

	Swim	Bike	Run
01/08/24	WU 3 x (4 x 25m easy off 20"R) 60"R inbetween sets CD		
02/08/24	REST	REST	REST
03/08/24			10 x (1' walk + 1' easy jog)
04/08/24	REST	REST	REST
05/08/24	WU 3 x (4 x 25m easy off 20"R) 60"R inbetween sets CD		
06/08/24		30' easy ride	
07/08/24	WU 3 x (2 x 50m easy off 20"R) 60"R inbetween sets CD		
08/08/24			10 x (1' walk + 1' easy jog)
09/08/24		30' easy ride	
10/08/24	REST	REST	REST
11/08/24			10 x (1' walk + 90" easy jog)
12/08/24		40' easy ride	
13/08/24	WU 4 x (2 x 50m easy off 20"R) 60"R inbetween sets CD		
14/08/24			10 x (1' walk + 90" easy jog)
15/08/24	WU 4 x (2 x 50m easy off 20"R) 60"R inbetween sets CD		
16/08/24		40' easy ride	
17/08/24	REST	REST	REST
18/08/24			10 x (1' walk + 2' easy jog)
19/08/24		30' easy ride	

20/08/24	WU 3 x (2 x 100m easy off 20"R) 60" R inbetween sets CD		
21/08/24		45' easy ride	
22/08/24	WU 3 x (2 x 100m easy off 20"R) 60" R inbetween sets CD		
23/08/24			10 x (1' walk + 2' easy jog)
24/08/24		45' easy ride	
25/08/24			8 x (1' walk + 3' easy jog)
26/08/24	REST	REST	REST
27/08/24	WU 4 x (2 x 100m easy off 20"R) 60" R inbetween sets CD		
28/08/24		45' easy ride	
29/08/24	WU 3 x (3 x 100m easy off 20"R) 60" R inbetween sets CD		
30/08/24			6 x (1' walk + 4' easy jog)
31/08/24		45' easy ride	

	Swim	Bike	Run
01/09/24			5 x (30" walk + 5' easy jog)
02/09/24		30' easy ride	
03/09/24	WU 3 x (3 x 100m medium off 20"R) 60"R inbetween sets CD		
04/09/24		WU 10' 3 x 5' medium off 2' easy CD 10'	
05/09/24	WU 3 x (3 x 100m medium off 15"R) 60"R inbetween sets CD		
06/09/24			4 x 30" walk + 6' easy jog
07/09/24		60' easy ride	
08/09/24			3 x 30" walk + 8' easy jog
09/09/24	REST	REST	REST
10/09/24	WU 2 x (2 x 200m medium off 20"R) 60"R inbetween sets CD		
11/09/24		WU 10' 4 x 5' medium off 2' easy CD 10'	
12/09/24	WU 2 x (2 x 200m medium off 15"R) 60"R inbetween sets CD		
13/09/24			2 x (30" walk + 10' easy jog)
14/09/24		60' easy ride	
15/09/24			2 x (30" walk + 12' easy jog)
16/09/24	REST	REST	REST
17/09/24	WU 300m 60R 2 x 200 off 60R 3 x 100 off 60R CD		

18/09/24		WU 10' 3 x 10' medium off 3' easy CD 10'	
19/09/24	WU 2 x (2 x 300m medium off 15"R) 60"R inbetween sets CD		
20/09/24			2 x (2' walk + 15' easy jog)
21/09/24		60' easy ride	
22/09/24			WU 5' very easy 60R 20' easy 60R CD 5' very easy
23/09/24	REST	REST	REST
24/09/24	WU 400m medium 60R 300m medium 60R 200m medium 60R 100m medium 60R CD		
25/09/24		WU 10' 2 x 15' medium off 3' easy CD 10'	
26/09/24	WU 2 x 400m 60R CD		
27/09/24	AFL Friday Public Holiday Vic	AFL Friday Public Holiday Vic 30' easy ride	AFL Friday Public Holiday Vic 15' ROTB very easy
28/09/24	REST	REST	REST
29/09/24			WU 5' very easy 60R 3 x 10' medium off 2' walk 60R CD 5' very easy
30/09/24	REST	REST	REST

	Swim	Bike	Run	
01/10/24	WU 2 x (2 x 300m medium off 15"R) 60"R inbetween sets CD		20' easy	
02/10/24		60' easy ride		
03/10/24	WU 300m 60R 2 x 200 off 60R 3 x 100 off 60R CD			
04/10/24			2 x (2' walk + 15' easy jog)	
05/10/24		WU 10' 3 x 10' medium/hard off 3' easy CD 10'		
06/10/24			WU 5' very easy 60R 20' easy 60R CD 5' very easy	
07/10/24	REST	REST	REST	
08/10/24	WU 4 x 200 off 45R CD			
09/10/24		45' easy ride	10' ROTB easy	
10/10/24	WU 4 x 200 off 30R CD			
11/10/24			30' medium on rolling hills	
12/10/24	REST	REST	REST	
13/10/24		45' medium ride	15' ROTB medium	
14/10/24	REST	REST	REST	
15/10/24	WU 2 x 100 20R 2 x 200 20R 2 x 100 20R CD			
16/10/24		30' build intensity	10' ROTB easy	

17/10/24	WU 10 x 50 15R CD			
18/10/24			WU 10' 4 x 2' hill repeats (2' walk/jog back down) all at feels like 5km race pace CD 10'	
19/10/24		45' easy ride		
20/10/24		30' build intensity	20' ROTB build intensity	
21/10/24	REST	REST	REST	
22/10/24	WU 5 x 100m 15R CD		30' easy	
23/10/24		45' easy ride		
24/10/24	WU 3 x 200m 30R CD		WU 10' 4 x 1km medium off 60' walking/standing CD 10'	
25/10/24		30' easy ride		
26/10/24		40' build intensity	20' ROTB build intensity	
27/10/24	Open water swim 500m			
28/10/24	REST	REST	REST	
29/10/24	WU 2 x 300m CD			
30/10/24			WU 10' 2 x 2km off 90' walking/standing CD 10'	
31/10/24	WU 4 x 50 20R 400m medium CD	30' easy ride		

	<b>Swim</b>	<b>Bike</b>	<b>Run</b>
01/11/24		40' easy ride	
02/11/24			WU 10' 5km Park Run Test CD 10'
03/11/24	REST	REST	REST
04/11/24		40' build intensity	25' ROTB build intensity
05/11/24	Melbourne Cup Public Holiday Victoria WU 500m swim speed test CD	Melbourne Cup Public Holiday Victoria	Melbourne Cup Public Holiday Victoria
06/11/24		WU 2 x 15' medium off 3' easy CD	
07/11/24	WU 5 x 100m 20R CD		
08/11/24		45' very easy	
09/11/24	REST	REST	REST
10/11/24	Race Day - 400m Swim	Race Day - 15km Ride	Race Day - 4km Run
11/11/24	REST	REST	REST