-style-type: none"> • 1,600m @ PE 5-6 	<p>SWIM</p> <p>AEROBIC</p> <ul style="list-style-type: none"> • 1,200m @ PE 5-6
SAT	<p>BIKE</p> <p>AEROBIC</p> <ul style="list-style-type: none"> • 50km <p>Create a 50km route outdoors</p> <p>Include warm-up & cool-down</p>	<p>BIKE</p> <p>AEROBIC</p> <ul style="list-style-type: none"> • 60-70km @ PE 5-7 	<p>BIKE</p> <p>AEROBIC</p> <ul style="list-style-type: none"> • 60-70km @ PE 5-7 	<p>BIKE</p> <p>AEROBIC</p> <ul style="list-style-type: none"> • 50km @ PE 5-7
SUN	<p>RUN</p> <p>AEROBIC</p> <ul style="list-style-type: none"> • 13km @ PE 5-7 	<p>RUN</p> <p>AEROBIC</p> <ul style="list-style-type: none"> • 10km @ PE 5-7 	<p>RUN</p> <p>AEROBIC</p> <ul style="list-style-type: none"> • 13km @ PE 5-7 	<p>RUN</p> <p>AEROBIC</p> <ul style="list-style-type: none"> • 10km @ PE 5-7

PART 4 – BRICK FOCUS

	WEEK 13	WEEK 14	WEEK 15	WEEK 16
	REST-DAY	REST-DAY	REST-DAY	REST-DAY
MON				
TUE	<p>SWIM</p> <p>INTERVAL</p> <ul style="list-style-type: none"> Total = 2,200m <p>Main set</p> <ul style="list-style-type: none"> 10 x 150m @ PE 8 	<p>SWIM</p> <p>INTERVAL</p> <ul style="list-style-type: none"> Total = 2,400m <p>Main set</p> <ul style="list-style-type: none"> 3 x 300m @ PE 7 200m @ PE8 100m @ PE9 	<p>SWIM</p> <p>INTERVAL</p> <ul style="list-style-type: none"> Total = 2,200m <p>Main set</p> <ul style="list-style-type: none"> 12 x 100m @ PE 8 6 x 50m @ PE 8 	<p>SWIM</p> <p>INTERVAL</p> <ul style="list-style-type: none"> Total = 2,400m <p>Main set</p> <ul style="list-style-type: none"> 3 x 300m @ PE 7 200m @ PE 8 100m @ PE 9
WED	<p>BIKE</p> <p>INTERVAL</p> <ul style="list-style-type: none"> 60mins <p>Main set</p> <ul style="list-style-type: none"> 5 x 5mins @ PE 7-9 <p>Increase gear each min</p>	<p>BIKE</p> <p>INTERVAL</p> <ul style="list-style-type: none"> 60mins <p>Main set</p> <ul style="list-style-type: none"> 12 x 1min @ PE 9, full power 	<p>BIKE</p> <p>INTERVAL</p> <ul style="list-style-type: none"> 60mins <p>Main set</p> <ul style="list-style-type: none"> 5 x 5mins @ PE 7-9, increase gear each min 	<p>BIKE</p> <p>INTERVAL</p> <ul style="list-style-type: none"> 60m <p>Main set</p> <ul style="list-style-type: none"> 12 x 1min @ PE 9, full power
THURS	<p>RUN</p> <p>INTERVAL</p> <ul style="list-style-type: none"> 50mins <p>Main set</p> <ul style="list-style-type: none"> 6 x 3mins @ PE 8-9 <p>increase speed each min</p>	<p>RUN</p> <p>TEMPO</p> <ul style="list-style-type: none"> 60km <p>Main set</p> <ul style="list-style-type: none"> 2 x 12mins @ PE 8 	<p>RUN</p> <p>INTERVAL</p> <ul style="list-style-type: none"> 50mins <p>Main set</p> <ul style="list-style-type: none"> 6 x 3mins @ PE 8-9 increase speed each min 	<p>RUN</p> <p>TEMPO</p> <ul style="list-style-type: none"> 60mins <p>Main set</p> <ul style="list-style-type: none"> 2 x 12mins @ PE 8
