

TRAINING PLAN - WEEKS 5 TO 8

MONDAY • TUESDAY • WEDNESDAY • THURSDAY • FRIDAY • SATURDAY • SUNDAY

WEEK 5 - YOUR FIRST BRICK SESSION THIS WEEK. MAKE SURE YOU HAVE ALL YOUR KIT TO HAND!

<p>SWIM</p> <p>400m at a moderate to vigorous intensity</p> <p>•</p> <p>6 x 50m at a vigorous intensity</p>	<p>BRICK</p> <p>Repeat x 2</p> <ul style="list-style-type: none"> • 6km bike at a vigorous intensity • 1km run at a vigorous intensity 	<p>REST DAY</p>	<p>BIKE</p> <p>Repeat x 4</p> <ul style="list-style-type: none"> • 2km at a vigorous intensity • 500m at a moderate intensity 	<p>RUN/WALK</p> <p>1.2km run at a vigorous intensity</p> <p>•</p> <p>300m walk at a moderate intensity</p> <p>•</p> <p>1.2km run at a vigorous intensity</p>	<p>REST DAY</p>	<p>BIKE</p> <p>Ride for 15km at a moderate to vigorous intensity on a slightly hilly route</p>
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WEEK 6 - STEPPING IT UP A LITTLE THIS WEEK. NOT LONG NOW UNTIL RACE DAY

<p>SWIM</p> <p>6 x 50m at a vigorous intensity</p> <p>•</p> <p>4 x 100m at a slightly less vigorous intensity</p>	<p>BRICK</p> <p>2 x 250m swim at a vigorous intensity</p> <p>•</p> <p>15km bike at a vigorous intensity</p>	<p>REST DAY</p>	<p>RUN</p> <p>Repeat x 6</p> <ul style="list-style-type: none"> • 200m at a vigorous intensity • 200m at max effort • 200m at a moderate intensity 	<p>RUN/WALK</p> <p>2km run at a vigorous intensity</p> <p>•</p> <p>500m walk at a moderate intensity</p> <p>•</p> <p>1km run at a vigorous intensity</p>	<p>REST DAY</p>	<p>BIKE</p> <p>18km at a moderate to vigorous intensity on a mostly flat route.</p> <p>•</p> <p>Include 2 x 4km at a vigorous intensity</p>
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WEEK 7 - YOUR FINAL BIG TRAINING WEEK. KEEP AN EYE ON NUTRITION TOO, REFUEL PROPERLY

<p>SWIM</p> <p>4 x 50m at a vigorous intensity</p> <p>•</p> <p>400m at a slightly less vigorous intensity</p> <p>•</p> <p>4 x 50m at a vigorous intensity</p>	<p>BRICK</p> <p>Repeat x 2</p> <ul style="list-style-type: none"> • 6km bike at a vigorous intensity • 1.5km run at a vigorous intensity 	<p>REST DAY</p>	<p>BIKE</p> <p>Repeat x 3</p> <ul style="list-style-type: none"> • 4km at a vigorous intensity • 500m at a moderate intensity 	<p>RUN/WALK</p> <p>2.5km run at a vigorous intensity</p> <p>•</p> <p>500m walk at a moderate intensity</p>	<p>REST DAY</p>	<p>BIKE</p> <p>18km at a moderate to vigorous intensity on a mostly flat route.</p> <p>•</p> <p>Include 2 x 4km at a vigorous intensity</p>
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WEEK 8 - RACE WEEK! YOU'LL TAKE IT EASIER IN TRAINING, THEN GO SMASH IT AT THE EVENT. GOOD LUCK!

<p>SWIM</p> <p>8 x 50m at a vigorous intensity</p>	<p>REST DAY</p>	<p>BIKE</p> <p>5 x 1km at a vigorous to max effort</p>	<p>REST DAY</p>	<p>RUN/WALK</p> <p>Repeat x 2</p> <ul style="list-style-type: none"> • 200m walk at a moderate intensity • 800m run at a vigorous intensity 	<p>REST DAY</p>	<p>RACE DAY!</p> <p>400m swim</p> <p>•</p> <p>10km bike</p> <p>•</p> <p>2.5km run</p>
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