

# 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 ON ANY DAY OF THE WEEK**

**SWIM**

2 x 50m  
2 x 75m  
2 x 100m

All performed at a moderate to vigorous intensity. Rest for 10-30secs after each interval (based on fatigue)

**REST DAY**

**BIKE**

Repeat x 6  
•  
**1km**  
at a vigorous intensity  
•  
**500m**  
at a moderate intensity

**RUN/WALK**

**500m walk**  
at a moderate intensity  
•  
**500m run**  
at a vigorous intensity  
•  
**500m walk**  
at a moderate intensity

**REST DAY**

**BIKE**

Ride for 10km at a moderate to vigorous intensity on a mostly flat route

**REST DAY**

**WEEK 2 - STILL ONLY FOUR TRAINING DAYS, BUT A SLIGHT INCREASE IN VOLUME**

**SWIM**

1 x 150m  
1 x 125m  
1 x 100m  
1 x 75m  
1 x 50m

All performed at a moderate to vigorous intensity

**RUN/WALK**

**300m walk**  
at a moderate intensity  
•  
**700m run**  
at a vigorous intensity  
•  
**300m walk**  
at a moderate intensity

**REST DAY**

**RUN**

Repeat x 3  
•  
**400m**  
at a vigorous intensity  
•  
**200m**  
at near max effort  
•  
**400m**  
at a moderate intensity

**REST DAY**

**BIKE**

Ride for 13km at a moderate to vigorous intensity on a mostly flat route

**REST DAY**

**WEEK 3 - FIVE SESSIONS THIS WEEK AND A LITTLE MORE INTENSITY, ESPECIALLY IN THE RUN**

**SWIM**

4 x 50m  
3 x 75m  
2 x 100m

All performed at a moderate to vigorous intensity

**REST DAY**

**BIKE**

Repeat x 6  
•  
**1km**  
at a vigorous intensity  
•  
**500m**  
at a moderate intensity

**RUN/WALK**

**1km run**  
at a vigorous intensity  
•  
**500m walk**  
at a moderate intensity  
•  
**1km run**  
at a vigorous intensity

**REST DAY**

**BIKE**

Ride for 15km at a moderate to vigorous intensity on a slightly hilly route

**RUN/WALK**

**2km run**  
at a vigorous intensity  
•  
**500m walk**  
at a moderate intensity

**WEEK 4 - YOU'RE HALFWAY! BY NOW, YOU'LL BE FEELING FITTER AND THE SESSIONS SHOULD FEEL GOOD**

**SWIM**

1 x 200m  
1 x 150m  
1 x 100m  
All at a moderate to vigorous intensity  
•  
4 x 50m  
at a vigorous intensity

**RUN/WALK**

Repeat x 3  
•  
**200m walk**  
at a moderate intensity  
•  
**800m run**  
at a vigorous intensity

**REST DAY**

**RUN**

Repeat x 4  
•  
**400m**  
at a vigorous intensity  
•  
**200m**  
at near max effort  
•  
**400m**  
at a moderate intensity

**REST DAY**

**BIKE**

Ride for 15km at a moderate to vigorous intensity on a mostly flat route

**REST DAY**