



## Set

### Weeks 5-6: Getting event ready

We're over half way towards your event goal. Now the fun begins.

Goal: Complete full distances individually, add first brick.



#### Session 1: Swim

- Warm-up: 2 × 50m
- Main: 2 × 100m, 45s rest
- Drill: 4 × 25m (catch-up or fingertip drag)
- Endurance: 200m continuous
- Cool down: 50m

Total: ~400m



#### Session 2: Bike + Short Run Brick

- Warm-up: 5 min easy spin
- Main: 25 min ride at steady pace (cover 10–12 km if possible)
- Transition quickly to: 1 km jog (or 7 min easy run)
- Cool down: walk & stretch

Total: ~35–40 min



#### Session 3: Run/Walk

- Warm-up: 5 min brisk walk
- Main: 2.5 km continuous jog (aim to run whole way, slow pace)
- Cool down: walk & stretch

Total: ~20–25 min