FRI	<p>SWIM</p> <p>AEROBIC</p> <ul style="list-style-type: none"> 4 x 500m @ PE 7 	<p>SWIM</p> <p>AEROBIC</p> <ul style="list-style-type: none"> 1,800m @ PE 6 	<p>SWIM</p> <p>AEROBIC</p> <ul style="list-style-type: none"> 4 x 500m @ PE 7 	<p>SWIM</p> <p>AEROBIC</p> <ul style="list-style-type: none"> 1,600m @ PE 6
SAT	<p>BIKE</p> <p>TEMPO</p> <ul style="list-style-type: none"> 80km <p>Main set</p> <ul style="list-style-type: none"> 2 x 10km @ PE 8, hilly ride 	<p>BIKE</p> <p>AEROBIC</p> <ul style="list-style-type: none"> 80km @ PE 6-7 	<p>BIKE</p> <p>TEMPO</p> <ul style="list-style-type: none"> 80km <p>Main set</p> <ul style="list-style-type: none"> 2 x 10km @ PE 8, hilly ride 	<p>BIKE</p> <p>AEROBIC</p> <ul style="list-style-type: none"> 60km @ PE 6-7
SUN	<p>RUN</p> <p>AEROBIC</p> <ul style="list-style-type: none"> 14km @ PE 5-7, hilly run 	<p>RUN</p> <p>AEROBIC</p> <ul style="list-style-type: none"> 12km @ PE 5-7, hilly run 	<p>RUN</p> <p>AEROBIC</p> <ul style="list-style-type: none"> 16km @ PE 5-7, hilly run 	<p>RUN</p> <p>AEROBIC</p> <ul style="list-style-type: none"> 12km @ PE 5-7, hilly run

PART 5 – TAKE TO THE HILLS

	WEEK 17	WEEK 18	WEEK 19	WEEK 20
	REST-DAY	REST-DAY	REST-DAY	REST-DAY
MON				
TUE	<p>SWIM</p> <p>INTERVAL</p> <ul style="list-style-type: none"> Total = 2,500m <p>Main set</p> <ul style="list-style-type: none"> 3 x 200m @ PE 8 4 x 150m @ PE 8 6 x 100m @ PE 8 	<p>SWIM</p> <p>INTERVAL</p> <ul style="list-style-type: none"> Total = 2,500m <p>Main set</p> <ul style="list-style-type: none"> 8 x 100m @ PE 8 4 x 150m PE @ PE 7 8 x 100m @ PE 8 	<p>SWIM</p> <p>INTERVAL</p> <ul style="list-style-type: none"> Total = 2,500m <p>Main set</p> <ul style="list-style-type: none"> 8 x 100m @ PE 8 4 x 150m @ PE 7 8 x 100m @ PE 8 	<p>SWIM</p> <p>INTERVAL</p> <ul style="list-style-type: none"> Total = 2,400m <p>Main set</p> <ul style="list-style-type: none"> 10x [200m @ PE 8]
WED	<p>BIKE</p> <p>INTERVAL</p> <ul style="list-style-type: none"> Total = 1:10hr <p>Main set</p> <ul style="list-style-type: none"> 4x [8mins steady climb @ PE 8] 	<p>BIKE</p> <p>INTERVAL</p> <ul style="list-style-type: none"> Total = 1:10hr <p>Main set</p> <ul style="list-style-type: none"> 6x [3mins @ PE 7; 2mins @ PE 8; 1min @ PE 9; 4mins @ PE 6] 	<p>BIKE</p> <p>INTERVAL</p> <ul style="list-style-type: none"> Total = 1:10hr <p>Main set</p> <ul style="list-style-type: none"> 4x [8mins steady climb @ PE 8] 	<p>BIKE</p> <p>INTERVAL</p> <ul style="list-style-type: none"> Total = 60mins <p>Main set</p> <ul style="list-style-type: none"> 4x [3mins @ PE 7; 2mins @ PE 8; 1min @ PE 9; 6mins @ PE 6]
