

Joe Beer's 12-week Olympic-distance training plan

Below is a training programme for the next 12 weeks (winter to early spring) for Olympic-distance athletes, with training hours per week of 6–8hrs. The sessions completely in bold are key ones for the week. Please note that swims exclude 400m warm-up and 200m cool-down.

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
WEEK 1	Swim 1hr squad stamina session	AM Run 40mins PM Turbo/rollers 1hr	Run 1hr easy pace	Swim 5 x 500m alternating bilateral set with fast/slow set, 60sec rest intervals (RI)	Off	Bike 2hr rolling terrain, 30% in big chainring	Bike 50mins cadence over 90Rpm plus run 30mins cruising
WEEK 2	Swim 1hr squad session	PM Turbo/rollers 1hr steady	AM Run 40mins PM Run 40mins with 15mins at 10%–15% slower than best 10km pace	Off	Swim 1,500m timed, in wetsuit if pool temperature allows	Bike 2hr rolling terrain, 40% in big chainring	Bike 40mins plus run 20mins
WEEK 3	Swim 1hr squad session	Turbo/rollers 1:20hrs steady, including 8 x 8sec accelerations with 2min RI	AM Run 40mins PM Run 40mins with 20mins at 10%–15% slower than best 10km pace	Swim 40mins skills session (skills from 220 '8-week programme' DVD, issue 241)	Off	Bike 2hr rolling terrain, 50% in big chainring	Bike 1hr including two climbs of at least 5mins each, aiming for 85% of HR max
WEEK 4 RECOVERY WEEK	Swim 1hr squad session, drop to back of group	Turbo/rollers 40mins high cadence 65%–70% HR max	Run 30mins easy terrain	Off	Aquajog 15mins plus swim 30mins skill work plus aquajog 15mins	Bike 1hr flat terrain low-effort spin on small chainring	Off
WEEK 5	Swim 1hr squad stamina session	AM Run 30mins relaxed PM Turbo 1hr include 3 x 10mins at 70Rpm, smooth strokes	Run 60mins including 10 x 30m at best 5km pace with 30m jog recovery	Swim 4 x 800m, 90secs rest interval, third 800m a time trial	Off	Bike 2hr rolling terrain, 60% in big chainring	Bike 40mins at cadence over 90 Rpm plus run 20mins
WEEK 6	Swim 1hr squad session	PM Turbo 1hr with 8 x 8secs acceleration, 2mins recovery then run 20mins relaxed	PM 60mins with 20mins at best half marathon pace	Swim 1hr squad session or at least 2,000m main set (eg 5 x 400m with 30secs rest intervals)	Off	Bike 2:30hrs rolling terrain 40% in big chainring plus run 20mins, first 20mins tempo effort at 85% HR max	Off
WEEK 7	PM Swim 1hr squad session	PM Turbo 1hr with 2 x 8 x 8secs acceleration plus run 20mins relaxed	AM Run 30mins PM Run 50mins with 20mins at best half marathon pace	Swim 1hr technique session, skills from 220 '8-week programme' DVD	Off	Bike 2hr rolling terrain, 50% in big chainring	Bike 1hr including descending practice and changing an inner tube as fast as possible
WEEK 8 RECOVERY WEEK	Swim 1hr squad session, drop to back of group	Off	Turbo/rollers 30mins high cadence plus run 20mins easy terrain	Off	Swim 30mins skill work plus aquajog 20mins	Bike 1hr flat terrain low effort spin on small chainring	Off
WEEK 9	Swim 1hr squad stamina session, first 30% in wetsuit if possible	AM Turbo 1hr include 4 x 10mins at 70rpm smooth grinding PM Run 30–40mins	PM Run 1hr–1:20hrs steady	Off	Swim "pyramid" – 100m, 200m, 400m, 600m, 400m, 200m, 100m, 30sec rest intervals, descending sets at 1,500m pace	Bike 2hr rolling terrain, 50%–60% in big chainring	Bike 1:30hrs with 3 x 8mins climbs max effort plus run 15mins
WEEK 10	Swim 1hr squad session, 40% in wetsuit if possible	PM Turbo 1hr with 8 x 8secs acceleration, 2mins recovery between plus run 20mins relaxed	PM Run 60mins with 20mins at best half marathon pace	Off	Swim 1hr squad session or 1500m timed effort	Bike 1:30hrs rolling terrain, 40% in big chainring plus run 30mins, first 10mins tempo effort at 85% HR max	Off
WEEK 11	PM Swim 1hr squad session, first 40% in wetsuit	PM Turbo/rollers 1hr with 2 x 8 x 8secs acceleration, 2mins rest between plus run 20mins relaxed	PM 70mins run with hilly middle 20mins at 85% HR max	Swim 1hr technique session, skills from 220 '8-week programme' DVD	Off	Bike 2hr rolling terrain, race a measured 12-mile section and note your time/speed	Run 50mins including 10mins warm-up then run at expected 10km race pace for 3 miles
WEEK 12 RECOVERY WEEK	Swim 1hr squad session, drop to back of group	Off	Turbo/rollers 30mins high cadence plus run 30mins easy terrain	Off	Off	Swim 30mins plus aquajog 20mins	Bike 1hr flat terrain low effort spin on small chainring

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