



# BEGINNER TRAINING PROGRAMME

Presented by Coach Glen Gore

WEEK 1 (Starting Monday, 15 July 2019)	
<b>MONDAY</b>	
AM	PM
<p><b>Swim Session:</b> 200m easy swim warm-up, followed by 6-10 x 100m swim (rest 20 secs after each one) by doing it as 25m hard/75m easy); 200m kick easy/200m pull buoys easy.</p> <p style="text-align: right;"><b>Rest</b></p> <p style="text-align: center;"><b>Total distance: 1.2 - 1.6km</b></p>	
<b>TUESDAY</b>	
AM	PM
<p><b>Bike Session: Indoors or outdoors, depends on weather and time allowance</b></p> <p>60 minute cycle (20 mins easy warm-up followed by 3 x 5 min moderate effort with 5 min easy spin recovery between each one; 10 mins easy cool down cycle.</p> <p style="text-align: right;"><b>Run Session: 45 – 60 minute easy recovery run. Pace relaxed and slow.</b></p> <p style="text-align: center;"><b>Total time: 60 mins</b></p> <p style="text-align: right;"><b>Total: 60 mins / 6 – 10km</b></p>	
<b>WEDNESDAY</b>	
AM	PM
<p><b>Swim Session:</b> 200m easy swim / 200m easy pull buoys as warm-up; 4 x 100m moderate to hard effort (rest 30 secs after each one); 200m kick fins as recovery; 6 x 50m swim fartlek (25m moderate to hard / 25m easy recovery) rest 20 secs after each; 200m easy swim cool down.</p> <p style="text-align: right;"><b>Rest</b></p> <p style="text-align: center;"><b>Total distance: 1.5km</b></p>	
<b>THURSDAY</b>	
AM	PM
<p><b>Bike Session: 60 – 75 mins bike ride – easy pace (50 – 60 % effort)</b></p> <p>At this time of year, indoor cycling at the gym is the best. Use their WattBikes or gym bikes, or opt to use your own bike or indoor trainer at home.</p> <p style="text-align: right;"><b>Run Session: Speed interval session</b></p> <p>1km warm-up – easy run, then stretch. Followed by 8 x 4-minute moderate run with 2-minute job in between each for recovery. 5 mins slow recovery run and stretch.</p> <p style="text-align: center;"><b>Total time: 60 – 75 mins</b></p> <p style="text-align: right;"><b>Total distance: 8 – 10km</b></p>	
<b>FRIDAY</b>	
AM	PM
<b>REST DAY</b>	
<b>SATURDAY</b>	
AM	PM
<p><b>Brick Session:</b> 30km road cycle – easy pace – followed by slow &amp; easy 4km run.</p> <p style="text-align: right;"><b>Rest</b></p> <p style="text-align: center;"><b>Total distance: 30km/4km</b></p>	
<b>SUNDAY</b>	
AM	PM
<b>REST DAY</b>	

**WEEK 2 (Starting Monday, 22 July)****MONDAY****AM****PM**

**Swim Session:** 100m easy warm-up; 100m moderate to hard swim - rest 30 secs; 300m pull buoys, slow & easy, breathing every 5th stroke; 100m moderate to hard swim - rest 30 secs; 100m easy recovery swim. Do this set 2 times.

**Total distance: 1.4km****MONDAY****AM****PM**

**Brick Session:** 60 - 70 min cycle - easy pace - followed by a 10 min run at tempo / moderate pace. **Rest or optional gym session:** 45 mins upper and lower body strength work.

**Total session: 60-70mins cycle/10 mins run****Wednesday****AM****PM**

**Swim Session:** 200m easy (100m kick easy / 200m pull buoys easy); 3 x 200m race pace swim intervals (rest a full 60 secs between each one); 300m slow easy cool down.

**Total swim: 1.4km****Thursday****AM****PM**

**Bike Session:** 10 mins easy spin warm-up; 4 x 8 min moderate effort with 2 min easy spin recovery between each; 10 mins cool-down spin. **Run Session:** 8km run, fartlek pace (4 sets of 1km easy / 1km race pace).

**Total time: 60 mins****Total distance: 8km****Friday****AM****PM****REST DAY****Saturday****AM****PM**

**Brick Session:** 40km cycle (easy pace) & 5km run (moderate pace).

**Total session: 40km/5km****Sunday****AM****PM****REST DAY**