

	<b><u>22-Jun</u></b>	<b><u>29-Jun</u></b>	<b><u>6-Jul</u></b>	<b><u>13-Jul</u></b>
<b>MON</b>	Swim: AnC/AC 60	Road Power 90	SWIM: AeP 3X 400 m 45	
	MTB: PSP 120			
<b>TUE</b>	Run - RP blocks 60	Swim: AnC/AC 60	Run 30	
		Run - Tempo 30		
<b>WED</b>			MTB 75	
	Swim: AnC/AC 60	REST		
<b>THU</b>	5 mile Mtn 150	BRICK 120		
			REST	
<b>FRI</b>	WAID Park Trailicious 60	Swim: AnC/AC 45	SWIM:OWS 20	
			Run 30	
<b>SAT</b>		Easy Road 45	Pre-ride or Road 60	
	Easy swim 30			
<b>SUN</b>		Run FRTL 50	RACE 150	
	Run 40			
	9.7	7.3	6.8	0.0

SWIM	MTB
ROAD BIKE	RUN
	RACE

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