

		First workout	Second workout	Notes
Wednesday		RUN Easy run on flat treadmill or land <ul style="list-style-type: none"> Focus on a high stride rate over 96 steps per leg per minute 	OFF	RUN: In all your running, focus on a high stride rate above 96 steps per leg per minute – do this for all your running! It won't feel easy and it might even feel awkward, but because in triathlon you are running on tired legs you will be more efficient by training your body to "break the run work up into smaller chunks."
	<i>Week 1</i>	20min easy run on land		
	<i>Week 2</i>	30min easy run on treadmill		
	<i>Week 3</i>	30min moderate run on land		
Thursday		SWIM 750m, swum as: <ul style="list-style-type: none"> 4x50m easy w/u (10sec rest after each) Intervals as below 4 x25m easy c/d (10sec rest) Using small paddles + pb 	OFF	SWIM: Keeping the intervals short, we're building you up to handle longer distances while working power and strength using the paddles and pb. The short intervals help ensure that your form doesn't break down, keeping you training with better technique.
	<i>Week 1</i>	[6x50m (15sec rest) / 6x25m (10sec rest)]		
	<i>Week 2</i>	[6x50m (10sec rest) / 6x25m (15sec rest)] <ul style="list-style-type: none"> swim 25's as 1 easy, 1 fast 		
	<i>Week 3</i>	[4x50m (10sec rest) / 10x25m (15sec rest)] <ul style="list-style-type: none"> swim 50's AND 25's as 1 easy, 1 fast 		