

220 TRIATHLON

**6 MONTH OLYMPIC
TRAINING PLAN**

220TRIATHLON.COM

Time to get started! Our plan begins on a monday, but you can start on any day of the week

KEY: km/h = Kilometres per hour | **RPM** = Revs per minute (bike) | **MS** = Main set | **WU** = Warm-up | **PE** = Perceived exertion | **RI** = Rest interval between sets | **RP** = Race pace | **TT** = Time trial
PULL ONLY = Pull buoy in between legs & arms only | **FC** = Front crawl | **KICK** = Kickboard & legs only

WEEK 1

WEEK 2

WEEK 3

WEEK 4

SWIM

POOL

Warm-up

- 200m various strokes

Main Set

- **1,500m** (200m drill, 300m FC @ PE 5-6; 200m drill, 2 x 150m FC @ PE 6-7; 200m drill, 3 x 100m FC @ PE 7-8)

Take 20-30secs rest between sets

Cool-down

- 100m, your stroke choice

SWIM

POOL

Warm-up

- 200m various strokes

Main Set

- **1,500m** (200m drill, 300m FC @ PE 5-6; 200m drill, 2 x 150m FC @ PE 6-7; 200m drill, 3 x 100m FC @ PE 7-8)

Take 20-30secs rest between sets

Cool-down

- 100m, your stroke choice

SWIM

POOL

Warm-up

- 200m various strokes

Main Set

- **1,600m** (300m drill, 200m FC, 150m FC, 100m FC, 50m FC, all @ PE 7-9; 300m drill, 200m FC, 150m FC, 100m FC, 50m FC, all @ PE 7-9)

Take 20-30secs rest between sets

Cool-down

- 100m, your stroke choice

SWIM

POOL

Warm-up

- 200m various strokes

Main Set

- **1,500m** (200m drill, 300m FC @ PE 5-6; 200m drill, 2 x 150m FC @ PE 6-7; 200m drill, 3 x 100m FC @ PE 7-8)

Take 20-30secs rest between sets

Cool-down

- 100m, your stroke choice

DAY 1

BIKE

ROAD

- 40-50km @ PE 6-7

A consistent and steady effort. Include gentle climbs. Ride with a group if their ride suits your needs. Focus on smooth pedalling action

BIKE

ROAD

- 50km @ PE 6-7

A consistent and steady effort. Include gentle climbs. Ride with a group if their ride suits your needs. Focus on smooth pedalling action.

BIKE

ROAD

- 50-55km @ PE 6-7

A consistent and steady effort. Include gentle climbs. Ride with a group if their ride suits your needs. Focus on smooth pedalling action.

BIKE

ROAD

- 50km @ PE 6-7

A consistent and steady effort. Include some gentle climbs. Ride with a group if their ride suits your needs. Focus on smooth pedalling action.

DAY 2

RUN

TREADMILL/ROAD

- 7-8km @ PE 6-8

A consistent and steady effort. Keep the route mostly flat. Try new routes and include off-road terrain.

RUN

TREADMILL/ROAD

- 8km @ PE 6-8

A consistent and steady effort. Keep the route mostly flat. Try new routes and include off-road terrain. Increase effort slightly for kms 4 & 5.

RUN

TREADMILL/ROAD

- 8-9km @ PE 6-8

A consistent and steady effort. Keep the route mostly flat. Try new routes and include off-road terrain. Increase effort slightly for kms 3, 5 & 7.

RUN

TREADMILL/ROAD

- 8km @ PE 6-8

A consistent and steady effort. Keep the route mostly flat. Try new routes and include off-road terrain. Increase effort slightly for kms 4 & 5.

DAY 3

SWIM

POOL

Warm-up

- 200m various strokes

Main Set

- **2x** (300m drill, 200m FC, 150m FC, 100m FC, 50m FC, all @ PE 7-9)

Take 20-30secs rest between sets

Cool-down

- 100m, your stroke choice

BIKE

GROUP RIDE

Warm-up

- 5mins @ PE 5-6

Main Session

- **7x** (1min increased rpm @ PE 8; 4mins recovery @ PE 6)

Cool-down

- 5mins @ PE 5

RUN

TREADMILL/TRACK

Warm-up

- 5mins @ PE 5-7

Include short increases in speed

Main Session

- **4x** (3mins high cadence @ PE 8; 6mins recovery @ PE 6)

