**Thursday 20th June**

**Run**

10 x 15sec Hill alternate with 45sec Hill jog back recovery (Back of Claire Hall)

**Swim**

10 x 25m Sprints on lane Clear PAIRS Drafting

5- 7 x 200m 75Sec RI Max Effort

**Spin**

6 mins single leg drills (as 30 secs 100 RPM, 30 secs high R, 60 RPM)

2-3 mins easy

10 mins @ 70-80%

* 30 secs – 100 RPM, 30 secs high R (climb)
* 1 min – 100 RPM, 1 min high R (climb)
* 1 ½ min – 100 RPM, 1 ½ high R (climb)
* 2 min – 100 RPM, 2 min high R (climb)

3 min easy

6 min as:

* 3 min hill – 40 secs @ 70%, 20 secs @ 90%
* 3min – fast RPM – 40 secs @ 70%, 20 secs @ 90%

3 min easy

**Thursday 27th June**

**Run**

3 x 1mile Reps 5k pace 60sec RI Lucasters Loops

**Swim**

2-3 x 400m 30 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 4th July (No coaches this week)**

**Run**

8-10 x 400m 90sec RI Farlington Avenue

**Swim**

Drills

10 x 25m Choice Drill 25m Full 15sec RI

Race Craft

10 x 50m Fast in Pairs 90sec RI

Pool Craft

Tumble turn practice – touch turn practice – Dive start practice deep end

**Spin**

Mixed intervals