

		First workout	Second workout	Notes
Monday		SWIM w/u: 4x100m easy (15sec rest after each) 3x the following (use pb + small paddles) [12-16x25m as <ul style="list-style-type: none"> • Three swum EASY (20sec rest) • Fourth one swum ALL OUT (20sec rest) • After the 12 -16x25's, swim 100m ALL OUT (no pull buoy or paddle) • Take 4min total rest (no swimming)] • Repeat the above as indicated c/d: 4x 100m easy (with paddle/pb)	OFF	SWIM: Note the addition of extra intervals to the swim!
	Week 5	Full session of 3x[12x25m + 100m]		
	Week 6	Full session of 3x[16x25m + 100m]		
	Week 7	Full session of 3x[16x25m + 100m]		
	Week 8	Full session of 3x[16x25m + 100m]		
Tuesday		BIKE On stationary bike, do: 20min easy w/u 15-20x POWER Intervals [1min at 45-55 cadence HARD RESISTANCE / with 1min VERY EASY recovery] 10min EASY c/d Make each effort ALL OUT against VERY HIGH resistance! The cadence should be low (40-45 rpm per leg per minute) because you can't push any harder because the resistance is so high! We are aiming for rubbery legs.	RUN Immediately after the bike, run fast as indicated <ul style="list-style-type: none"> • Ideally on a flat treadmill • OK to do this on a loop with a slight hill so that you are running fast on a <i>slight</i> downhill for a large portion of the loop 	BIKE: Note the increased number of intervals. This is a staple set of The Method – year-round strength training on the bike teaches the body to recruit more and more muscle for cycling. RUN: Your first introduction to running fast on tired legs: This is triathlon run training!
	Week 5	As above, with 15x POWER	OFF	
	Week 6	As above, with 15x POWER	OFF	
	Week 7	Recovery: As above, with 5x POWER	5min FAST + 10min easy c/d	
	Week 8	As above, with 20x POWER	10min FAST + 10min easy c/d	