Cool-down

- 5mins @ PE 5

SWIM

POOL

Warm-up

- 200m various strokes

Main Set

- 300m drill
- **4 x 200m FC @ PE 7**
- **4 x 100m FC @ PE 8**

Take 20-30secs rest between sets

Cool-down

- 100m, your stroke choice

DAY 4

KEY: km/h = Kilometres per hour | **RPM** = Revs per minute (bike) | **MS** = Main set | **PE** = Perceived exertion | **RI** = Rest interval between sets | **RP** = Race pace | **TT** = Time trial
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WEEK 5

SWIM

POOL

Warm-up

- 200m various strokes

Main Set

- 300m drill

- 2x (2 x 300m FC @ PE 5-8 increasing pace in the final 50m, 6x100 @ PE 8)

Take 20-30secs rest between sets

Cool-down

- 100m, your stroke choice

WEEK 6

SWIM

POOL

Warm-up

- 200m various strokes

Main Set

- 300m drill

- 4x (100m kick only, 100m pull only, 200m FC @ PE 7).

Take 20-30secs rest between each 400m set

Cool-down

- 100m, your stroke choice

WEEK 7

SWIM

POOL

Warm-up

- 200m various strokes

Main Set

- 300m drill

- 2x (2 x 300m FC @ PE 5-8 increasing pace in the final 50m, 6x100 @ PE 8)

Take 20-30secs rest between sets

Cool-down

- 100m, your stroke choice

WEEK 8

SWIM

POOL

Warm-up

- 200m various strokes

Main Set

- 300m drill

- 4x (100m kick only, 100m pull only, 200m FC @ PE 7).

Take 20-30secs rest between each 400m set

Cool-down

- 100m, your stroke choice

DAY 1

BIKE

ROAD

- 50km @ PE 6-8

Your long ride of the week at a steady effort. Try to include some more challenging climbing this month. Ride with a group if their ride suits your needs. Focus on body posture when out of the saddle, be relaxed and let the bike sway

DAY 2

BIKE

ROAD

- 40km Time Trial

A timed effort against the clock. Ride as hard as you can to achieve the best possible time. Do this in a controlled environment that allows you to repeat at a later stage

Note: Include a 10min warm-up prior to the TT and cool-down afterwards.

BIKE

ROAD

- 60km @ PE 6-8

Your long ride of the week at a steady effort. Try to include some more challenging climbing this month. Ride with a group if their ride suits your needs. Focus on body posture when out of the saddle, be relaxed and let the bike sway

BIKE

ROAD

- 50km @ PE 6-8

Your long ride of the week at a steady effort. Try to include some more challenging climbing this month. Ride with a group if their ride suits your needs. Focus on body posture when out of the saddle, be relaxed and let the bike sway

RUN

TREADMILL/TRACK

Warm-up

- 5mins @ PE 5-7

Include short increases in speed

Main Session

- 5x (2mins high cadence @ PE 8; 1min hard run @ PE 9, 4mins recovery @ PE 6)

Cool-down

- 5mins @ PE 5

DAY 3

RUN

TREADMILL/ROAD

- 9-10km @ PE 6-8

A consistent and steady effort. It's beneficial to take the runs off road at this time of year. Increase effort slightly for kms 3, 5 & 7.

RUN

TREADMILL/TRACK

Warm-up

- 5mins @ PE 5-7

Include short increases in speed

Main Session

- 5x (2mins high cadence @ PE 8; 1min hard run @ PE 9, 4mins recovery @ PE 6)

Cool-down

- 5mins @ PE 5

RUN

TREADMILL/ROAD

- 10km @ PE 6-8

A consistent and steady effort. It's beneficial to take the runs off road at this time of year. Increase effort slightly for kms 3, 5 & 7.

SWIM

POOL

- 2,500m time trial

A timed effort against the clock. Swim as hard as you can to achieve the best possible time. Do this in a controlled environment.

Note: include a 200m warm-up prior to the TT and a cool-down afterwards

DAY 4

BIKE

ROAD/GYM

Warm-up

- 5mins @ PE 5-6

Main Session

- 6x (1min seated climb simulation @ PE 8, 1min standing climb simulation @ PE 8, 4mins recovery @ PE 6)

Cool-down

- 5mins @ PE 5

RUN

TREADMILL/ROAD

- 10km time trial

A timed effort against the clock. Run as hard as you can to achieve the best possible time. Do this in a controlled environment that allows you to repeat at a later stage.

