

WEEK 9				
PLANNED				
		AM	PM	Time
Day 57	Monday	off		
Day 58	Tuesday	swim workout level 1 or 2 - your choice run 15-20 minutes easy		1
Day 59	Wednesday	ride 45 minutes: 20 minutes easy 20 minutes moderate hard 5 minutes easy		0.75
Day 60	Thursday	run 30 minutes: 10 minute easy 15 minute moderate hard 5 minute easy		0.5
Day 61	Friday	swim workout level 2 or 3 - choice	optional strength workout 1 or 2	0.5
Day 62	Saturday	ride 1 hour easy		1
Day 63	Sunday	ride 30 minutes build into comfortable fast pace run 20 minutes easy/comfortable off the bike		0.85