

WEEK 6				
PLANNED		AM	PM	
Day 36	Monday	swim workout level 2 - 2B		0.5
Day 37	Tuesday	Run 25-30 minutes: 10-15 minutes easy 5 minutes moderate hard 5 minutes easy	ride 30-40 minutes easy	1.2
Day 38	Wednesday	swim workout level 1 - choice strength workout 1		1
Day 39	Thursday	ride 1 hour: 20 minutes easy 30 minutes fastest pace you can go, if you have a heart rate monitor capture the last 20 minutes average of the fast portion - this is your heart rate lactate threshold for the bike 10 minutes easy		1
Day 40	Friday	off		
Day 41	Saturday	run 30 minutes easy to steady effort, drills at the end		0.5
Day 42	Sunday	ride 45 minutes to hour easy run 10 minutes easy off the bike		1
				5.2