Note: include a 5-8min warm-up prior to the TT and a cool-down afterwards

BIKE

ROAD/GYM

Warm-up

- 5mins @ PE 5-6

Main Session

- 6x (1min seated climb simulation @ PE 8, 1min standing climb simulation @ PE 8, 4mins recovery @ PE 6)

Cool-down

- 5mins @ PE 5

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WEEK 9

WEEK 10

WEEK 11

WEEK 12

DAY 1

SWIM

Warm-up

- 200m various strokes

Main Set

- 300m drill
- 5 x 200m pull only @ PE 7,
- 100m @ PE 9
- 5x50m @ PE 9.

Take 20-30secs rest between sets.

Cool-down

- 100m your choice of stroke

SWIM

Warm-up

- 200m various strokes

Main Set

- 300m drill
- 15 x 100m @ PE 8-9

Take 20secs rest between sets. Aim to swim at a pace approx 5-10secs quicker than time-trial pace

Cool-down

- 100m your choice of stroke

SWIM

Warm-up

- 200m various strokes

Main Set

- 300m drill
- 5x [200m pull only @ PE 7, 100m @ PE 9]
- 5 x 50m @ PE 9.

Take 20-30secs rest between sets

Cool-down

- 100m your choice of stroke

SWIM

Warm-up

- 200m various strokes

Main Set

- 300m drill
- 2x [400m @ PE 7, 300m @ PE 8, 200m @ PE 9].

Take 20secs rest between sets

Cool-down

- 100m your choice of stroke

DAY 2

BIKE

ROAD

- 55-60km @ PE 6-8

Your long ride of the week at a steady effort. Make the routes hilly and challenging. Combine climbing efforts both in and out of saddle. Include some 'overgearing' during climbing.

BIKE

ROAD/GYM

Warm-up

- 5mins @ PE 5-6

Main Session

- 8x (60-90secs in big gear holding 90-100rpm @ PE 8-9, 3mins 30secs recovery @ PE 6))

Cool-down

- 5mins @ PE 5

BIKE

ROAD

- 60km @ PE 6-8

Your long ride of the week at a steady effort. Make the routes hilly and challenging. Combine climbing efforts both in and out of saddle. Include some 'overgearing' during climbing.

BIKE

ROAD/GYM

Warm-up

- 5mins @ PE 5-6

Main Set

- 8x (60-90secs in big gear holding 90-100rpm @ PE 8-9, 3:30mins recovery @ PE 6)

Cool-down

- 5mins @ PE 5

DAY 3

RUN

TREADMILL/TRACK

Warm-up

- 5mins @ PE 5-7

Include short increases in speed

Main Session

- 5x (1min @ PE 9 on 4% incline, 3mins recovery @ PE 6) • 4x (2mins @ PE 8 on 2% incline, 3mins recovery @ PE 6)

Cool-down

- 5mins @ PE 5

RUN

ROAD

- 11-12km @ PE 6-8

A focus of this run is that it should be rolling with hills. Continue making the run off-road. Increase effort slightly for kms 3, 5, 7 & 9.

RUN

TREADMILL/TRACK

Warm-up

- 5mins @ PE 5-7

Include short increases in speed

Main Session

- 5x (1min @ PE 9 on 4% incline, 3mins recovery @ PE 6) • 4x (2mins @ PE 8 on 2% incline, 3mins recovery @ PE 6)

Cool-down

- 5mins @ PE 5

RUN

ROAD

- 11-13km @ PE 6-8

A focus of this run is that it should be rolling with hills. Continue making the run off-road. Increase effort slightly for kms 3, 5, 7 & 9

DAY 4

SWIM

POOL

Warm-up

- 200m various strokes

Main Set

- 300m drill
- 2x (400m @ PE 7, 300m @ PE 8, 200m @ PE 9)

Take 20secs rest between sets

Cool-down

- 100m your choice of stroke

RUN

TREADMILL/ROAD

- 8-10km @ PE 7-8

A tempo run at a consistent pace approx 10-15secs slower per km than race pace.

