

Days	May	Km	Time	6:30 - 8:30	Zone	Km	Time	10:00 - 01:30	Zone	Km	Time	4:30 - 06:00	Zone	NOTES
Block 1-Wk 1														
M	04-Jan-16	10	1:20	Run [steady focus on form and breathing]	Z1									
TU	05-Jan-16	40km		Bike - recovery middle chainering 90rpm cadence	Z1							Swim		
W	06-Jan-16	8	1:30	Run Interval [2km jog w/u + 8x 400m on 3min rest 25sec]								Rest		
TH	07-Jan-16	60		20 w/u spin + 20km race effort 28-30kph ave + 20km warm down	Z2+Z3							Swim		BIKE: Our weekly bike strength set, structured to let you build the effort and maintain a high resistance through the entire set. You can build the effort to maintain the power outage, but you want to finish the session with no energy in the legs whatsoever.
F	08-Jan-16		1:00	Indoor Cycle								Rest		
SA	09-Jan-16	90	2:30	Long bike	Z1+Z2							Swim (Recovery)		
SU	10-Jan-16	30+5	2:30	Bike10-15min build run warm up 20-30min easy spin warm up with race pace picks (30sec), then, 20km T.T race cadence - Run	Z2+Z3							Rest		
Block 1-Wk2														
M	11-Jan-16	15	2:00	Long run -start at low HR first 30min	Z1-Z2									
TU	12-Jan-16			Bike - recovery middle chainering 90rpm cadence								Swim		
W	13-Jan-16	10	1:50	Run Interval [2km jog w/u + 12x 400m on 3min rest 30sec]								Rest		
TH	14-Jan-16	60		20 w/u spin + 20km race effort 28-30kph ave + 20km warm down	Z2+Z3							Swim		
FR	15-Jan-16		1:00	Indoor Cycle								Rest		
SA	16-Jan-16	100	5:00	Long bike 1h easy in a bigger gear (60-70rpm) (45min moderate big gear (60-70rpm)/15min easy)x3 (10x3min mod to hard biggest gear/90sec easy) easy 15min or so ride home (if you need more time, cut back on the warm up)	Z1+Z2							Swim (Recovery)		
SU	17-Jan-16	30+8	3:00	Bike10-15min build run warm up 20-30min easy spin warm up with race pace picks (30sec), then, 20km T.T race cadence - Run	Z2+Z3							Rest		RUN: The real run that we will get back into is the short fast efforts. Focusing on the super high stride rate ensures you don't let the fatigue of the bike teach you bad habits of plodding on the run. So FOCUS here is key on stride rate and getting it up over 96 really working the fast efforts.
Block 1-Wk3														
M	18-Jan-16	12	1:45	10' easy W/U 5' as 30' fast / 30' off 15x5' comfortably uncomfortable with 1min easy recovery inbetween Focus on a high leg turn over 10' easy cool down	Z1									RUN-think HALF IM effort, fast but undercontrol. Focus on a high leg turnover, this is the session that will keep you in a good form in the later stages of the Half IM / ironman run. Take water and some calories with you, and eat a big meal as soon as you finish the session.
TU	19-Jan-16			Bike - recovery middle chainering 90rpm cadence								Swim		
W	20-Jan-16			On treadmill or outdoors (can alternate each week) 10min easy W/U 5min as 30sec FAST/30sec easy 8x (3min fast / 90sec rest) 10min easy C/D								Rest		RUN: Same run... keep it too the treadmill so recovery is better. Plus you can run slightly faster, alternatively alternate each week. A slight change in that each 5 efforts gets progressively harder. CU = comfortably uncomfortable. Aim to keep in control, get calories in and water and get a big meal in afterwards.
TH	21-Jan-16	60		20 w/u spin + 20km race effort 28-30kph ave + 20km warm down	Z2+Z3							Swim		
FR	22-Jan-16		1:00	Indoor Cycle								Rest		
SA	23-Jan-16	60	5:30	bike 10-20min warm up 2h15 as [30min moderate 5min hard10min easy] x3 0-10min cool down	Z1+Z3/4							Rest (Optional - Run)		BIKE: Main set is 30min moderate followed by 5min hard, done 3 times. Note a 10min easy ride as interval in between each repeat, and for the last one, this can also be done as the cool down if you are short in time.
SU	24-Jan-16	Enduro	2:00	Enduro 3x [10min swim / 20min bike / 15min run] 1st: Run hard, other two easy 2nd: Bike hard and run hard 3rd: Whole thing hard Finish it off with a 30min, easy bike ride to flush out, at your leisure.	Z1 Z3 Z4							Swim (Recovery)	Z1	
Block 1-WK 4 (Recovery mode)														
M	25-Jan-16	10	1:20	Run [steady focus on form and breathing]	Z1									
TU	26-Jan-16	40km		Bike - recovery middle chainering 90rpm cadence	Z1			8	0:30			Swim	Z1 Z3	
W	27-Jan-16	8	1:30	Run Interval [2km jog w/u + 8x 400m on 3min rest 25sec]								Rest	Z1	
TH	28-Jan-16	60		20 w/u spin + 20km race effort 28-30kph ave + 20km warm down	Z2+Z3							Swim		
F	29-Jan-16		1:00	Indoor Cycle								Rest		
SA	30-Jan-16	90	2:30	Long bike	Z1+Z2							Swim (Recovery)		
SU	31-Jan-16	30+5	2:30	Bike10-15min build run warm up 20-30min easy spin warm up with race pace picks (30sec), then, 20km T.T race cadence - Run	Z2+Z3							Rest		

