

# OFF-SEASON TRAINING PLAN

Vanessa's schedule balances outdoor sessions with gym work to prevent injury and build strength



	5am	9am	1pm	3pm
Monday	Swim	2.5hr bike	Strength work in gym	Yoga
Tuesday	Swim	60min 'super set' runs on undulating ground	90min bike roller session, varied pace throughout	Massage
Wednesday	Swim	Running hill sets: 10min warm-up; 3 x 500m hills runs with 500m recovery; 3min recovery then repeat to complete four sets in total	Gym power and plyometric training	60min altitude roller training on bike
Thursday	Swim	2hr steady-pace bike ride	Running intervals: Warm-up run 10mins; 1,400m/1,200m/ 1,000m/800m runs with 60secs recovery between each run; 3min recovery after each set of four runs, and three sets in total	Massage
Friday	Morning off		Gym-based strength and power training	
Saturday	Swim	60min fun run	Yoga	
Sunday	2hr team ride alternating leader pushing pace, riding through the Surrey hills			

**NOTE** Training is based on a four-week cycle with similar sessions each week, but three weeks include more high-intensity work, with the fourth being a little easier for recovery.