BIKE

ROAD/GYM

Warm-up

- 5mins @ PE 5-6

Main Session

- 8x (60-90secs in big gear holding 90-100rpm @ PE 8-9, 3:30mins recovery @ PE 6)

Cool-down

- 5mins @ PE 5

RUN

TREADMILL/ROAD

- 8-10km @ PE 7-8

A tempo run at a consistent pace approx 10-15secs slower per km than race pace.

KEY: km/h = Kilometres per hour | **RPM** = Revs per minute (bike) | **MS** = Main set | **PE** = Perceived exertion | **RI** = Rest interval between sets | **RP** = Race pace | **TT** = Time trial
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WEEK 13

WEEK 14

WEEK 15

WEEK 16

DAY 1

SWIM

Warm-up

- 200m various strokes

Main Set

- 300m drill
- 300m pull only @ PE 7,
- 6 x 100m @ PE 8-9,
- 300m pull only @ PE 7,
- 6 x 100m @ PE 8-9.

Take 20-30secs rest between sets

Cool-down

- 100m your choice of stroke

SWIM

Warm-up

- 200m various strokes

Main Set

- 300m drill
- 3 x 300m @ PE 8,
- 2 x 300m @ PE 8-9,
- 3 x 100m @ PE 9.

Take 20secs rest between sets

Aim to swim at time-trial pace.

Cool-down

- 100m your choice of stroke

SWIM

Warm-up

- 200m various strokes

Main Set

- 300m drill
- 300m pull only @ PE 7,
- 6 x 100m @ PE 8-9,
- 300m pull only @ PE 7,
- 6 x 100m @ PE 8-9.

Take 20-30secs rest between sets

Cool-down

- 100m your choice of stroke

SWIM

Warm-up

- 200m various strokes

Main Set

- 300m drill
- 3 x 300m @ PE 8,
- 3 x 200m @ PE 8-9,
- 3 x 100m @ PE 9.

Take 20 secs rest between sets.

Aim to swim at time-trial pace.

Cool-down

- 100m your choice of stroke

DAY 2

BIKE

ROAD

- 60km @ PE 6-8

Your long ride of the week at a steady effort. Make the routes hilly and challenging. Combine climbing efforts both in and out of saddle. Include some 'overgearing' during climbing.

BIKE

ROAD/GYM

- 40km time trial

A timed effort against the clock. Ride as hard as you can to achieve the best possible time. Do this in a controlled environment.

Note: Include a 10min warm-up prior to the TT and cool-down afterwards.

BIKE

ROAD/GYM

Warm-up

- 10mins @ PE 5-6

Main Session

- 5x (2mins seated climb @ 90-100rpm @ PE 8, 2mins standing climb @ 70-80rpm @ PE 8-9, 5mins steady @ PE 7)

Cool-down

- 5mins @ PE 5

BIKE

ROAD

- 60km @ PE 6-8

Your long ride of the week at a steady effort. Include a section of hill repeats and climb at a high intensity. Climb both in and out of saddle. Include some 'overgearing' during climbing.

DAY 3

RUN

TREADMILL/ROAD

- 12km @ PE 6-8

Your long run of the week at a steady effort. Include a 20min section of hill repeats, and sprint the hills at a high intensity with recovery on the way back down.

RUN

TREADMILL/ROAD

Warm-up

- 5mins @ PE 5-7

Include short bursts of increased speed

Main Session

- 5x [4mins @ PE 8 on 2% incline, 1min @ PE 9 on 1% incline, 3mins recovery @ PE 6]

Cool-down

- 5mins @ PE 5

RUN

TREADMILL/ROAD

- 12km @ PE 6-8

Your long run of the week at a steady effort. Include a 20min section of hill repeats and sprint the hills at a high intensity with recovery on the way back down.

RUN

TREADMILL/ROAD

Warm-up

- 5mins @ PE 5-7

Include short bursts of increased speed

Main Session

- 5x (4mins @ PE 8 on 2% incline, 1min @ PE 9 on 1% incline, 3mins recovery @ PE 6)

Cool-down

- 5mins @ PE 5

DAY 4

SWIM

POOL

- 1,500m time trial

A timed effort against the clock. Swim as hard as you can to achieve the best possible time. Do this in a controlled environment.

Note: include a 200m warm-up prior to the TT and a cool-down afterwards

BIKE

ROAD

- 60km @ PE 6-8

Your long ride of the week at a steady effort. Include a section of hill repeats and climb at a high intensity. Climb both in and out of saddle. Include some 'overgearing' during climbing.

