

Week	90 Mins Tempo Bike	60 mins Tempo Run	Run 2 x 2.4km moderate	BIKE 1 x [12mins moderate / 3mins recovery] • 6 x [2mins hard/1min very hard / 1min easy] • 1 x [12mins moderate / 3mins easy]	Run 90 min long Aerobic	Bike 120 min long Aerobic	Rest
Ending Oct 29th			Swim 5* 200m (1km)	HIIT Training			
Week	BRICK Repeat 3 x • 10mins bike vigorous • 5mins run moderate • 90secs rest between reps	SWIM 3 x 600m moderate; increasing pace in final 150m; 30secs rest between reps	BIKE 1 x [12mins moderate / 3mins recovery] • 6 x [2mins hard/1min very hard/1min easy] • 1 x [12mins moderate / 3mins easy]	SWIM 4 x 150m vigorous • 4 x 250m moderate • 4 x 150m vigorous • 30secs rest between reps	Rest	Long Swim 2.3km, inc. 1 x 1km @70.3 race pace; try to swim in groups	Run 120 minutes @ 5:45
Ending Nov 5th	Run Hill Sprints (4x 5mins, 2min break)	Run 60 minutes hills / trek		HIIT Training		BIKE 80-90km moderate on an undulating route; inc. 2 x 15km @faster than 70.3 pace	
Week		SWIM 4 x 150m vigorous • 4 x 250m moderate • 4 x 150m vigorous • 30secs rest between reps	BIKE 1 x [10mins moderate/ 2mins easy] • 5 x [2mins hard /1min very hard/1min easy] • 1 x [10mins moderate/ 2mins easy]	BIKE 5 x [8mins moderate/ 2mins easy]	Rest	2km Recovery Run	MOCK RACE 1.5km swim • 40km bike • 10km run • Treat as a training session. Train using fuel and kit you will use on race day.
Ending Nov 12th	Run Hill Sprints (4x 4mins, 90sec break)	Run 60 minutes hills / trek	Swim 1.9km	HIIT Training		1km Easy Swim	
Week		BIKE 2 x [10mins moderate/ 2mins easy] • 12 x [1min very hard/1min easy] • 2 x [10mins moderate/ 2mins easy]	SWIM 2.5km • Include 1 x 1.9km @70.3 race pace. Focus on sighting, swimming with head up and turning at buoys	5-6 x 2km vigorous • 45secs rest between reps	Rest	SWIM 5 x 200m moderate • 20secs rest between reps • 10 x 100m vigorous • 15secs rest between reps	BRICK 80km bike moderate • 12-14km run estimated 70.3 race pace • Train using fuel and kit you will use on race day
Ending Nov 19th	Run Hill Sprints (4x 4mins, 90sec break)	Run 60 minutes hills / trek		HIIT Training			
Week	BIKE 2 x [8mins moderate/ 2mins easy] • 10 x [1min very hard/1min easy] • 2 x [8mins moderate/ 2mins easy]	SWIM 4 x 200m moderate • 4 x 150m vigorous • 4 x 100m very hard • 30secs rest between reps	BIKE 4 x [8mins moderate/ 2mins easy]	SWIM 2.5km • Include 1 x 1.9km @70.3 race pace. Focus on sighting, swimming with head up and turning at buoys	Rest	2km Easy Run	Half Marathon Rotorua
Ending Nov 26th	Run Hill Sprints (5x 5mins, 4min break)	Run 60 minutes hills / trek EASY!		Rest			
Week	Rest	BIKE 2 x [8mins moderate/ 2mins easy] • 10 x [1min very hard/1min easy] • 2 x [8mins moderate/ 2mins easy]	OW SWIM 2.2km • Include 3 x 400m @faster than 70.3 race pace. Focus on starts and finding swim pace	BIKE 4 x [8mins moderate/ 2mins easy]	Rest	BRICK 50km bike estimated 70.3 race pace • 10km run estimated 70.3 race pace • Train using fuel and kit you will use on race day	SWIM 4 x 200m moderate • 4 x 150m vigorous • 4 x 100m very hard • 30secs rest between reps
Ending Dec 3rd		Run 60 minutes hills / trek EASY!	RUN 5 x 1.5km vigorous; 45secs rest between reps	HIIT Training			
Week	SWIM 10 x 100m vigorous • 20secs rest between reps	BRICK 2 x • 12mins bike moderate • 6mins run moderate • 90secs rest between reps	BIKE 4 x [7mins moderate/ 3mins easy]	Rest	30 min recovery Run	Race	Dis
Ending Dec 10th					1km easy on course swim		