

Day of the week	Swimming workout	Cycling workout	Running workout
Monday	<p>400 yd warm-up, 4x(25 yd freestyle increasing speed, 15" rest), 4x(25 yd fists, 15" rest), 4x(25 yd freestyle kicks, 15" rest), 2x(3x(100 yd pace 1:51-1:53/100yd, 30" rest), 200 yd pace 1:55-1:57/100yd, 45" rest), 300 yd cool-down</p> <p>Distance: 2000 m</p>	<p>5' @125-140W, 10' @140-188W, 0'30" @250W cadence 95-105 / 1'30" @125- 140W, 0'30" @265W cadence 95-105 / 1'30" @125-140W, 0'30" @300W cadence 95-105 / 1'30" @125-140W, 5' @125- 140W, 6x(2' @300W [every second interval on low cadence 55-65] / 3' @125- 140W), 10' @125-140W</p> <p>Time: 66'</p>	
Tuesday			<p>5' jog, 10' pace 9:07/mi, 3x(0'20" pace 5:43-6:28/mi, 0'40" walk/jog break), 5' pace 9:07/mi, 4x(0'45" uphill pace 6:28-7:11/mi, 0'10" standing break + easy downhill returning to the start point, 0'45" uphill pace 6:28-7:11/mi, 0'30" standing break + easy downhill returning to the start point), Uphill slope 6-7 percent. 15' pace 9:07/mi</p> <p>Time: ~56'40"</p>
Wednesday		<p>5' @125-140W, 10' @140-188W, 0'30" @250W cadence 95-105 / 1'30" @125- 140W, 0'30" @265W cadence 95-105 / 1'30" @125-140W, 0'30" @300W cadence 95-105 / 1'30" @125-140W, 5' @125- 140W, 2x(20' @213W / 3' @125-140W), 2x(5' @238W / 3' @125-140W), 5' @140- 188W, 5' @125-140W</p> <p>Time: 98'</p>	
Thursday	<p>400 yd warm-up, 4x(25 yd freestyle increasing speed, 15" rest), 4x(25 yd fists, 15" rest), 4x(25 yd freestyle kicks, 15" rest), 2x(600 yd pace 1:57-1:59/100yd, 30" rest), 300 yd cool-down</p> <p>Distance: 2200 m</p>		<p>5' jog, 5' pace 9:07/mi, 3x(0'20" pace 5:43-6:28/mi, 0'40" walk/jog break), 5' pace 9:07/mi, 5x(4' pace 6:50/mi, 3' walk/jog break), 5' pace 9:07/mi, 5' jog</p> <p>Time: 63'</p>

<p>Friday</p>		<p>5' @125-140W, 10' @140-188W, 0'30" @250W cadence 95-105 / 1'30" @125- 140W, 0'30" @265W cadence 95-105 / 1'30" @125-140W, 0'30" @300W cadence 95-105 / 1'30" @125-140W, 5' @125- 140W, 5x(3' @265W / 3' @125-140W), 8x(1' @300W / 1'30" @125-140W), 5' @140-188W, 5' @125-140W</p> <p>Time: 86'</p>	<p>Brick workout - run immediately after the bike.</p> <p>10' pace 9:07/mi, 30' pace 8:33/mi, 20' pace 8:03/mi, 5' pace 7:35/mi, 10' pace 9:07/mi</p> <p>Time: 75'</p>
<p>Saturday</p>		<p>120' @150-175W</p> <p>Time: 120'</p>	
<p>Sunday</p>	<p>DAY OFF</p>		