

# TRAINING PLAN - WEEKS 1 TO 4

MONDAY ● TUESDAY ● WEDNESDAY ● THURSDAY ● FRIDAY ● SATURDAY ● SUNDAY

**WEEK 1** - OUR WEEKLY PLAN BEGINS ON A MONDAY, BUT YOU CAN START ANY DAY OF THE WEEK

**RUN: TEMPO**

5 x [500m easy; 1km @10secs/km faster than RP]

**REST DAY**

**RUN: INT**

1km building pace  
 •  
 8 x 800m @15secs/km faster than race pace off 90secs RI  
 •  
 1km decreasing pace

**SWIM: SPEED**

400m @RP  
 •  
 4 x 100m hard off 15secs RI  
 •  
 400m @RP  
 •  
 8 x 50m hard off 15secs RI

**REST DAY**

**RUN: END**

10km moderate  
 •  
 Undulating route

**BIKE: END**

50km moderate  
 •  
 Undulating route and work harder on climbs

**WEEK 2** - DON'T FORGET, RP = TARGET RACE PACE; RI = REST INTERVAL

**RUN: TEMPO**

5 x [500m easy; 1km @10secs/km faster than RP]

**REST DAY**

**BRICK**

20min bike  
 •  
 8km run  
 •  
 Bike @2-3km/hr slower than RP  
 •  
 Run 8 x 1km @10secs/km faster than RP off 45secs RI

**SWIM: END**

3 x 500m moderate off 30secs RI between sets  
 •  
 6 x 50m hard off 15secs RI

**REST DAY**

**RUN: END**

12km moderate  
 •  
 Undulating route

**BIKE: TEMPO**

60km moderate  
 •  
 Include 2 x 15km @RP

**WEEK 3** - ALWAYS INCLUDE A WARM-UP TO EACH SESSION - 5-8MINS, BUILDING INTENSITY FROM EASY TO VIGOROUS

**RUN: TEMPO**

6 x [500m easy; 1km @10secs/km faster than RP]

**REST DAY**

**RUN: INT**

1km building pace  
 •  
 8 x 800m @15secs/km faster than race pace off 90secs RI  
 •  
 1km decreasing pace

**SWIM: SPEED**

400m @RP  
 •  
 4 x 100m hard off 15secs RI  
 •  
 400m @RP  
 •  
 8 x 50m hard off 15secs RI

**REST DAY**

**RUN: END**

12km moderate  
 •  
 Undulating route

**BIKE: END**

50km moderate  
 •  
 Undulating route and work harder on climbs

**WEEK 4** - AND ALWAYS INCLUDE A COOL-DOWN TO EACH SESSION - 3-5MINS OF EASY CARDIO FOLLOWED BY STRETCHES

**RUN: TEMPO**

6 x [500m easy; 1km @15secs/km faster than RP]

**REST DAY**

**BRICK**

30min bike  
 •  
 5km run  
 •  
 Bike @2-3km/hr slower than RP  
 •  
 Run 5km @20secs/km slower than RP

**SWIM: END**

3 x 500m moderate off 30secs RI between sets  
 •  
 6 x 50m hard off 15secs RI

**REST DAY**

**RUN: TT**

10km  
 •  
 Choose a route similar to those you race on

**BIKE: TEMPO**

60km moderate  
 •  
 Include 2 x 15km @RP

# TRAINING PLAN - WEEKS 5 TO 8

MONDAY ● TUESDAY ● WEDNESDAY ● THURSDAY ● FRIDAY ● SATURDAY ● SUNDAY

## WEEK 5 - REST DAYS ARE REDUCED TO ONE IN THE LAST WEEKS, WITH AN EASY RUN INSTEAD

### RUN: TEMPO

3 x [1km moderate;  
1km @15secs/  
km faster than  
RP;  
500m  
recovery]

### RUN: END

6km moderate

### SWIM: SPEED

300m building  
pace  
•  
15 x 100m hard  
off 15secs RI

### RUN: INT

2 x 1200m  
@RP off  
60secs RI  
•  
4 x 800m  
@ RP off  
60secs RI  
•  
6 x 400m  
@RP off  
60secs RI

### REST DAY

### RUN: TEMPO

11km moderate  
•  
Include 3 x  
1.5km @RP

### BIKE: END

50km  
moderate  
•  
Undulating  
route and  
work harder  
on climbs

## WEEK 6 - MAKE SURE YOU INCLUDE A MIXTURE OF UNDULATING, HILLY AND FLAT LONG RUNS

### RUN: TEMPO

3 x [1km moderate;  
1km @15secs/  
km faster than  
RP;  
500m  
recovery]

### REST DAY

### BRICK

20min bike  
•  
8km run  
•  
Bike @2-3km/  
hour slower  
than RP  
•  
Run 8 x 1km  
@10secs/km  
faster than RP  
off 45secs RI

### SWIM: END

8 x 50m hard  
off 10secs RI  
•  
400m/300m/  
200m/100m all  
moderate off  
30secs RI  
between sets  
•  
8 x 50m hard  
off 15secs RI

### REST DAY

### RUN: END

14km moderate  
•  
Undulating  
route

### BIKE: TEMPO

60km  
moderate  
•  
Include 2 x  
15km @RP

## WEEK 7 - USE YOUR REST DAY FOR OPTIMAL RECOVERY, FOCUSING ON GOOD NUTRITION

### RUN: TEMPO

4 x [500m moderate;  
1km @15secs/  
km faster than  
RP;  
500m  
recovery]

### RUN: END

6km moderate

### SWIM: SPEED

300m building  
pace  
•  
15 x 100m hard  
off 15secs RI

### RUN: INT

2 x 1200m  
@RP off  
50secs RI  
•  
4 x 800m  
@RP off  
50secs RI  
•  
6 x 400m  
@RP off  
50secs RI

### REST DAY

### RUN: TEMPO

11km moderate  
•  
Include 3 x  
2km @RP

### BIKE: END

50km  
moderate  
•  
Undulating  
route and  
work harder  
on climbs

## WEEK 8 - TIME TRIALS WILL ENSURE YOU MONITOR HOW EFFECTIVE THE TRAINING IS

### RUN: TEMPO

4 x [500m moderate;  
1km @15secs/  
km faster than  
RP;  
500m  
recovery]

### REST DAY

### BRICK

30min bike  
•  
5km run  
•  
Bike @2-3km/  
hour slower  
than RP  
•  
Run 5km  
@20secs/km  
slower than RP

### SWIM: END

8 x 50m hard  
off 10secs RI  
•  
400m/300m/  
200m/100m all  
moderate off  
30secs RI  
between sets  
•  
8 x 50m hard  
off 15secs RI

### REST DAY

### RUN: TT

10km  
•  
Choose a  
route similar  
to those you  
race on

### BIKE: TEMPO

50km  
moderate  
•  
Include 2 x  
12km @RP