

# PROGRAM WK 1

<p><b>Monday</b> wk1</p>	<p><b>Morning Pool Swim: 600M Blocks</b> <b>With 10 Sec Rest B/W Each Swim</b> 400M Warm-Up 3X200M + 6X100M+12X50M (Reduce Blocks If Needed)</p>	<p><b>Evening Run</b> 3-5km Road Run Choose Pace &amp; Distance On Fitness And Ability. Record Your Time!</p>
<p><b>Tuesday</b> wk1</p>	<p><b>Beach Work</b> Warm Up With A Light Sand Run 400-1km 6 X Ins &amp; Outs Around Flags Practicing Race Skills (Described Above)</p>	
<p><b>Wednesday</b> wk1</p>	<p><b>Running Time Trials Near Ocean Pool. 1km Swimming</b> Warm-Up 4X1Km Time Trials Building Effort. Best Times On Last Two. 2 Min Recovery. Swim: 6X100M Efforts On Your PB + 20 Seconds (See Above) 8x50M Efforts on Your PB +10 Seconds (See Above)</p>	
<p><b>Thursday</b> wk1</p>	<p><b>REST</b></p>	
<p><b>Friday</b> wk1</p>	<p><b>Morning Pool Swim: 600M+ Blocks</b> <b>With 10 Sec Rest B/W Each Swim</b> 400M Warm-Up 3X200M + 8X100M+16X50M (Reduce Blocks If Needed)</p>	<p><b>Evening Run</b> 3-5km Road Run Choose Pace &amp; Distance On Fitness And Ability. Improve Your Time!</p>
<p><b>Saturday</b> wk1</p>	<p><b>Hill Work 20-30 Mins &amp; Beach Work</b> Warm-Up Pick A Steep Hill Near A Beach Like Nth Curl Curl And Do Marker Hill Work 6 X Ins &amp; Outs Around Flags Practicing Race Skills (Described Above)</p>	
<p><b>Sunday</b> wk1</p>	<p><b>REST</b></p>	

# PROGRAM WK 2

<p><b>Monday</b> wk2</p>	<p><b>Morning Pool Swim: 800M Blocks With 10 Sec Rest B/W Each Swim</b> 400M Warm-Up 4X200M + 8X100M+16X50M (Reduce Blocks If Needed)</p>	<p><b>Evening Run</b> 3-5km Road Run Choose Pace &amp; Distance On Fitness And Ability. Improve Your Time!</p>
<p><b>Tuesday</b> wk2</p>	<p><b>Beach Work</b> Warm Up With A Light Sand Run 400-1km 8 X Ins &amp; Outs Around Flags Practicing Race Skills (Described Above)</p>	
<p><b>Wednesday</b> wk2</p>	<p><b>Running Time Trials Near Ocean Pool. 1km Swimming</b> 5X1Km Time Trials Building Effort. Best Times On Last Two. 2 Min Recovery. Swim: 1X200M Max Effort+ 6X100M Efforts On Your PB + 20 Seconds (See Above) 8x50M Efforts on Your PB +10 Seconds (See Above)</p>	
<p><b>Thursday</b> wk2</p>	<p><b>REST</b></p>	
<p><b>Friday</b> wk2</p>	<p><b>Morning Pool Swim: 800M+ 400M Blocks + 10 Sec Rest B/W Swims</b> 400M Warm-Up 4X200M + 8X100M + 2X200M +4X100M +8X50M</p>	<p><b>Evening Run</b> 3-5km Road Run Choose Pace &amp; Distance On Fitness And Ability. Improve Your Time!</p>
<p><b>Saturday</b> wk2</p>	<p><b>Hill Work 20-30 Mins &amp; Beach Work</b> Warm-Up Pick A Steep Hill Near A Beach Like Nth Curl Curl And Do Marker Hill Work 8 X Ins &amp; Outs Around Flags Practicing Race Skills (Described Above)</p>	
<p><b>Sunday</b> wk2</p>	<p><b>REST</b></p>	

# PROGRAM WK 3

<p><b>Monday</b> wk3</p>	<p><b>Morning Pool Swim: 800M Blocks With 8 Sec Rest B/W Each Swim</b> 400M Warm-Up 4X200M + 8X100M+16X50M (Reduce Blocks If Needed)</p>	<p><b>Evening Run</b> 3-5km Road Run Choose Pace &amp; Distance On Fitness And Ability. Improve Your Time!</p>
<p><b>Tuesday</b> wk3</p>	<p><b>Beach Work</b> Warm Up With A Light Sand Run 400-1km 8 X Ins &amp; Outs Around Flags Practicing Race Skills (Described Above)</p>	
<p><b>Wednesday</b> wk3</p>	<p><b>Running Time Trials Near Ocean Pool. 1km Swimming</b> 6X1Km Time Trials Building Effort. Best Times On Last Two. 2 Min Recovery. Swim: 1X200M Max Effort+ 6X100M Efforts On Your PB + 15 Seconds (See Above) 8x50M Efforts on Your PB +5 Seconds (See Above)</p>	
<p><b>Thursday</b> wk3</p>	<p><b>Beach Work</b> Warm Up With A Light Sand Run 400-1km 8 X Ins &amp; Outs Around Flags Practicing Race Skills (Described Above) 1km Sand Run To Finish</p>	
<p><b>Friday</b> wk3</p>	<p><b>Morning Pool Swim: 800M+ 400M Blocks + 8 Sec Rest B/W Swims</b> 400M Warm-Up 4X200M + 8X100M + 2X200M +4X100M +8X50M</p>	<p><b>Evening Run</b> 3-5km Road Run Choose Pace &amp; Distance On Fitness And Ability. Improve Your Time!</p>
<p><b>Saturday</b> wk3</p>	<p><b>Hill Work 20-30 Mins &amp; Beach Work</b> Warm-Up Pick A Steep Hill Near A Beach Like Nth Curl Curl And Do Marker Hill Work 8 X Ins &amp; Outs Around Flags Practicing Race Skills (Described Above)</p>	
<p><b>Sunday</b> wk3</p>	<p><b>REST</b></p>	

# PROGRAM WK 4

<p><b>Monday</b> wk4</p>	<p><b>Morning Pool Swim: 800M Blocks With 8 Sec Rest B/W Each Swim</b> 400M Warm-Up 4X200M + 8X100M+16X50M (Reduce Blocks If Needed)</p>	<p><b>Evening Run</b> 3-5km Road Run Choose Pace &amp; Distance On Fitness And Ability. Improve Your Time!</p>
<p><b>Tuesday</b> wk4</p>	<p><b>Beach Work</b> Warm Up With A Light Sand Run 400-1km 8 X Ins &amp; Outs Around Flags Practicing Race Skills (Described Above)</p>	
<p><b>Wednesday</b> wk4</p>	<p><b>Running Time Trials Near Ocean Pool. 1km Swimming</b> 6X1Km Time Trials Building Effort. Best Times On Last Two. 2 Min Recovery. Swim: 1X200M Max Effort+ 6X100M Efforts On Your PB + 15 Seconds (See Above) 8x50M Efforts on Your PB +5 Seconds (See Above)</p>	
<p><b>Thursday</b> wk4</p>	<p><b>REST/LIGHT JOG or SWIM</b></p>	
<p><b>Friday</b> wk4</p>	<p><b>REST</b></p>	
<p><b>Saturday</b> wk4</p>	<p><b>RACE</b></p>	