



Day Weeks 1-6	Exercise	Duration (approx) + Intensity level
MONDAY	5 mile bike	45 minutes: easy - medium
TUESDAY	2 mile run and strength/core exercises	20 minutes: medium
WEDNESDAY	1 mile run – 3 mile bike – 1 mile run	40 minutes: medium
THURSDAY	Rest – full stretch	Rest
FRIDAY	Cross training – swimming, cross trainer or rower	45 minutes: medium
SATURDAY	6 mile bike with 4 x hill climbs	50 minutes: hard on hills
SUNDAY	2 mile run - fartlek	20 minutes: easy – hard: increase intensity on fartlek
MONDAY	Rest – stretch	Rest
TUESDAY	2 mile run with 5 mile bike	45 – 50 minute: medium
WEDNESDAY	7 mile bike with speed intervals 2 minutes fast then 1 minute easy x 5	50-60 minutes with 20 minutes of intervals: easy - hard on intervals
THURSDAY	Cross training: Swimming, cross training or rower, plus strength/ core exercises	45 minutes: medium
FRIDAY	Rest – sports massage	Rest
SATURDAY	4 mile bike incorporating hills, 2.5 mile run after bike	45 minutes: medium
SUNDAY	3 mile run	30 minutes: easy
MONDAY	Cross training: Swim, cross trainer or studio class, plus strength/core exercises	60 minutes: medium
TUESDAY	Rest – stretch	Rest
WEDNESDAY	Run 3-4 miles with 6 hill reps	40 minutes: hard
THURSDAY	Bike 8 miles with 4 hill reps	60+ minutes: hard
FRIDAY	Rest – sports massage	Rest
SATURDAY	Run 1 mile Bike 8 miles Run 1 mile	60-80 minutes: first run easy – bike medium – run hard
SUNDAY	5 mile bike More off road the better	45 minutes: easy/medium depending on how you feel
MONDAY	Rest - Stretch	Rest
TUESDAY	Run 4 miles with speed intervals - 2 minutes hard – 1 minute easy x 5-6 reps	40-50 minutes – with 20 minutes of intervals: easy - hard on intervals
WEDNESDAY	Bike 8 miles – fartlek	60 minutes: middle 20 minutes fartlek - easy – hard
THURSDAY	Cross training – swimming, boxing, studio class plus strength/core exercises	60 minutes: medium
FRIDAY	Rest – sports massage	Rest
SATURDAY	Run 2 miles – Bike 9 miles – Run 1 mile	90+ minutes: easy – medium
SUNDAY	Bike 10-12 miles incorporating hills	70+ minutes: easy – medium



Day	Exercise	Duration (approx) + Intensity level
MONDAY	Rest – stretch	Rest
TUESDAY	Cross training: swimming, rower plus strength/core exercises	60 minutes: medium
WEDNESDAY	Run – 4 – 5 miles incorporating hills	45-55 minutes: medium – hard
THURSDAY	Bike 8 miles incorporating hills	50 minutes: medium - hard
FRIDAY	Rest – sports massage	Rest
SATURDAY	Run 2.5 miles, Bike 6 miles	60+ minutes: medium
SUNDAY	Bike 6 miles, Run 2.5 miles	60+ minutes: hard
MONDAY	Rest – stretch	Rest
TUESDAY	Cross training: Swim, row, cross train, and strength/core exercises	45 minutes: easy
WEDNESDAY	Run 1 mile – Bike 4 miles – Run 1 mile	1 hour: medium
THURSDAY	Bike 6 miles incorporate some gentle hills	45 minutes: easy – medium pace
FRIDAY	Rest / Sports massage / stretch	Rest
SATURDAY	Brick session: 10 minutes cycle off road with 5 minutes run off bike. Test bike is in working order!	15 minutes: easy/moderate
SUNDAY	Race Day	90+ minutes: hard