

## **Bike to Run**

### **1. Warm up on bike**

20 minute easy spin, gradually increasing intensity

### **2. Main Set**

10 minutes at goal race intensity then into T2, change into running gear and straight out on the run...

5 x 3 minutes at race intensity

- each with 3 minute jog recoveries

### **3. Cool Down**

10 minute easy run, gradually decreasing intensity