

WEEK 7				
PLANNED		AM	PM	Time
Day 43	Monday	off		
Day 44	Tuesday	swim workout level 2 - your choice	run 30 minutes: 10 minute easy 5 minutes moderate 5 minutes moderate hard 5 minutes easy	1
Day 45	Wednesday	ride 1 hour: 25 minutes easy 2 x 10 minutes at moderate hard or Zone 3 effort with 5 minutes easy between 10 minutes easy cooldown		1
Day 46	Thursday	swim workout level 2 - choice		0.5
Day 47	Friday	run 30 minutes easy with drills strength workout 3		1
Day 48	Saturday	off		
Day 49	Sunday	ride 45 minutes build into comfortable steady effort run 15-20 minutes off the bike at steady effort		1
				4.5