

WEEK ONE

TRAINING SESSION	TRAINING SESSION	SESSION FOCUS	TOTAL DURATION
<p>Bike Session</p> <p>Warm Up: 10 minutes easy cycling at a RPE 3</p> <p>Main session: 12 minutes at a RPE of 6 Working on keeping a smooth cadence of 85-90 and having a strong comfortable body position on the bike.</p> <p>Cool down: 10 minutes easy cycling at a RPE 3</p>	<p>Run Session</p> <p>Warm Up: 10 minutes easy jogging</p> <p>Main session 6X45 seconds at RPE8 with 60 seconds walk recovery</p> <p>Cool Down: 10 minutes easy jog</p>	<p>Bike: Working on keeping a smooth cadence of 85-90 and having a strong comfortable body position on the bike.</p> <p>Run: Strong running form, keeping up tall and slight lean in your upper body from your hips, rythmical arm movemnt from chest to pocket with relaxed shoulders.</p>	<p>Bike = 42 minutes</p> <p>Run = 30.5minutes</p>

WEEK TWO

TRAINING SESSION	TRAINING SESSION	SESSION FOCUS	TOTAL DURATION
<p>Bike Session</p> <p>Warm Up: 12 minutes easy cycling at a RPE 3</p> <p>Main session: 5X 2 minutes at a RPE of 7 with 2 minutes easy spin at RPE 3 Working on keeping a smooth cadence of 85-90 and having a strong comfortable body position on the bike. Cool down: 12 minutes easy cycling at a RPE 3</p>	<p>Run Session</p> <p>Pyramid Hill session</p> <p>Warm Up: 10 minutes easy jogging</p> <p>Main session 2X 20 seconds/25 seconds/30 seconds/25 seconds/20 seconds hill repetition with a walk back to the bottom of the hill for recovery. Take 3 minutes recovery in between sets</p> <p>Cool Down: 10 minutes easy jog</p>	<p>Bike Working on keeping a smooth cadence of 85-90 and having a strong comfortable body position on the bike. Run Strong running form, keeping up tall and slight lean in your upper body from your hips, rythmical arm movemnt from chest to pocket with relaxed shoulders. Shorten your stride on the uphill and work on being explosive and pshing through the ground. Use fast strong motion of your arms to help drive your momentum forward</p>	<p>Bike = 44 minutes</p> <p>Run = 30 minutes (this does not include the walk back recovery)</p>

WEEK THREE

TRAINING SESSION	TRAINING SESSION	SESSION FOCUS	TOTAL DURATION
Bike Session Warm Up: 15 minutes easy cycling at a RPE 3 Main session: 2 sets of the following: 15 seconds hard at RPE 9 with 30 seconds easy recovery pedaling X6, 5 minutes of steady cycling at RPE 5 and repeat Cool down: 15 minutes easy cycling at a RPE 3	Run Session Run off the bike: After your bike session have your trainers ready to run 5 minutes easy off the bike. The purpose of this is to get used to the "Jelly legged" feeling of running after cycling.	Bike Practise using your gearing to keep smooth consistent pedal motion and efficient cadence of 85-90 RPM, with a strong but relaxed comfortable body position on the bike. Run Focus on keeping a strong running form under fatigue, keeping up tall and slight lean in your upper body from your hips, rhythmic arm movement from chest to pocket with relaxed shoulders.	Bike = 49 minutes Run = 5 minutes

WEEK FOUR

TRAINING SESSION

TRAINING SESSION

SESSION FOCUS

TOTAL DURATION

Brick Session

Warm up: 10 minutes easy cycling RPE of 3

Main session: 3 minutes cycling to 1 minute of running at RPE of 7-8 Once completed do 3 minutes of easy cycling and repeat X3 **Cool Down:** 10 minutes easy cycling RPE of 3

Key areas of focus -
Transitioning from running hard to cycling hard

Session duration = 48 minutes

Bike = 45 minutes

Run = 3 minutes

WEEK FIVE

TRAINING SESSION	TRAINING SESSION	SESSION FOCUS	TOTAL DURATION
<p><u>Bike Session</u></p> <p>Warm Up: 12 minutes easy cycling at a RPE 3 Main session: 30 seconds hard at RPE of 8-9 going into 4 minutes steady cycling at RPE6. Perform a 2 minutes easy spin and repeat three times Cool down: 12 minutes easy cycling at a RPE 3</p>	<p><u>Run Session</u></p> <p>Run off the bike After your bike session have your trainers ready to run 5 minutes easy off the bike. The purpose of this is to get used to the "Jelly legged" feeling of running after cycling</p>	<p>Bike Practise using your gearing to keep smooth consistent pedal motion and efficient cadence of 85-90 RPM, with a strong but relaxed comfortable body position on the bike. Relax into the 4 minutes and keep focused for the duration of the interval. Run Focus on keeping a strong running form under fatigue, keeping up tall and slight lean in your upper body from your hips, rythmical arm movemnt from chest to pocket with relaxed shoulders.</p>	<p>Session duration = 46.5 minutes</p> <p>Bike = 41.5 minutes</p> <p>Run = 5 minutes</p>

WEEK SIX

TRAINING SESSION

TRAINING SESSION

SESSION FOCUS

TOTAL DURATION

Brick Session

Event Simulation Warm up: 10 minutes easy jog RPE of 3
Main session: 2 minute run - 5 minute cycle - to 1 minute run at RPE of 7-8 Once completed take 6 minutes rest and repeat cycling and repeat Cool Down: 10 minutes easy cycling RPE of 3

Key areas of focus - Pre event simulation. Practise all elements for the vent including a warm up. There will be no access to the spin bikes prior to the event (Besides your bike allocation and fit) Focus on pacing and transitioning from a hard run to bike back to run. Tie in all elements from the previous week

Session duration = 42 minutes

Bike = 20 minutes

Run = 16 minutes