

MON	TUE	WED	THU	FRI	SAT	SUN	
23	24	25	26	27	Feb, 28	Mar, 1	
<p><b>Key Training Day</b></p> <p><b>Swim - Open Water</b> Ironman Swim - 3.8km 3800 m</p> <p><b>Run</b> 8 to 12km relaxed aerobic 10km</p> <p><b>Strength Training</b> Stretch and Core Stability session 30.00 min</p> <p><b>Other - Notes</b> Recovery afternoon 🧘</p>	<p><b>Key Training Day</b></p> <p><b>Brick Session</b> Key - Brick session - Long session</p> <p><b>Swim - Recovery Swim</b> Option easy swim</p>	<p><b>Other</b> Easy Recovery day</p> <p><b>Bike - Recovery Ride</b> Coffee and cake ride Recovery spin 20... 30 km</p> <p><b>Social Event</b> Beach Volley Ball / Sundowners (2.00 PM)</p> <p><b>Swim - Training Camp sessions</b> Relaxed aerobic session 3000 m 1:00:00hr</p>	<p><b>Diary Entry</b> Athletes Arrive</p> <p><b>Social Event</b> Dinner Pool Bar - Optional</p>	<p><b>Bike</b> Set up and check</p> <p><b>Bike</b> Day 1 - Steady aerobic - 30 to 40km. 40 km</p> <p><b>Run</b> Day 1 - steady aerobic -5km 5km</p> <p><b>Social Event</b> Sundowners (8:00 AM)</p> <p><b>Diary Entry</b> Intro Meeting (10:00 AM)</p> <p><b>Swim - Training Camp sessions</b> Day 1 session - All relaxed 3000 m 1:00:00 hr</p>	<p><b>Key Training Day</b></p> <p><b>Bike - Long Ride</b> Monster Day -100 to 200km - includin... (8:00 AM)</p> <p><b>Swim</b> Swim lanes booke (6:00 PM)</p> <p><b>Swim</b> TBC</p>	<p><b>Key Training Day</b></p> <p><b>Bike - Long Ride</b> Route TBC 60 to 70km 65 km</p> <p><b>Run - Track Workout</b> Half IM / IM pace session - 8 to 16km (8:00 AM)</p> <p><b>Swim - Training Camp sessions</b> Solid Aerobic session - 2 to 3km 3 km 1:15:00 hr</p>	<p><b>Bike - Long Ride</b> Tabeyesco Attack 85 to 110km 85 km</p> <p><b>Social Event</b> Sundowners (3:00 PM)</p> <p><b>Swim - Aerobic - 3 to 3.5km</b> pyramide 3500 m</p>
2	3	4	5	6	7	8	
<p><b>Key Training Day</b></p> <p><b>Swim - Open Water</b> Ironman Swim - 3.8km 3800 m</p> <p><b>Run</b> 8 to 12km relaxed aerobic 10km</p> <p><b>Strength Training</b> Stretch and Core Stability session 30.00 min</p> <p><b>Other - Notes</b> Recovery afternoon 🧘</p>	<p><b>Key Training Day</b></p> <p><b>Brick Session</b> Key - Brick session - Long session</p> <p><b>Swim - Recovery Swim</b> Option easy swim</p>	<p><b>Other</b> Easy Recovery day</p> <p><b>Bike - Recovery Ride</b> Coffee and cake ride Recovery spin 20... 30 km</p> <p><b>Social Event</b> Beach Volley Ball / Sundowners (2.00 PM)</p> <p><b>Swim - Training Camp sessions</b> Relaxed aerobic session 3000 m 1:00:00hr</p>	<p><b>Diary Entry</b> Athletes Arrive</p> <p><b>Social Event</b> Dinner Pool Bar - Optional</p>	<p><b>Bike</b> Set up and check</p> <p><b>Bike</b> Day 1 - Steady aerobic - 30 to 40km. 40 km</p> <p><b>Run</b> Day 1 - steady aerobic -5km 5km</p> <p><b>Social Event</b> Sundowners (8:00 AM)</p> <p><b>Diary Entry</b> Intro Meeting (10:00 AM)</p> <p><b>Swim - Training Camp sessions</b> Day 1 session - All relaxed 3000 m 1:00:00 hr</p>	<p><b>Key Training Day</b></p> <p><b>Bike - Long Ride</b> Monster Day -100 to 200km - includin... (8:00 AM)</p> <p><b>Swim</b> Swim lanes booke (6:00 PM)</p> <p><b>Swim</b> TBC</p>	<p><b>Key Training Day</b></p> <p><b>Bike - Long Ride</b> Route TBC 60 to 70km 65 km</p> <p><b>Run - Track Workout</b> Half IM / IM pace session - 8 to 16km (8:00 AM)</p> <p><b>Swim - Training Camp sessions</b> Solid Aerobic session - 2 to 3km 3 km 1:15:00 hr</p>	<p><b>Bike - Long Ride</b> Tabeyesco Attack 85 to 110km 85 km</p> <p><b>Social Event</b> Sundowners (3:00 PM)</p> <p><b>Swim - Aerobic - 3 to 3.5km</b> pyramide 3500 m</p>
<p><b>Key Training Day</b></p> <p><b>Swim - Open Water</b> Ironman Swim - 3.8km 3800 m</p> <p><b>Run</b> 8 to 12km relaxed aerobic 10km</p> <p><b>Strength Training</b> Stretch and Core Stability session 30.00 min</p> <p><b>Other - Notes</b> Recovery afternoon 🧘</p>	<p><b>Key Training Day</b></p> <p><b>Brick Session</b> Key - Brick session - Long session</p> <p><b>Swim - Recovery Swim</b> Option easy swim</p>	<p><b>Other</b> Easy Recovery day</p> <p><b>Bike - Recovery Ride</b> Coffee and cake ride Recovery spin 20... 30 km</p> <p><b>Social Event</b> Beach Volley Ball / Sundowners (2.00 PM)</p> <p><b>Swim - Training Camp sessions</b> Relaxed aerobic session 3000 m 1:00:00hr</p>	<p><b>Diary Entry</b> Athletes Arrive</p> <p><b>Social Event</b> Dinner Pool Bar - Optional</p>	<p><b>Bike</b> Set up and check</p> <p><b>Bike</b> Day 1 - Steady aerobic - 30 to 40km. 40 km</p> <p><b>Run</b> Day 1 - steady aerobic -5km 5km</p> <p><b>Social Event</b> Sundowners (8:00 AM)</p> <p><b>Diary Entry</b> Intro Meeting (10:00 AM)</p> <p><b>Swim - Training Camp sessions</b> Day 1 session - All relaxed 3000 m 1:00:00 hr</p>	<p><b>Key Training Day</b></p> <p><b>Bike - Long Ride</b> Monster Day -100 to 200km - includin... (8:00 AM)</p> <p><b>Swim</b> Swim lanes booke (6:00 PM)</p> <p><b>Swim</b> TBC</p>	<p><b>Key Training Day</b></p> <p><b>Bike - Long Ride</b> Route TBC 60 to 70km 65 km</p> <p><b>Run - Track Workout</b> Half IM / IM pace session - 8 to 16km (8:00 AM)</p> <p><b>Swim - Training Camp sessions</b> Solid Aerobic session - 2 to 3km 3 km 1:15:00 hr</p>	<p><b>Bike - Long Ride</b> Tabeyesco Attack 85 to 110km 85 km</p> <p><b>Social Event</b> Sundowners (3:00 PM)</p> <p><b>Swim - Aerobic - 3 to 3.5km</b> pyramide 3500 m</p>