

INTERMEDIATE TRAINING PLAN

This plan is aimed at those of you training 6-8hrs a week. Print it out and stick it on your wall to maintain an upward trajectory in Olympic and middle-distance racing

| INTERMEDIATE PLAN | | | | | | | |
|-------------------|--|--|--|---|---|--|--|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Week 1 | Swim. 10mins warm-up; 10 x 25m drills with 20secs rest; 10 x 50m (25m hard/25m easy) with 20secs rest; 5mins cool-down | Run. 10mins warm-up; 6 x 20secs hill reps and jog down recovery; 15mins running at 80%maxHR; 5mins cool-down Strength session. 30mins | Rest day | Bike. Turbo 40mins. (10mins warm-up. 10 x 60secs high cadence (low gear at <75%maxHR) and 60secs easy. 10mins cool-down) | Swim. 30-45mins technique work | Run. 40mins easy and off-road Strength session. 30mins | Bike. 60mins steady pace |
| Week 2 | Swim. 10mins warm-up; 10 x 25m drills with 20secs rest; 15 x 50m (25m hard/25m easy) with 20secs rest; 5mins cool-down | Run. 10mins warm-up; 8 x 20secs hill reps and jog down recovery; 15mins running at 80%maxHR; 5mins cool-down Strength session. 30mins | Rest day | Bike. Turbo 45mins, (10mins warm-up. 12 x 60secs high cadence (low gear at <75%maxHR) and 60secs easy. 10mins cool-down) | Swim. 30-45mins technique work | Run. 45mins easy and off-road Strength session. 30mins | Bike. 70mins steady pace |
| Week 3 | Swim. 10mins warm-up; 10 x 25m drills with 20secs rest; 20 x 50m (25m hard/25m easy) with 20secs rest; 5mins cool-down | Run. 10mins warm-up; 10 x 20secs hill reps with jog down recovery; 15mins running at 80%maxHR; 5mins cool-down Strength session. 30mins | Rest day | Bike. Turbo 40mins, (10secs warm-up, 15 x 60secs high cadence (low gear at <75%maxHR) and 60secs easy. 10mins cool-down) | Swim. 30-45mins technique work | Run. 50mins easy and off-road Strength session. 30mins | Bike. 80mins steady pace |
| Week 4 | Swim. Complete 50% of race distance non-stop | Run. 10mins warm-up; 15 x 20secs brisk strides at 5k pace and 40secs recovery; 5mins cool-down Weights. 30mins | Rest day | Bike. 25mins turbo. 10mins warm-up, 10 x 30secs at high cadence (low gear <75%maxHR) and 30secs recovery. 5mins cool-down | Swim. 30mins technique work | Run. 30mins easy and off-road Weights. 30mins | Bike. 45mins steady pace |
| Week 5 | Swim. 10mins warm-up; 10 x 25m drills with 20secs rest; 10 x 100m (50m hard/50m easy) with 20secs rest; 5mins cool-down | Run. 10mins warm-up; 6 x 30secs hill reps with jog down recovery; 15secs running at 80-85%maxHR; 5mins cool-down. Strength session. 30mins | Rest day | Bike. Turbo 40mins (10mins warm-up; 10 x 30secs at max intensity; 90secs easy; 10mins cool-down) | Swim. 45-60mins technique and endurance work | Run. 45mins easy and off-road. Find a hilly route to build leg strength | Bike. 70mins hilly at steady pace. Stay seated on hills to build leg strength |
| Week 6 | Swim. 10mins warm-up; 10 x 25m drills with 20secs rest; 15 x 50m (25m hard/25m easy) with 20secs rest; 5mins cool-down | Run. 10mins warm-up; 8 x 20secs hill reps and jog down recovery; 15mins running at 80%maxHR; 5mins cool-down Strength session. 30mins | Rest day | Bike. Turbo 45mins, (10mins warm-up. 12 x 60secs high cadence (low gear at <75%maxHR) and 60secs easy. 10mins cool-down) | Swim. 30-45mins technique work | Run. 45mins easy and off-road Strength session. 30mins | Bike. 70mins steady pace |
