

# TRAINING PLAN - WEEKS 1 TO 4

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

**WEEK 1** - TIME TO GET STARTED! OUR PLAN BEGINS ON A MONDAY, BUT YOU CAN START ANY DAY OF THE WEEK

**BRICK**

**Bike:** 2 x 3mins vigorous; 1min easy; 2 x 5mins vigorous; 2min easy; 2 x 7mins vigorous; 3mins easy; 2 x 5mins vigorous; 2mins easy; 2 x 3mins vigorous; 1min easy

•  
2km run @ RP

**SWIM**

400m moderate, 60secs RI; 3 x 200m vigorous, 30secs RI; 400m moderate, 60secs RI; 6 x 100m vigorous, 20secs RI

**BRICK**

**30mins easy bike**  
•  
**5km tempo run**  
Increasing the pace each km

**BIKE**

5 x 1min max; 2mins easy; 5mins moderate; 5 x 45secs max; 2:15mins easy; 5mins moderate; 5 x 30secs max; 2:30mins easy

**REST DAY****RUN**

**10-12km moderate**  
•  
On undulating terrain

**BIKE**

**50km**  
•  
Include 2 x 10km @ 110% of RP with 5km recovery in between

**WEEK 2** - THIS PLAN IS BASED ON A 40KM BIKE LEG, SO DECREASE OR INCREASE THE SESSIONS IF RACING LESS OR MORE

**BRICK**

**Bike:** 6 x [5mins increasing by 1 gear each min; 3min easy]

•  
2km run @ RP

**SWIM**

4 x 50m pull buoy, 20secs RI; 4 x 100m hypoxic, 30secs RI; 800m moderate, 60secs RI; 4 x 100m hypoxic, 30secs RI; 4 x 50m pull buoy, 20secs RI

**BRICK**

**20mins easy bike**  
•  
**6-7km tempo run**  
Increasing the pace each km

**BIKE**

5mins moderate; 8 x [10secs max; 50secs easy; 20secs max; 40secs easy; 30secs max; 30secs easy; 40secs max; 20secs easy; 2mins steady]; 5mins moderate

**REST DAY****RUN**

8 x 1km @ 15secs/km  
•  
Faster than RP off 45secs RI

**BIKE**

**60km**  
•  
On an undulating route, focus on climbing with increased effort

**WEEK 3** - THERE'S MORE BIKE TRAINING TIME IN WEEKS 1, 3, 5 AND 7, SO EITHER A SWIM OR RUN HAS BEEN REPLACED

**BRICK**

As Monday Week 1 Brick session

**SWIM**

As Tuesday Week 1 Swim session

**BRICK**

**30mins easy bike**  
•  
**5km tempo run**  
Increasing the pace each km

**BIKE**

As Thursday Week 1 Bike session

**REST DAY****RUN**

**10-12km moderate**  
•  
On undulating terrain

**BIKE**

**50km**  
•  
Include 2 x 12km @ 110% of RP with 5km recovery in between

**WEEK 4** - RI = REST INTERVAL; RP = RACE PACE; RPM = REVS PER MIN; HYPOXIC = FEWER BREATHS PER LENGTH

**BRICK**

**Bike:** 6 x [6mins increasing by 1 gear each min; 3mins easy]

•  
2km run @ RP

**SWIM**

As Tuesday Week 2 Swim session

**RUN**

**7-8km**  
•  
Increasing the pace each km

**BIKE**

As Thursday Week 2 Bike session

**REST DAY****RUN**

8 x 1km @ 15secs/km  
•  
Faster than RP off 45secs RI

**BIKE**

**50km**  
•  
On an undulating route, focus on climbing with increased effort

# TRAINING PLAN - WEEKS 5 TO 8

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

**WEEK 5 - IF YOU CAN, USE AN INDOOR TRAINER THAT HAS THE ABILITY TO RECORD SPEED/PACE/HEART RATE OR POWER**

**BRICK**

**Bike:** 3 x [4mins @110% RP; 1min easy; 3mins @115% RP; 2mins easy; 2mins @120% RP; 3mins easy; 1min @max; 4mins easy]

**2km run @ RP**

**SWIM**

6 x [100m pull; 100m moderate; 50m vigorous, 30secs RI]

•

10 x 50m vigorous, 10secs RI

**BRICK**

**30mins easy bike**

•

**5km tempo run**  
Increasing the pace each km

**BIKE**

6 x [2mins, increase effort each 30secs to max; 1min easy]

•

6mins moderate

•

6 x [2mins, increase effort each 30secs to max; 2mins easy]

**REST DAY****RUN**

**12km moderate**

•

On undulating terrain

**BIKE**

**55km**

•

Include 3 x 8km @ 115% of RP with 2km recovery in between

**WEEK 6 - HOPEFULLY YOU'VE BEEN INCLUDING A WARM-UP (5-8MINS BUILDING FROM EASY TO VIGOROUS) WITH EVERY SESSION!**

**BRICK**

**Bike:** 5 x [1min @70rpm; 1min @80rpm; 2mins @90rpm; 2mins @100rpm; 30secs @110rpm; 3:30mins easy]

**2km run @ RP**

**SWIM**

5 x [100m moderate; 100m hypoxic; 100m moderate; 100m vigorous, 45secs RI]

**BRICK**

**20mins easy bike**

•

**6-7km tempo run**  
Increasing the pace each km

**BIKE**

8 x [45secs max; 15secs easy; 5mins moderate]; 8 x [40secs max; 20secs easy; 5mins mod]; 8 x [35secs max; 25secs easy; 5mins mod]; 8 x [30secs max; 30secs easy]

**REST DAY****RUN**

10 x 1km @ 15secs/km faster than RP off 45secs RI

**BIKE**

**50km**

•

On an undulating route, focus on aero position

**WEEK 7 - ... AND A COOL-DOWN (3-5MINS OF EASY CARDIO FOLLOWED BY STRETCHES)!**

**BRICK**

**Bike:** 3 x [4mins @110% RP; 1min easy; 3mins @115% RP; 2mins easy; 2mins @120% RP; 3mins easy; 1min @max; 4mins easy]

**2km run @ RP**

**SWIM**

6 x [100m pull; 100m moderate; 50m vigorous, 30secs RI]

•

10 x 50m vigorous, 10secs RI

**BRICK**

**30mins easy bike**

•

**5km tempo run**  
Increasing the pace each km

**BIKE**

As Thursday Week 5 Bike session

**REST DAY****RUN**

**12km moderate**

•

On undulating terrain

**BIKE**

**55km**

•

Include 3 x 8km @ 115% of RP with 2km recovery in between

**WEEK 8 - AFTER 8 WEEKS, TEST OUT YOUR NEW BIKE POWER AND SPEED AT A RACE AND SEE THE RESULTS FOR YOURSELF!**

**BRICK**

**Bike:** 5 x [1min @70rpm; 1min @80rpm; 2mins @90rpm; 2mins @100rpm; 30secs @110rpm; 3:30mins easy]

**2km run @ RP**

**SWIM**

5 x [100m moderate; 100m hypoxic; 100m moderate; 100m vigorous, 45secs RI]

**RUN**

**7-8km**

•

Increasing the pace each km

**BIKE**

As Thursday Week 6 Bike session

**REST DAY****RUN**

10 x 1km @ 15secs/km faster than RP off 45secs RI

**BIKE**

**50km**

•

On an undulating route, focus on aero position