



BEGINNER TRAINING PROGRAMME

Presented by Coach Glen Gore

WEEK 1 (Starting 14 July 2019)	
MONDAY	
AM	PM
<p>Swim Session: 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: center;">Total distance: 1.2 - 1.6km</p>	
TUESDAY	
AM	PM
<p>Bike Session: Indoors or outdoors, depends on weather and time allowance</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: center;">Total time: 60 mins</p>	
<p>Run Session: 45 – 60 minute easy recovery run. Pace relaxed and slow.</p> <p style="text-align: right;">Total: 60 mins / 6 – 10km</p>	
WEDNESDAY	
AM	PM
<p>Swim Session: 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: center;">Total distance: 1.5km</p>	
THURSDAY	
AM	PM
<p>Bike Session: 60 – 75 mins bike ride – easy pace (50 – 60 % effort)</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: center;">Total time: 60 – 75 mins</p>	
<p>Run Session: Speed interval session</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: right;">Total distance: 8 – 10km</p>	
FRIDAY	
AM	PM
REST DAY	
SATURDAY	
AM	PM
<p>Brick Session: 30km road cycle – easy pace – followed by slow & easy 4km run.</p> <p style="text-align: center;">Total distance: 30km/4km</p>	
SUNDAY	
AM	PM
REST DAY	

WEEK 2 (Starting 21 July 2019)**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