| Week 7 | Swim. 10mins warm-up; 10 x 25m drills with 20secs rest; 20 x 50m (25m hard/25m easy) with 20secs rest; 5mins cool-down | Run. 10mins warm-up; 10 x 20secs hill reps with jog down recovery; 15mins running at 80%maxHR; 5mins cool-down Strength session. 30mins | Rest day | Bike. Turbo 40mins, (10secs warm-up, 15 x 60secs high cadence (low gear at <75%maxHR) and 60secs easy. 10mins cool-down) | Swim. 30-45mins technique work | Run. 50mins easy and off-road Strength session. 30mins | Bike. 80mins steady pace |
| Week 8 | Swim. Complete 50% of race distance non-stop | Run. 10mins warm-up; 15 x 20secs brisk strides at 5k pace and 40secs recovery; 5mins cool-down Weights. 30mins | Rest day | Bike. 25mins turbo. 10mins warm-up, 10 x 30secs at high cadence (low gear <75%maxHR) and 30secs recovery. 5mins cool-down | Swim. 30mins technique work | Run. 30mins easy and off-road Weights. 30mins | Bike. 45mins steady pace |
| Week 9 | Swim. 10mins warm-up. 10 x 25m drills with 20secs rest; 6 x 100m hard with 30secs rest. 5mins cool-down | Run. 10mins warm-up; 6 x 30secs hill reps and jog down recovery. 2 x 5mins running at 85-90%MHR + 2mins active recovery. 5mins cool down. Strength session. 30mins | Rest day | Bike. Turbo 45mins (10mins warm-up, 8 x 2mins at 85-90%MHR and 60secs easy spin with 10mins cool down) 5mins run off the bike | Swim. 45-60mins, open water if possible. If not, include open-water skills | Run. 55mins off road and easy. Run on terrain similar to race route. Strength session. 30mins | Bike. 70mins including 10mins at goal race pace |
| Week 10 | Swim. 10mins warm-up, 10 x 25m drills with 20secs rest; 8 x 100m hard with 30secs rest after each 100m. 5mins cool down | Run. 10mins warm-up. 8 x 30secs hill reps and jog down recovery; 2 x 8mins running at 85-90%MHR with 2mins active recovery. 5mins cool down. Strength session. 30mins | Rest day | Bike. Turbo 45mins (10mins warm-up, 5 x 3mins at 85-90%MHR with 90secs easy spin and 10mins cool down) 10mins run off the bike | Swim. 45-60mins open water if possible. If not, include open-water skills | Run. 55mins off road and easy. Run on terrain similar to race route. Strength session. 30mins | Bike. 80mins including 15mins at goal race pace |
| Week 11 | Swim. 10mins warm-up; 10 x 25m drills with 20secs rest; 10 x 100m hard + 30secs rest; 5mins cool down | Run. 10mins warm-up. 10 x 30secs hill reps and jog down recovery. 15mins running at 85-90%MHR. 5mins cool down Strength session. 30mins | Rest day | Bike. Turbo 45mins. 10mins warm-up, 3 x 5mins at 85-90%MHR and 2mins easy spin. 10mins cool down and 15mins run off the bike | Swim. 45-60mins open water if possible. If not, include open-water skills | Run. 40mins off road. Run on terrain similar to race route. Weights. 30mins | Bike. 90mins including mid 20mins goal race pace |
| Week 12 | Swim. 10mins warm-up; 10 x 50m drills with 20secs rest; 6 x 50m sprints at goal race pace and 30secs rest; 5mins easy cool down | Rest day | Bike. 15mins warm-up; 15mins sustained effort at goal race pace. Run. 5mins at goal race pace and 5mins easy jog to cool down | Rest day | Swim. 15mins including 5 x 25-50m sprints | Bike. 15mins including middle 5mins at goal race pace. Run. 5mins easy pace off the bike | Race day |