**Thursday 16th May**

**Run**

3-4 x 1 mile with 90sec Recovery (Run on ½ mile circuit Lucasters Lane)

**Swim**

4- 6 x 200m 90 Sec RI Max Effort

Odds Sight 2 times per length

Evens Sprint first 50m fast 150m

10 x 25m Sprints on lane Clear.

**Spin**

12 mins @ 80%

* 1 min seated
* 1 min jumps
* 1 min standing

X3

* 2mins lower HR -100 RPM

4:30 easy (single leg drills)

(Repeat 12 min set @ 80%)

3 min easy

4 – 6 shuttle runs (100m)

Moderate/ fast out easy back

**Thursday 23rd May**

**Run**

12 x 400m reps 60sec RI (1 lap1 Farlington Avenue Circuit)

**Swim**

2-3 x 400m 45 sec RI.

1st 400m no touch turn

2nd 400m at 1500m Pace

3rd 400m double speed of legs on even lengths

**Spin**

6 x 90 sec/2 min at 100 rpm

**Thursday 30th May**

**Race Simulation Day**

19:30 Transition practice + warm up

20:30 Swim 1000m TT Wetsuit Practice

Drills

4-8 x open water start practice 25m sprints pairs trios no push off on lane clear + 25m easy swim back

Open water turn practice, use people as buoys

10 x 25m min no strokes 10sec RI

6-10 x 25m choice drill 25m Full

Cool Down

200m Mixed Choice stroke

**Thursday 6th June**

**Run**

4-6 x 15/30/45sec Hills jog back recovery (Back of Claire Hall)

**Swim**

6-8 x 100m on 1:45 or 2 / 2:30min turnover at steady effort

6-8 x 50m as 25m big kick 25m fast arms on 50/55/60 second turn overs mod/hard effort

6-8 x 25m high tempo 10 sec RI Fast but controlled

**Spin**

7 x 60/90secs work, alternating climbing and sprinting.

**Thursday 13th June**

**Run**

5k TT (Back of Claire Hall)

**Swim**

7-10 x 100m 90sec RI Fast

1-3 x 200m breathing every 3,5,7 strokes

**Spin**

5/10/5/10 min work with 2.5/5/2.5/5 recovery mix of climbing and high rpm