

BUILD PEAK FITNESS

Get ready for race day with this 6-week training plan from **Joe Beer**

SPRINT DISTANCE	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
SWIM	<p>Warm-up: 15 mins skill work + 5 mins of 50's with 20m fast in each.</p> <p>Main session: 8x100m building pace from just below, (#1,2,3), at (4,5,6) to above (#7,8) race pace - all 60" RI). Include 4 x kick 25m, 20sec RI, repeated.</p> <p>Cool-down: 5mins easy drills.</p>	<p>Warm-up: 15 mins skill work + 5 mins of 50's with 20 m fast in each.</p> <p>Main session: 1x100 fast race-start straight into 100 race-pace. RI 30sec then 4x200m alternating just below (#1,3) to above (#2,4) race pace - all 60" RI).</p> <p>Cool-down: 5mins easy drills.</p>	<p>Warm-up: as week 2.</p> <p>Main session: 4x200m at just below race pace with haul out and walk back to end of pool then 30" RI). PART TWO: 4-6x lactate accumulatives (30 sec flat out) with 3 mins active recovery/drills between.</p> <p>Cool-down: 5mins easy drills.</p>	<p>Warm-up: 12 mins skill work + 5 mins of 25's with 10m fast in each.</p> <p>Main session: 10x100m building pace from just below, (#1,2,3), at (4,5,6) to above (#7,8,9,10) race pace - all 60" RI). Include 4 x kick 25m, 20sec RI, repeated.</p> <p>Cool-down: 5mins easy drills.</p>	<p>Warm-up: 50mins Previous Warm up.</p> <p>Main session: 6x150m at just below race pace with haul out and walk back to end of pool then 30" RI). Then 7 x 50m sighting far end of pool end every 3rd stroke, 30sec RI.</p> <p>Cool-down: 5mins easy drills.</p>	<p>Warm-up: as week 5.</p> <p>Main session: 3x lactate accumulatives (30 sec flat out) with 3 mins active recovery/ drills between.. Include 5-8 x [5m cruise, 10 stroke sprint, then cruise to wall] with 2 minute sculling recovery before next repeat. include 3 x 50m sighting far end of pool every 3rd stroke, 30sec RI.</p> <p>Cool-down: 5mins easy drills.</p>
BIKE	<p>Warm-up: 20 mins low to high Z1 (last 5-minutes with 3x20 sec hard included).</p> <p>Main session: 4 x [4-minutes "in aero position" @~87-90%HRmax - with 2-4 minutes</p> <p>Cool-down: spin down after intervals - light 10 min RUN. Compression on after shower and recovery drink ASAP.</p>	<p>Warm-up: as week 1.</p> <p>Main session: 6 x [4-minutes "in aero position" @~87-90%HRmax - with 2-4 minutes</p> <p>Cool-down: spin down after intervals - light 15 min RUN. Compression on after shower and recovery drink ASAP.</p>	<p>Warm-up: as week 1.</p> <p>Main session: 4 x [4-minutes "in aero position" @~87-90%HRmax - with 2-4 minutes.</p> <p>Cool-down: spin down after intervals - light 10 min RUN. Compression on after shower and recovery drink ASAP.</p>	<p>Warm-up: as week 1.</p> <p>Main session: 6 x [4-minutes "in aero position" @~87-90%HRmax - with 2-4 minutes.</p> <p>Cool-down: spin down after intervals - light 15 min RUN. Compression on after shower and recovery drink ASAP.</p>	<p>Warm-up: as week 1.</p> <p>Main session: 4 x [4-minutes "in aero position" @~87-90%HRmax - with 2-4 minutes.</p> <p>Cool-down: spin down after intervals - light 10 min fast tempo RUN. Compression on after shower and recovery drink ASAP.</p>	<p>Warm-up: as week 1.</p> <p>Main session: 3 x [4-minutes "in aero position" @~87-90%HRmax - with 4 minutes.</p> <p>Cool-down: spin down after intervals - light 10 min RUN. Compression on after shower and recovery drink ASAP.</p>
RUN	<p>Warm-up: 10-15 mins then 6 x (100m @5k pace with 200m jog recovery).</p> <p>Main session: 3 x [800m @ faster than race pace (10sec/mile) with walk/jog recovery 4mins between each].</p> <p>Cool-down: 10mins turbo high cadence spin out.</p>	<p>Warm-up: 10-15 mins then 6 x (100m @5k pace with 200m jog recovery).</p> <p>Main session: 4 x [800m @ faster than race pace (10sec/mile) with walk/jog recovery 4mins between each].</p> <p>Cool-down: 10mins turbo high cadence spin out.</p>	<p>Warm-up: 10-15 mins then 6 x (100m @5k pace with 200m jog recovery).</p> <p>Main session: 5 x [400m @ faster than race pace (10-15sec/mile) with walk/jog recovery 2mins between each].</p> <p>Cool-down: 10mins turbo high cadence spin out.</p>	<p>Warm-up: 10-15 mins then 6 x (100m @5k pace with 200m jog recovery).</p> <p>Main session: 5 x [800m @ faster than race pace (10sec/mile) with walk/jog recovery 4mins between each].</p> <p>Cool-down: 10mins turbo high cadence spin out.</p>	<p>Warm-up: 10-15 mins then 6 x (100m @5k pace with 200m jog recovery).</p> <p>Main session: 6 x [400m @ faster than race pace (10-15sec/mile) with walk/jog recovery 3mins between each.</p> <p>Cool-down: 10mins turbo high cadence spin out.</p>	<p>Warm-up: 10-15 mins then 6 x (100m @5k pace with 200m jog recovery).</p> <p>Main session: 5 x [400m @ at race pace with walk/jog recovery 2mins between each].</p> <p>Cool-down: 10mins turbo high cadence spin out.</p>