

<b>WEEK 8</b>				
<b>PLANNED</b>		race simulation week	PM	TIME
Day 50	Monday	off		
Day 51	Tuesday	swim workout level 1 run 25-30 minutes - start easy and build into comfortably fast effort		1
Day 52	Wednesday	ride 45 minutes: 20 minutes easy 20 minutes comfortably fast (top of Zone 2) 5 minutes easy		0.75
Day 53	Thursday	run 20 minutes easy with 3-4 x 1 minute faster/1 minute easy in 2nd half	strength workout 1 or 2	1
Day 54	Friday	swim workout level 2 - 2D or E		0.5
Day 55	Saturday	off		
Day 56	Sunday	<b>Mock sprint triathlon - ideally at an open water venue with a partner: swim 10 minutes steady pace ride 30 minutes moderate hard pace run 20-25 minutes moderate hard pace walk 5 minutes easy as a cooldown</b>		1
				4.25