

WEEK #1 WORKOUT OPTIONS

SWIM 1				
WARM UP: 200 yards easy				
DRILL SET: 4x25 yards mixed drills with 10-second rest periods				
MAIN SET: 2x100 yards at moderate aerobic intensity with 10-second rest periods				
COOL DOWN: 200 yards easy				
Duration	700	yards		
ZONE	1	2	3	4

SWIM 2				
WARM UP: 200 yards easy				
DRILL SET: 6x25 yards mixed drills with 10-second rest periods				
MAIN SET: 4x100 yards at moderate aerobic intensity with 10-second rest periods				
COOL DOWN: 200 yards easy				
Duration	1,050	yards		
ZONE	1	2	3	4

SWIM 3				
WARM UP: 250 yards easy				
DRILL SET: 8x25 yards mixed drills with 10-second rest periods				
MAIN SET: 4x100 yards at moderate aerobic intensity with 5-second rest periods.				
Then do 4x25 yard relaxed sprints with 20-second rest periods				
COOL DOWN: 200 yards easy				
Duration	1,350	yards		
ZONE	1	2	3	4

SWIM 4				
WARM UP: 300 yards easy				
DRILL SET: 8x25 yards mixed drills with 10-second rest periods				
MAIN SET: 5x100 yards at moderate aerobic intensity with 5-second rest periods.				
Then do 8x25 yard relaxed sprints with 20-second rest periods				
COOL DOWN: 300 yards easy				
Duration	1,700	yards		
ZONE	1	2	3	4

BIKE 1				
WARM UP: 10-15 minutes easy (Zone 1)				
MAIN SET: Ride steady at moderate aerobic intensity (Zone 2).				
COOL DOWN: Easy spinning for the last 5 minutes.				
Duration	30	minutes		
ZONE	1	2	3	4

BIKE 2				
WARM UP: 10-15 minutes easy (Zone 1)				
MAIN SET: Ride steady at moderate aerobic intensity (Zone 2).				
COOL DOWN: Easy spinning for the last 5 minutes.				
Duration	45	minutes		
ZONE	1	2	3	4

BIKE 3				
WARM UP: 10-15 minutes easy (Zone 1)				
MAIN SET: Ride steady at moderate aerobic intensity (Zone 2).				
COOL DOWN: Easy spinning for the last 5 minutes.				
Duration	60	minutes		
ZONE	1	2	3	4

BIKE 4				
WARM UP: 10-15 minutes easy (Zone 1)				
MAIN SET: Use a short hill with a grade of 5-6% and do 6 hill repeats. Climb for 1-min (Zone 3) with 2-min active recoveries between each interval.				
COOL DOWN: Easy spinning for remainder of time.				
Duration	55	minutes		
ZONE	1	2	3	4

RUN 1				
WARM UP: 10-15 minutes easy (Zone 1)				
MAIN SET: Run steady at moderate aerobic intensity (Zone 2).				
COOL DOWN: Easy jog or walk for the last 5 minutes.				
Duration	25	minutes		
ZONE	1	2	3	4

RUN 2				
WARM UP: 10-15 minutes easy (Zone 1)				
MAIN SET: Run steady at moderate aerobic intensity (Zone 2).				
COOL DOWN: Easy jog or walk for the last 5 minutes.				
Duration	30	minutes		
ZONE	1	2	3	4

RUN 3				
WARM UP: 10-15 minutes easy (Zone 1)				
MAIN SET: Run steady at moderate aerobic intensity (Zone 2).				
COOL DOWN: Easy jog or walk for the last 5 minutes.				
Duration	35	minutes		
ZONE	1	2	3	4

RUN 4				
WARM UP: 10-15 minutes easy (Zone 1)				
MAIN SET: Run steady at moderate aerobic intensity (Zone 2). Mix in 3x20-second running strides with 40-second active recovery between each.				
COOL DOWN: Easy jog or walk for the last 5 minutes.				
Duration	40	minutes		
ZONE	1	2	3	4