

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
<b>Week 1</b> august 04 - 05						Swim 8 x 25m, 15'sec rest b/each	20 min run, alternate 3 min run x 1 min walk
<b>Week 2</b> august 06 - 12	day off	20 min run, alternate 5 min run x 5 min walk	Swim 10 x 25m, 10 sec rest b/each	20 min run, alternate 6 min run x 4 min walk	day off	swim 4 x 50m warm up 10 sec rest b/each. 200 easy	30 min run, alternate 4 min run x 1 min walk
<b>Week 3</b> august 13 - 19	day off	20 min run, alternate 6 min run x 4 min walk	Swim 5 x 50m, 15 sec rest b/each, 100m easy	20 min run, alternate 7 min run x 3 min walk	day off	swim 6 x 50m warm up 10 sec rest b/each 200m easy	30 min run alternate 5 min run x 1 min walk
<b>Week 4</b> august 20 - 26	day off	20 min run alternate 7 min run x 3 min walk	Swim 5 x 100, 20 sec rest b/each	20 min run alternate 8 min run x 2 min walk	day off	swim 8 x 50m warm up 10 sec rest b/each 200m easy	30 min run alternate 10 min run x 5 min walk

<b>Week 5</b> august 27 - 02 september	day off	20 min run alternate 8 min run x 2 min walk	swim 3 x 200m, 30 sec rest b/each	20 min run alternate 9 min run x 1 min walk	day off	swim 10 x 50m warm up, 10 sec rest b/each, 200m easy	30 min run alternate 12 min run x 3 min walk
<b>Week 6</b> september 03 - 09	day off	20 min run alternate 9 min run x 1 min walk	swim 400m 1 min rest 100m easy	20 min run	day off	swim 300m easy open water run 1k easy	30 min run alternate 8 min run x 2 min walk
<b>Week 7</b> september 10 - 12	day off	swim 200m easy, run 10 min easy	<b>Race day</b> <b>Women's</b> <b>Aquathlon</b>				