

TRAINING PLAN - WEEKS 1 TO 4

MONDAY ● TUESDAY ● WEDNESDAY ● THURSDAY ● FRIDAY ● SATURDAY ● SUNDAY

WEEK 1 - OUR WEEKLY PLAN BEGINS ON A MONDAY, BUT YOU CAN START ANY DAY OF THE WEEK

SWIM

3 x 600m as:
150m PD moderate;
150m kick moderate;
150m PB moderate;
150m vigorous
•
30secs RI after each 150m

REST DAY

BIKE

5 x 10mins as:
6mins climb increasing 1 gear each minute @50-70rpm;
4mins easy recovery

SWIM

1 x 400m moderate,
40secs RI; 2 x 200m moderate,
30secs RI; 4 x 100m moderate,
20secs RI; 8 x 50m moderate,
10secs RI
•
S&C #1

REST DAY

BIKE

2.5hrs on a hilly route
•
Focus on climbing hills out of the saddle

RUN

50mins moderate on a rolling route preferably off-road
•
S&C #2

WEEK 2 - DON'T FORGET, RI = REST INTERVAL; PB = PULL BUOY; PD = PADDLES

REST DAY

BIKE

2 x 20mins as:
4mins @80rpm;
1min @70;
3mins @90;
2mins @70;
2mins @100;
3mins @70;
1min @110;
4mins @70
•
Choose a gear to use for the whole session

SWIM

3 x 600m as:
200m PB moderate; 100m vigorous,
20secs RI;
200m PD mod; 100m vig;
20secs RI
•
1min RI after each 600m
•
S&C #1

RUN

6 x 1km as:
500m moderate on 1% into 500m hard on 2-4%
•
1min RI between sets

REST DAY

BIKE

2hrs on a flat route
•
Focus on using a bigger gear than usual and riding at 5-10rpm lower than usual

RUN

1hr moderate inc. a 30min block of hill reps
•
Run hill reps as hard as possible with 1min RI after each hill
•
S&C #2

WEEK 3 - ALWAYS INCLUDE A WARM-UP TO EACH SESSION - 5-8MINS, BUILDING INTENSITY FROM EASY TO VIGOROUS

SWIM

3 x 600m as:
150m PD moderate;
150m kick moderate;
150m PB moderate;
150m vigorous

REST DAY

BIKE

Repeat 5 x 10mins as:
7mins climb increasing 1 gear each minute @50-70rpm; 3mins easy recovery

SWIM

All moderate: 4 x 50m, 10secs RI; 200m, 20secs RI; 8 x 50m, 10secs RI; 400m, 20secs RI; 8 x 50m, 10secs RI; 200m, 20secs RI; 4 x 50m, 10secs RI
•
S&C #1

REST DAY

BIKE

2.5hrs of a hilly route
•
Focus on climbing hills in the saddle as much as possible

RUN

50mins moderate on a rolling route, preferably off-road
•
S&C #2

WEEK 4 - AND ALWAYS INCLUDE A COOL-DOWN TO EACH SESSION - 3-5MINS OF EASY CARDIO FOLLOWED BY STRETCHES

REST DAY

BIKE

3 x 15mins as:
3mins @90rpm;
2mins @70;
2mins @100;
3mins @70;
1min @110;
4mins @70
•
Choose an optimal gear to use for the whole session

SWIM

3 x 600m as:
200m PB moderate; 100m vigorous,
20secs RI;
200m PD mod; 100m vig;
20secs RI
•
1min RI after each 600m
•
S&C #1

RUN

6 x 1km as:
500m moderate on 1% into 500m hard on 2-5%
•
1min RI between sets

REST DAY

BIKE

1.5hrs on a flat route
•
Focus on using a bigger gear than usual and riding at 5-10rpm lower than usual

RUN

40mins moderate inc. a 20min block of hill reps
•
Run hill reps as hard as possible with 1min RI after each hill
•
S&C #2

