

Intermediate Sprint Distance 8-10 hours a week 12 weeks

Week 9

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29/3	30/3	31/3	1/4	2/4	3/4	4/4
Day Off : Day Off Other : BUILD 2	Bike : Bike Planned Time: 1:00:00 Workout Description: Warm up well. Pick a course with a moderate hill. Ride 8x20sec sprints up this hill. HR raising to Zone 5+. Get out of saddle to build up to speed then sit for remainder. Recovery for 2-3mins between. Keep cadence at 90 rpm EFFORT LEVEL: HR Zones: All Run : Run Planned Time: 0:50:00 Workout Description: Warm up well, Main Set: 5x5mins (recovery 90sec-2min of slow jogging) followed by 4x60sec hills. Slow jog back recovery. Proud posture, good knee lift. Build to HR Zones: 4-5. Warm down well.	Swim : Swim Planned Time: 1:00:00 Workout Description: Warm Up: Flexibility/mobility poolside then 150 swim FC Drills: 50 CU, 50FC 50 Drill 1, 50 FC 50 CU, 50 FC And repeat the drills above. Main Set: 6x200 @ T pace X2 with 10sec rest. Cool Down 200 FC/BK	Bike : Bike Planned Time: 1:15:00 Workout Description: Warm up well. Main Set: 8x4mins on an incline of 2-4% with 2-3mins recovery spin. Stay aero as much as possible. Gradually build each repetition to Zones 4-5. Run : Run Planned Time: 0:30:00 Workout Description: Easy relaxed running. Within run insert 6x30sec accelerations @ 5k race pace. Recover well in between. EFFORT LEVEL: HR Zones: 1-3	Swim : Swim Planned Time: 1:00:00 Workout Description: Warm Up: Flexibility/mobility poolside then 100FC/100pull Main Set: 500 at T pace, 40sec recovery 2x50 Fast 20 sec rec 400 at T pace, 30 sec rec 2x50 Fast 20 sec rec 300 at T pace, 20 sec rec 200 at T pace 10 sec rec 2x50 Fast 20 sec rec 100 at Tpace Cool Down: 100 easy swim FC/BK EFFORT LEVEL: HR Zones: 2-4	Swim : Open Water Planned Time: 0:30:00 Distance (P): 1148 yards Workout Description: Warm Up: 200 easy Main Set: 200 build, long strokes. 1min rest 5x50m (approx 30-45strokes) hard. 1min rest 200 steady, long strokes. Cool Down: 200 easy Skills: Practice turning and sighting Brick : Brick Planned Time: 2:00:00 Workout Description: Ride for 1hr 30min in HR Zones 2-3 on a rolling course. Off the bike run for 30 mins with the 1st 15mins at race pace. Think of good cadence. Aim should be 30 right foot strikes in 20sec.	Bike : Bike Planned Time: 2:00:00 Workout Description: Ride on a rolling course. Remain seated on climbs. Check your cadence. Focus on pedalling smoothly. Within ride do some spin drills: 30sec at 90rpm 30sec at 100rpm 30sec at 110rpm Take 60sec recovery and repeat 3-4 times Relaxed riding. EFFORT LEVEL: HR Zones: 2

Planned: Bike: 4:15:00Run: 1:20:00Swim: 2:30:00 / 1148 yards Brick: 2:00:00 Total: 10:05:00