



## Set

### Weeks 7-8: The final stretch

You've done the work, now it's time to put the icing on the cake and make those final few sessions count.

Goal: Practice race-specific bricks, smooth transitions, confidence.



#### 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: Mini Tri Simulation (Race Rehearsal)

- Swim: 200m continuous (pool or open water)
- Transition: quick change
- Bike: 8 km ride steady
- Run: 1.5–2 km jog off the bike

Total: ~45–50 min, nearly race simulation