

WEEKS TO GO to Taupo		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
4		30th	31st Oct	1st Nov	2and	3rd	4th	5th	
Swim	1	1				1			
		Highly recommended	or on Tuesday			rest		Rotorua 82	
Bike	177	rest	rest	30	20		45	as fast as you can	
				very easy, flat or WT	flat & fast		easy		
Run/walk	0	rest	rest						
Massage									
Hours	5.65	0.4			1.25	0.25	1.5	2.25	
CHECK YOUR SEAT HEIGHT TO MAKE SURE MEASUREMENTS ARE STILL RIGHT									
WEEKS TO GO to Taupo		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
3		6th	7th	8th	9th	10th	11th	12th	
Swim	0.5								
			easy		easy				
Bike	350	Morning	30	30	30		80	130	
		Evening	30	hills hard gear, low cadence	30		rolling fast bursts	rolling fast bursts	fast bursts up to 10 km's
			fast		fast				
Run/walk	0								
Massage									
Hours	11.75		2		2		2.75	5	
WEEKS TO GO to Taupo		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
2		13th	14th Nov	15th	16th	17th	18th	19th	
Swim	0								
			easy		easy		rolling	MCVCC	
Bike	240	Morning	30		20		60	80	
		Evening	30		20				
			fast		fast		fast bursts	fast bursts	
Run/walk	5							5	
Massage									
Hours	10.5		2		1.5		2	5	