

	Monday May 3, 2021	% bio	RPE	Tuesday May 4, 2021	% bio	RPE	WEDNESDAY May 5, 2021	% bio	RPE	Thursday May 6, 2021	% bio	RPE	Friday May 7, 2021	% bio	RPE	Saturday May 8, 2021	% bio	RPE	Sunday May 9, 2021	% bio	RPE
WK%				run FRTK- RPE 10	5%	10	SWIM - INTRO	15%	2	run ENDURANCE+50s - RPE 3	1%	2	SWIM - endurance/tech	15%	2	bike intervals	14%	10	AM SWIM - long endurance	35%	10
10%				wu 30min @<70% RPE 2/10						40min @<70% RPE 2/10						WU 30min @<65% RPE 2/10					
				ms 10x						4x 50m accelerations						5min RPM 100+					
				15sec hard controlled sprints						legs swings + drills						MS 2x 4x 60sec @ hard					
				1:45min jog									learn to manage your intensity so you can complete the workout	→	→	REST 4min/BTW 10min					
				cd 5min @<70% RPE 2/10												CD 5min @ <					
				legs swings + drills																	
WK				bike ENDURANCE- RPE 2	4%	2				bike ENDURANCE- RPE 2	4%	2							bike ENDURANCE- RPE 2	3%	2
RPE				wu 30min @<65% RPE 2/10						wu 30min @<65% RPE 2/10						run ENDURANCE+100s - RPE 2	2%	2	wu 30min @<65% RPE 2/10		
4				5min [20 sprint /R 20]						5min [20 sprint /R 20]						60min @<70% RPE 2/10			5min [20 sprint /R 20]		
				5min RPM 120+						5min RPM 120+						4x 100m accelerations			5min RPM 120+		
				MS 20min @<65% RPE 2/10						MS 20min @<65% RPE 2/10						legs swings + drills			MS 50min @<65% RPE 2/10		