THURS	<p>RUN</p> <p>INTERVAL</p> <ul style="list-style-type: none"> Total = 1hr <p>Main set</p> <ul style="list-style-type: none"> 6x [3mins @ PE 7; 2mins @ PE 8; 1min @ PE 9; 2mins rest] 	<p>RUN</p> <p>TEMPO</p> <ul style="list-style-type: none"> Total = 1hr <p>Main set</p> <ul style="list-style-type: none"> 3x [5mins @ PE 8; 10mins @ PE 6-7] 	<p>RUN</p> <p>INTERVAL</p> <ul style="list-style-type: none"> Total = 1hr <p>Main set</p> <ul style="list-style-type: none"> 6x [3mins @ PE 7; 2mins @ PE 8; 1min @ PE 9; 2mins rest] 	<p>RUN</p> <p>TEMPO</p> <ul style="list-style-type: none"> Total = 50mins <p>Main set</p> <ul style="list-style-type: none"> 3x [5mins @ PE 8; 8mins @ PE 6-7]
FRI	<p>SWIM</p> <p>AEROBIC</p> <ul style="list-style-type: none"> 2x [300m @ PE 7-8; 2 x 500m @ PE 7; 2 x 300m @ PE 7-8] 	<p>SWIM</p> <p>AEROBIC</p> <ul style="list-style-type: none"> 6 x 50m @ PE 8 1 x 1,500m @ PE 7 6 x 50m @ PE 8 	<p>SWIM</p> <p>AEROBIC</p> <ul style="list-style-type: none"> 1x [800m @ PE 7; 2 x 400m @ PE 7; 4 x 200m @ PE 8] 	<p>SWIM</p> <p>AEROBIC</p> <ul style="list-style-type: none"> 1,800m @ PE 6
SAT	<p>BIKE</p> <p>TEMPO</p> <ul style="list-style-type: none"> 80km <p>Main set</p> <ul style="list-style-type: none"> 3x [10km @ PE 8 undulating ride] 	<p>BIKE</p> <p>AEROBIC</p> <ul style="list-style-type: none"> 90km @ PE 6-7 <p>Undulating ride</p>	<p>BIKE</p> <p>TEMPO</p> <ul style="list-style-type: none"> 80km <p>Main set</p> <ul style="list-style-type: none"> 3 x 12km @ PE 8 Undulating ride 	<p>BIKE</p> <p>AEROBIC</p> <ul style="list-style-type: none"> 75km @ PE 6-7 <p>Undulating ride</p>
SUN	<p>RUN</p> <p>AEROBIC</p> <ul style="list-style-type: none"> 15km @ PE 5-7 <p>Must be rolling/hilly</p>	<p>RUN</p> <p>AEROBIC</p> <ul style="list-style-type: none"> 12km @ PE 5-7 <p>Include 3 x hard hill reps</p>	<p>RUN</p> <p>AEROBIC</p> <ul style="list-style-type: none"> 18km @ PE 5-7 <p>Must be rolling/hilly</p>	<p>RUN</p> <p>AEROBIC</p> <ul style="list-style-type: none"> 10km @ PE 5-7 <p>Include 3 x hard hill reps</p>

PART 6 – TIME TRIAL RETURN

	WEEK 21	WEEK 22	WEEK 23	WEEK 24
	REST-DAY	REST-DAY	REST-DAY	REST-DAY
MON				
TUE	<p>SWIM</p> <p>TIME-TRIAL</p> <ul style="list-style-type: none"> • Total = 1,900m <p>Include warm-up & cool-down</p>	<p>SWIM</p> <p>INTERVAL</p> <ul style="list-style-type: none"> • Total = 2,500m <p>Main set</p> <ul style="list-style-type: none"> • 15 x 150m @ PE 8 	<p>SWIM</p> <p>INTERVAL</p> <ul style="list-style-type: none"> • Total = 2,700m <p>Main set</p> <ul style="list-style-type: none"> • 3 x 200m @ PE 8; 3 x 300m PB; 100m @ PE 7; 3 x 200m @ PE 8 	<p>SWIM</p> <p>INTERVAL</p> <ul style="list-style-type: none"> • Total = 2,500m <p>Main set</p> <ul style="list-style-type: none"> • 15x [150m @ PE 8]