TRAINING PLAN - WEEKS 5 TO 8

MONDAY ● TUESDAY ● WEDNESDAY ● THURSDAY ● FRIDAY ● SATURDAY ● SUNDAY

WEEK 5 - EMBRACE THE INCLINE: ADDING IN HILLS TO BOTH YOUR BIKE AND RUN WILL HELP PROMOTE STRENGTH AND POWER

SWIM

5 x 400m as:
150m/75m/
50m/25m all
PD, hard;
10secs RI;
100m
moderate
•
Take 40s RI
after each
400m

REST DAY

BIKE

4 x [2mins max;
2mins easy]
•
4 x [90secs
max; 2mins
easy]
•
4 x [1min max;
2mins easy]
•
4 x [30secs
max; 2mins
easy]

SWIM

4 x 500m as:
300m
moderate with
lengths 4/8/12
all hard;
200m PB
moderate
•
S&C #3

REST DAY

BIKE

2.5hrs
moderate inc.
45mins of hill
reps
•
Use different
body positions
and gears

RUN

1hr moderate
of a rolling
route,
preferably off-
road
•
S&C #4

WEEK 6 - IT'S NOT ALL LOW-INTENSITY WORK IN THE WINTER, WITH FASTER INTERVALS HERE TO KEEP YOUR RACE SPEED

REST DAY

BIKE

2 x 20mins as:
4mins @80rpm;
1min @70;
3mins @90;
2mins @70;
2mins @100;
3mins @70;
1min @110;
4mins @70
•
Choose a gear
to use for the
whole session

SWIM

2 x 1km as: 2 x
150m PD hard;
20secs RI; 2 x
150m PB hard;
20secs RI;
4 x 100m hard;
15secs RI
•
1min RI after
each 1km set
•
S&C #1

RUN

6-7 x 1km as:
300m
moderate on
1% into 700m
hard on 2-4%
•
1min RI
between sets

REST DAY

BIKE

2hrs on a flat
route
•
Focus on using
a bigger gear
than usual
•
Include 3 x
10min efforts
at full power

RUN

1hr moderate
inc. 2 x 15min
blocks of hill
reps
•
Run hill reps as
hard as
possible with
40secs RI after
each hill
•
S&C #4

WEEK 7 - REMEMBER TO WATCH WHERE YOU PLACE YOUR FEET ON OFF-ROAD RUNS SO YOU DON'T ROLL AN ANKLE OR SLIP

SWIM

5 x 400m as:
150m/75m/
50m/25m all
PD, hard;
10secs RI;
100m
moderate
•
Take 40s RI
after each
400m

REST DAY

BIKE

4 x [2mins max;
2mins easy]
•
4 x [90secs
max; 2mins
easy]
•
4 x [1min max;
2mins easy]
•
4 x [30secs
max; 2mins
easy]

SWIM

5 x 400m as:
250m
moderate with
lengths 4/8/10
all hard;
150m PB
moderate
•
S&C #3

REST DAY

BIKE

2.5hrs
moderate inc.
45mins of hill
reps
•
Use different
body positions
and gears

RUN

1hr moderate
on a rolling
route,
preferably off-
road
•
S&C #4

WEEK 8 - USE YOUR REST DAYS FOR THE OCCASIONAL SPORTS MASSAGE AND UPDATING YOUR TRAINING DIARY

REST DAY

BIKE

3 x 15mins as:
3mins
@90rpm;
2mins @70;
2mins @100;
3mins @70;
1min @110;
4mins @70
•
Choose an
optimal gear to
use for the
whole session

SWIM

2 x 1km as: 2 x
150m PD hard;
20secs RI; 2 x
150m PB hard;
20secs RI; 4 x
100m hard;
15secs RI
•
1min RI after
each 1000m
set
•
S&C #1

RUN

6-7 x 1km as:
300m
moderate on
1% into 700m
hard on 2-4%
•
1min RI
between sets

REST DAY

BIKE

1.5hrs on a flat
route
•
Focus on using
a bigger gear
than usual
•
Include 3 x
10min efforts
at full power

RUN

40mins
moderate inc.
2 x 10min
blocks of hill
reps
•
Run hill reps
as hard as
possible with
40secs RI after
each hill
•
S&C #4