

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

BIKE

5 x 8mins as:
4mins moderate;
2mins hard seated climb;
1min hard seated sprint;
1min easy recovery

REST DAY

SWIM

Pyramid as:
100m, 150m, 200m, 250m, 300m, 250m, 200m, 150m, 100m
•
All moderate
•
45secs RI between sets

RUN

8 x 800m as:
700m moderate;
100m increasing speed
•
1min RI between sets

REST DAY

BIKE

40km moderate
•
On an undulating route, at a conversational pace

RUN

6-8km easy
•
Keep the route fairly flat

WEEK 2 - RI = REST INTERVAL; PB = PULL BUOY

BIKE

8 x [1min sprint @ 100rpm; 1min easy]
•
6mins moderate
•
8 x [1min sprint @ 100rpm; 1min easy]

REST DAY

SWIM

4 x 50m PB
•
3 x 200m moderate
•
4 x 50m PB
•
6 x 100m hard
•
45secs RI between sets

RUN

4 x [1km moderate; 500m vigorous; 500m easy]

REST DAY

BIKE

45km moderate
•
On an undulating route, at a conversational pace

RUN

8km easy
•
Keep the route fairly flat

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

BIKE

5 x 9mins as:
4mins moderate;
3mins hard seated climb;
1min hard seated sprint;
1min easy recovery

REST DAY

SWIM

Pyramid as:
100m, 150m, 200m, 250m, 300m, 250m, 200m, 150m, 100m
•
All moderate
•
35secs RI between sets

RUN

8 x 800m as:
650m moderate;
150m increasing speed
•
1min RI between sets

REST DAY

BIKE

50km moderate
•
On an undulating route, at a conversational pace

RUN

8-10km easy
•
Keep the route fairly flat

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

BIKE

8 x [1min sprint @ 100rpm; 1min easy]
•
8mins moderate
•
8 x [1min sprint @ 100rpm; 1min easy]

REST DAY

SWIM

4 x 50m PB
•
3 x 200m moderate
•
4 x 50m PB
•
6 x 100m hard
•
45secs RI between sets

RUN

4 x [1.2km moderate; 500m vigorous; 300m easy]

REST DAY

BIKE

40km moderate
•
On an undulating route, at a conversational pace

RUN

6km easy
•
Keep the route fairly flat

TRAINING PLAN - WEEKS 5 TO 8

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

WEEK 5 - DON'T MISS THE KEY SESSIONS - THE LONGER, STEADY BIKE AND RUNS AT THE WEEKENDS

BIKE

5 x 10mins as:
2mins hard seated climb;
4mins moderate;
2mins hard standing climb;
2mins easy recovery

REST DAY

SWIM

5 x 400m moderate, increasing pace in final 50m
•
45secs RI between sets

RUN

10 x 800m as:
650m moderate;
150m increasing speed
•
1min RI between sets

REST DAY

BIKE

55km moderate, include 1 x 10km harder effort in middle
•
On an undulating route

RUN

10km easy
•
Vary route and try to run off road, including hills

WEEK 6 - THE PLAN INCLUDES ENDURANCE, TEMPO AND INTERVALS SO THAT ALL AREAS OF FITNESS ARE TARGETED

BIKE

10 x [1min sprint @ 100rpm; 1min easy]
•
10mins moderate
•
10 x [1min sprint @ 100rpm; 1min easy]

REST DAY

SWIM

3 x 200m easy off 20secs RI
•
3 x 200m moderate off 30secs RI
•
3 x 200m hard off 40secs RI

RUN

8 x [700m moderate; 200m vigorous; 100m easy]

REST DAY

BIKE

60km moderate, include 1 x 10km harder effort in middle
•
On an undulating route

RUN

11-12km easy
•
Vary route and try to run off road, including hills

WEEK 7 - RECORD AND REVIEW YOUR SESSION DATA TO HELP MONITOR YOUR PROGRESS

BIKE

6 x 10mins as:
2mins hard seated climb;
4mins moderate;
2mins hard standing climb;
2mins easy recovery

REST DAY

SWIM

4 x 500m moderate, increasing pace in final 100m
•
45secs RI between sets

RUN

8 x 1km as:
800m moderate;
200m increasing speed
•
1min RI between sets

REST DAY

BIKE

60km moderate, include 1 x 10km harder effort in middle
•
On an undulating route

RUN

11-12km easy
•
Vary route and try to run off road, including hills

WEEK 8 - CONSIDER DOING SOME TIME TRIALS IN EACH SPORT TO SET TARGETS FOR FUTURE TRAINING PHASES

BIKE

10 x [1min sprint @ 100rpm; 1min easy]
•
10mins moderate
•
10 x [1min sprint @ 100rpm; 1min easy]

REST DAY

SWIM

2 x 300m easy off 40secs RI
•
3 x 200m moderate off 30secs RI
•
6 x 100m hard off 20secs RI

RUN

8 x [650m moderate; 250m vigorous; 100m easy]

REST DAY

BIKE

40km moderate
•
On an undulating route, at a conversational pace

RUN

8km easy
•
Keep the route fairly flat