<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>S: 45 minutes very easy run, RPE 3.</td>
<td>S: 45 minutes at easy pace, RPE 2-3</td>
<td>S: race-specific</td>
<td>R: 90 minutes long run, easy pace. RPE 3.</td>
<td>OFF rest.</td>
<td>B: 90 minute ride. Only go further if you easily completed all the other workouts this week. We're only getting started on a long 20 weeks...</td>
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</tr>
<tr>
<td>S: long day</td>
<td>B: 60 minutes road or trainer, all small chainring work, low effort.</td>
<td>S: speed day</td>
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</tr>
<tr>
<td>S: 200 swim, 200 kick, 200 pull, 200 swim</td>
<td>main: 1 x 1500, RPE 4 (alternate 1 x 1000)</td>
<td>main: 8 x 100 EBEH (each 100 = 25 Easy, 25 Build, 25 Hard)</td>
<td>cu: 4 x 50, each slower than last</td>
<td>main: 8 x 100 EBEH (each 100 = 25 Easy, 25 Build, 25 Hard)</td>
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</tr>
<tr>
<td>S: 0.7</td>
<td>B: 3.3</td>
<td>R: 3.0</td>
<td>W: 0.0</td>
<td>O: 0.0</td>
<td>Total: 7.9</td>
<td>Total: 7.9</td>
</tr>
</tbody>
</table>