RUN

10km Time-Trial

A timed effort against the clock. Run as hard as you can to achieve the best possible time. Do this in a controlled environment.

Note: include a 5-8min warm-up prior to the TT and a cool-down afterwards

BIKE

ROAD/GYM

Warm-up

- 10mins @ PE 5-6

Main Session

- 5x (2mins seated climb @ 90-100rpm @ PE 8, 2mins standing climb @ 70-80rpm @ PE 8-9, 5mins steady @ PE 7)

Cool-down

- 5mins @ PE 5

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WEEK 17

WEEK 18

WEEK 19

WEEK 20

SWIM

POOL

Warm-up

- 200m various strokes

Main Set

- 300m drill

- 2x (150m, breathe every four strokes, 150m pull only, 2x 300m @ PE 8)

Take 20-30secs rest between sets

Cool-down

- 100m your choice of stroke

SWIM

POOL

Warm-up

- 200m various strokes

Main Set

- 300m drill

- 15 x 100m @ PE 8-9

Take 20secs rest between sets

Cool-down

- 100m your choice of stroke

SWIM

POOL

Warm-up

- 200m various strokes

Main Set

- 300m drill

- 2x (150m breathe every four strokes, 150m pull only, 2x 300m @ PE 8)

Take 20secs rest between sets

Cool-down

- 100m your choice of stroke

SWIM

POOL

Warm-up

- 200m various strokes

Main Set

- 300m drill

- 15 x 100m @ PE 8-9

20secs rest between sets

Cool-down

- 100m your choice of stroke

DAY 1

BIKE

ROAD

- 50km @ PE 7-9

Your long ride of the week. Once warmed-up, include 2 x 12km sections at race-pace intensity, with a 5min recovery between them. Practise moving your body into an aerodynamic position.

DAY 2

BIKE

ROAD/GYM

Warm-up

- 5mins @ PE 5-7

Main Session

- 6x (5mins @ PE 8, 3mins steady @ PE 6)

Cool-down

- 5mins @ PE 5

BIKE

ROAD

- 50km @ PE 7-9

Your long ride of the week. Once warmed-up, include 2 x 12km sections at race-pace intensity, with a 5min recovery between them. Practise moving your body into an aerodynamic position.

BIKE

ROAD/GYM

Warm-up

- 5mins @ PE 5-7

Main Session

- 6x (5mins @ PE 8, 3mins steady @ PE 6)

Cool-down

- 5mins @ PE 5

RUN

TREADMILL/ROAD

Warm-up

- 5mins @ PE 5-7

Include short bursts of increased speed

Main Session

- 5x (1min @ PE 7, 6mins @ PE 8-9, 1min complete rest)

Cool-down

- 5mins @ PE 5

DAY 3

RUN

TREADMILL/ROAD

- 12km @ PE 6-8

Your long run of the week at a steady effort. Once warmed-up, include 3 x 2km sections at race pace (PE 8) intensity with 1km @ PE 6 recovery inbetween.

RUN

TREADMILL/ROAD

Warm-up

- 5mins @ PE 5-7

Include short bursts of increased speed

Main Session

- 5x (1min @ PE 7, 6mins @ PE 8-9, 1min complete rest)

Cool-down

- 5mins @ PE 5

RUN

TREADMILL/ROAD

- 12km @ PE 6-8

Your long run of the week at a steady effort. Once warmed-up, include 3 x 2km sections at race-pace (@ PE 8) intensity with a 1km @ PE 6 recovery inbetween.

SWIM

POOL

Warm-up

- 200m various strokes

Main Set

- 300m drill

- 3x (600m @ PE 7-8, first and last 100m swum at higher intensity)

Take 40secs rest between sets

Cool-down

- 100m your choice of stroke

DAY 4

BRICK

ROAD

Warm-up

- 5-6min run @ PE 6

Main Session

- 3x (12min bike @ PE 7, 6min run @ PE 8, 2mins complete rest)

Cool-down

- 5min run @ PE 5

SWIM

POOL

Warm-up

- 200m various strokes

Main Set

- 300m drill

- 3x (600m @ PE 7-8, first and last 100m at increased pace).

Take 40secs rest between sets.

