**Thursday 18th April**

**Run**

2 x 2 miles with 3min Recovery (Run on ½ mile circuit back of Claire Hall)

**Swim**

4 x 100m FC (25m legs only 75m full stroke Fast)

2 x 200m FC (50m legs only 150m full stroke Fast)

2 x 400m at race pace

**Spin**

10 mins @ 70-80% alternating between

* 1 min standing 60 RPM (3-4R)
* 2 mins seated 100 RPM (2-4R). x4

1-2 min recovery

10 mins alternating

* 2 mins standing 30secs fast RPM (80-90%)

30 secs (60-70%)

* 2mins seated 30 secs fast (80-90%)

**Thursday 25th April**

**Run**

5 x 1/2mile reps 90sec RI (2 laps Farlington Avenue Circuit)

**Swim**

2 x (400m FC, 2 x 200m FC, 4 x 100m FC 15sec RI between each distance)

**Spin**

90 sec/2 min/2.5 min/3 min/2.5 min/2 min/90 secs at 100rpm with same recovery

**Thursday 2nd May**

**Run**

2 x 1.5mile 3min RI (Lucastes Lane Circuit)

**Swim**

50m FC 20 Sec RI. 50mFC

100m FC 100m FC

150m FC 150m FC

200m FC 200m FC

250m FC

**Spin**

6 mins @ 80% (as 2min hill, 1 min 100 RPM x3)

3 min recovery

6 mins @ 80

• 1-2R- 100 RPM (seated)

• 2-3R-100 RPM (standing)

• 3-4R- 80 RPM (seated)

• 4-5R – 80 RPM (standing)

• 5-6R – 60 RPM (seated)

• 6-7R -60 RPM (standing)

3 min recovery

X 2

**Thursday 9th May**

**Run**

10 x 60sec Hill Harlands Rd Jog back recovery

**Swim**

2 x 500m FC at Race Pace. Double the speed of your legs on the last 50-100m 30 sec RI

15 x 25m FC Sprints with at least one full sight each length. 10 sec RI

**Spin**

5 x 90 sec/2 min climb with same recovery + 10 min run