WED	<p>BIKE</p> <p>INTERVAL</p> <ul style="list-style-type: none"> • Total = 1:15hrs <p>Main set</p> <ul style="list-style-type: none"> • 10 x 2mins standing climb @ PE 8-9; 4mins @ PE 5 	<p>BIKE</p> <p>INTERVAL</p> <ul style="list-style-type: none"> • Total = 1:20hrs <p>Main set</p> <ul style="list-style-type: none"> • 4x [10mins@PE8;5mins @ PE 5] consistent pace in 10min efforts 	<p>BIKE</p> <p>INTERVAL</p> <ul style="list-style-type: none"> • Total = 1:15hrs <p>Main set</p> <ul style="list-style-type: none"> • 10x [2mins standing climb @ PE 8-9; 4mins @ PE 5] 	<p>BIKE</p> <p>INTERVAL</p> <ul style="list-style-type: none"> • Total = 1:20hrs <p>Main set</p> <ul style="list-style-type: none"> • 4x [10mins @ PE 8; 5mins @ PE 5] consistent pace in 10min efforts
THURS	<p>RUN</p> <p>TEMPO</p> <ul style="list-style-type: none"> • Total = 1hr <p>Main set</p> <ul style="list-style-type: none"> • 4x [7mins @ PE 7; 3mins @ PE 8; 2mins @ PE 5] 	<p>RUN</p> <p>INTERVAL</p> <ul style="list-style-type: none"> • Total = 1hr <p>Main set</p> <ul style="list-style-type: none"> • 8x [5mins @ PE 8] 	<p>RUN</p> <p>TIME-TRIAL</p> <ul style="list-style-type: none"> • 15km <p>Include warm-up & cool-down</p>	<p>RUN</p> <p>TEMPO</p> <ul style="list-style-type: none"> • Total = 1hr <p>Main set</p> <ul style="list-style-type: none"> • 8x [5mins @ PE 8; 90secs complete rest]
FRI	<p>SWIM</p> <p>AEROBIC</p> <ul style="list-style-type: none"> • 6 x 400m @ PE 6-8 <p>Increase speed in final 100m of each set</p>	<p>SWIM</p> <p>AEROBIC</p> <ul style="list-style-type: none"> • 1 x 600m • 1 x 500m • 1 x 400m • 1 x 300m • 1 x 200m • 1 x 100m <p>All @ PE 7</p>	<p>SWIM</p> <p>AEROBIC</p> <ul style="list-style-type: none"> • 6 x 400m @ PE 6-8 <p>Increase speed in final 100m of each set</p>	<p>SWIM</p> <p>RACE PACE</p> <ul style="list-style-type: none"> • 2,000m @ PE 6-7 <p>Steady swim at desired race pace</p>
SAT	<p>BIKE</p> <p>TIME-TRIAL</p> <ul style="list-style-type: none"> • 50km <p>50km route outdoors. Include warm-up & cool-down</p>	<p>BIKE</p> <p>AEROBIC</p> <ul style="list-style-type: none"> • 110km @ PE 6-7 <p>Undulating ride</p>	<p>BIKE</p> <p>RACE PACE</p> <ul style="list-style-type: none"> • Total = 60km <p>Main set</p> <ul style="list-style-type: none"> • 3x [12km efforts at desired race pace] 	<p>BIKE</p> <p>AEROBIC</p> <ul style="list-style-type: none"> • 80km @ PE 6-7 <p>Undulating ride</p>
SUN	<p>RUN</p> <p>AEROBIC</p> <ul style="list-style-type: none"> • 18km @ PE 5-7 <p>Aim for consistent pacing</p>	<p>RUN</p> <p>RACE PACE</p> <ul style="list-style-type: none"> • 15km @ PE 5-8 <p>Include 3 x 3km efforts at desired race pace</p>	<p>BRICK</p> <ul style="list-style-type: none"> • 8km run @ PE 7 • 40km bike @ PE 7 • 6km run @ PE 7 	<p>RUN</p> <p>AEROBIC</p> <ul style="list-style-type: none"> • 21km @ PE 5-7 <p>Aim for consistent pacing</p>