

| | First workout | Second workout | Notes |
|----------------|--|---|--|
| Sunday | BIKE Endurance Bike, 120min <ul style="list-style-type: none"> • Start off easy and keep building, as outlined. • Try to push a big gear, not spinning too much but with high muscle tone. | RUN Immediately off the bike, 40min as: 30min of (30sec Fast / 30sec Easy) 10min easy c/d | BIKE: We're building this up beyond race distance so that on race day you can push the limits knowing that doing the distance is not a question – instead, your only question will be: <i>How Fast Can I Go?!</i> RUN: We're sticking with the fast/easy running for a few more sessions so that you have many opportunities to train the high, short efforts and learn the habit of running fast off the bike – faster than you think you can! The longer, harder runs will push to race pace but without running hard the entire race duration. |
| <i>Week 8</i> | 30min easy / 45min moderate / 45min hard | 30min of fast/easy + 10min easy c/d | Congratulations on all your hard work! Remember on Race Day that you have done all the work and that you are: <i>PREPARED!</i> <i>Nice job!</i> |
| <i>Week 9</i> | 30min easy / 30min moderate / 60min hard | 10min moderate/20min hard/10min c/d | |
| <i>Week 10</i> | 30min easy / 30min moderate / 60min hard | 30min of fast/easy + 10min easy c/d | |
| <i>Week 11</i> | 30min easy / 15min moderate / 75min hard | 30min light jog | |