

SEASONED ATHLETE PLAN

This program is designed for someone that has a solid training base in the 3 disciplines.

8 WEEKS 750/20/5

Week	1	2	3	4	5	6	7	8
MON	Swim Drills/intervals	Swim Drills/intervals	Swim Drills/intervals	Swim Drills/intervals	Swim Drills/intervals	Swim Drills/intervals	Swim Drills/intervals	Swim Drills/intervals
TUE	Tempo ride 45-60 minutes	Tempo ride 45-60 minutes	Tempo ride 45-60 minutes	Tempo ride 45-60 minutes	Tempo ride 45-60 minutes	Tempo ride 45-60 minutes	Tempo ride 45-60 minutes	Tempo ride 45-60 minutes
WED	Relaxed swim 1200-1500m	Relaxed swim 1200-1500m	Relaxed swim 1200-1500m	Relaxed swim 1200-1500m	Relaxed swim 1200-1500m	Relaxed swim 1200-1500m	Relaxed swim 1200-1500m	Swim 5x100/8x50/6x25 sprints
THU	Relaxed Run 6-8k	Relaxed Run 6-8k	Relaxed Run 6-8k	Relaxed Run 6-8k	Relaxed Run 6-8k	Relaxed Run 6-8k	Relaxed Run 4-5k	Rest
FRI	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Open water swim-moderate
SAT	Open water Swim 1-2k	Brick Swim 300m / run x 3-4	Brick Ride 20k hills /run 10k	Open water swim 1.5-2k	Brick Open water swim 1-1.5k Run 10-12k	Brick Cycle 20k/run 5k hard	Brick Swim 300m/ride8k / Run 2(repeat)	Rest
SUN	Brick Long ride 90 mins/3-5k run	Long ride 90-120 minutes	Long ride 90-120 minutes	Brick Long ride 90 minutes/run 3-5k	Long ride 90-120 minutes	Long ride 90-120 minutes	Long ride 90-120 minutes	Race 750/20/5