

Team Tradestaff Newton

Tania

M 75 min easy hill run
T 80 min flat run with 45 min steady 75% of max heart rate
W 75 min easy hill run
T 90min bike steady 75% of max heart rate
F Rest or 60 min run with 8 time stride outs
S Run race or 80mins including 30mins at threshold
S 120-180min bike ride

Phil

M 75 min easy hill run
T 80 min flat run with 45 min steady 75% of max heart rate
W 90 min easy hill run
T 120min bike steady 75% of max heart rate or 80 min flat run with 45 min steady 75% of max heart rate
F Rest or 45 min run
S Run race or 80mins including 30mins at threshold
S 120-180min bike ride

Luke

M 60 min hill run easy
T 80 min flat run with 45 min steady 75% of max heart rate
W 60 mins kayak plus gym session
T 80 min flat run with 4 times 5mins at threshold
F Rest or optional 60 mins bike
S 80 min including 30mins at threshold
S 90 min hill run

Alex

M 1hour
T 1 hour with shorter reps e.g. 8 x 2 mins or 3km Time trial
W 1.5 to 2 hours with 45-60mins at marathon pace
T 50 minute morning run and a 50 minute evening run
F Easy 30 mins
S 1 hour with longer reps e.g. 4 x 10 mins or 3 x 12 mins
S 2.5 to 3.25 hours.