Cool-down

- 100m your choice of stroke

BRICK

ROAD

Warm-up

- 5min run @ PE 6

Main Session

- 30km bike @ PE 7

- 6km run @ PE 7-8

Cool-down

- 5min run @ PE 5

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WEEK 21

WEEK 22

WEEK 23

WEEK 24

SWIM

POOL

Warm-up

- 200m various strokes

Main Set

- 300m drill • 200m breathing every 4-5 strokes • 400m @ PE 7-8, • 200m pull only, • 400m @ PE 7-8, • 200m sighting every 4-6 strokes, • 400m @ PE 7-8

Take 30sec rest between sets

Cool-down

- 100m your choice of stroke

SWIM

POOL

Warm-up

- 200m various strokes

Main Set

- 300m drill
- 6x 100m @ PE 8-9,
- 600m @PR 7,
- 6x 100m @ PE 8-9

Take 20sec rest between sets

Cool-down

- 100m your choice of stroke

SWIM

POOL

Warm-up

- 200m various strokes

Main Set

- 300m drill • 200m breathing every 4-5 strokes • 400m @ PE 7-8, • 200m pull only, • 400m @ PE 7-8, • 200m sighting every 4-6 strokes, • 400m @ PE 7-8

Take 30sec rest between sets

Cool-down

- 100m your choice of stroke

SWIM

POOL

Warm-up

- 200m various strokes

Main Set

- 300m drill
- 6x 100m @ PE 8-9,
- 600m @PR 7,
- 6x 100m @ PE 8-9

Take 20sec rest between sets

Cool-down

- 100m your choice of stroke

DAY 1

BIKE

ROAD

- 50km @ PE 7-9

Your long ride of the week. Once warmed-up, include 2x 15km sections at race-pace intensity, with a 5min recovery between them. Practise moving your body into an aerodynamic position.

DAY 2

BIKE

ROAD/GYM

- 40km time trial

A timed effort against the clock. Ride as hard as you can to achieve the best possible time. Do this in a controlled environment.

Note: include a 10min warm-up before the TT and a cool-down afterwards

BIKE

ROAD/GYM

Warm-up

- 5mins @ PE 5-7

Main Session

- 4x (10mins @ 2-3km/h above TT pace, 2mins @ PE 5)

Cool-down

- 5mins @ PE 5

BIKE

GYM

Warm-up

- 5mins @ PE 5-7

Main Session

- 4x (10mins @ 2-3km/h above TT pace, 2mins @ PE 5)

Cool-down

- 5mins @ PE 5

RUN

TREADMILL/ROAD

Warm-up

- 5mins @ PE 5-7

Include short bursts of increased speed

Main Session

- 6x (1.2km @ PE 8, 1min rest)

Cool-down

- 5mins @ PE 5

DAY 3

RUN

- 12km @ PE 6-8

Your long run of the week. Complete as 2 x 6km efforts, gradually increasing the pace over the first km of each, next 5km @ PE 8.

Take 3-4min recovery between each set.

RUN

TREADMILL/ROAD

Warm-up

- 5mins @ PE 5-7

Include short bursts of increased speed

Main Session

- 6x (1.2km @ PE 8, 1min rest)

Cool-down

- 5mins @ PE 5

RUN

- 12km @ PE 6-8

Your long run of the week. Complete as 2 x 6km efforts, gradually increasing the pace over the first km of each, next 5km @ PE 8.

Take 3-4min recovery between each set.

SWIM

POOL

- 2,500m time trial

A timed effort against the clock. Swim as hard as you can to achieve the best possible time. Do this in a controlled environment.

Note: include a 200m warm-up prior to the TT and a cool-down afterwards

BRICK

GYM

Warm-up

- 5-6min run @ PE6

Main Session

- 2x (20min bike @ PE 7-8, 10min run @ PE 8, 2min complete rest)

Cool-down

- 5mins @ PE 5

RUN

- 10km time trial

A timed effort against the clock. Run as hard as you can to achieve the best possible time. Do this in a controlled environment.

Note: include a 5-8min warm-up before the TT and a cool-down afterwards

BRICK

ROAD

Warm-up

- 5min run @ PE 6

Main Session

- 40km bike @ PE 7-8,
- 10km run @ PE 7-8

Cool-down

- 5mins @ PE 5

DAY 4