



# BEGINNER TRAINING PROGRAMME

Presented by Coach Glen Gore

<b>WEEK 3 (Starting Monday, 29 July)</b>	
<b>MONDAY</b>	
AM	PM
<p><b>Swim Session:</b> 3 x 400m pull buoys swim (easy &amp; slow, resting 45 - 60 secs between each 400m set); 8 x 25m sprints (hard, resting 20 secs after each 25m set); 200m easy slow swim cool down.</p> <p style="text-align: center;"><b>Total distance: 1.6km</b></p>	
<b>TUESDAY</b>	
AM	PM
<p><b>Bike Session:</b> 10 mins warm-up, followed by 3 x 10 minutes at 70% effort with 5 mins spin recovery between; 10 mins easy at the end to complete the session.</p> <p><b>Run Session:</b> 6 - 10km. Pace relaxed and slow.</p> <p style="text-align: center;"><b>Total time: 60 mins</b> <span style="float: right;"><b>Total: 6 – 10km</b></span></p>	
<b>WEDNESDAY</b>	
AM	PM
<p><b>Swim Session:</b> 200m pull buoys easy; 4 x 25m kick (hard, resting 10 secs after each 25m, NO FINS); 100m easy swim recovery; 8 x 100m race pace swim (resting 10 secs between each 100m); 400m paddles or pull buoys cool down swim.</p> <p style="text-align: center;"><b>Total distance: 1.6km</b></p>	
<b>THURSDAY</b>	
AM	PM
<p><b>Bike Session:</b> Easy 1hr or 30km bike ride (intensity low 60%).</p> <p><b>Run Session:</b> 1km warm-up; 6 x 1km intervals at 65% effort (rest 30 secs between each one); 1km easy cool down with stretch.</p> <p style="text-align: center;"><b>Total time: 1:30</b> <span style="float: right;"><b>Total distance: 8km</b></span></p>	
<b>FRIDAY</b>	
AM	PM
<b>REST DAY</b>	
<b>SATURDAY</b>	
AM	PM
<p><b>Brick Session:</b> 50km cycle (easy pace ) &amp; 6km run off the bike (slow pace).</p> <p style="text-align: center;"><b>Total distance: 50km/6km</b></p>	
<b>SUNDAY</b>	
AM	PM
<b>REST DAY</b>	

**WEEK 4 (Starting Monday, 5 August)****MONDAY**

AM

PM

**Swim Session:** Super low intensity swim - you can rest a few secs at the wall when you really get tired but limit the rest stops; work on your technique and swim stroke/pull. **Rest**

**Total distance: 1 - 1.5km****TUESDAY**

AM

PM

**Bike Session:** 60 mins cycle - easy pace - spin light/easy gears. **Run Session:** 60 mins off-road trail run, or cross country run (recovery pace).

**Total session: 60 mins****Total session: 60 mins****WEDNESDAY**

AM

PM

**Rest Day / Gym Session:** Take a full day's rest, OR add in a 45 mins light gym circuit session, focusing on upper and lower body - 4 x 25 reps of each. **Rest**

**Total session: 45 mins****THURSDAY**

AM

PM

**Bike Session:** 60 minute bike ride (20 mins easy, followed by 6 x 30 second hard sprints with 60 secs easy recovery after each one); cool down ride easy to complete the 60 mins session. **Run Session:** 5 - 8km slow easy recovery run - use this week as a full opportunity to give your body a chance to repair itself.

**Total time: 60 mins****Total distance: 5 - 8km****FRIDAY**

AM

PM

**REST DAY****SATURDAY**

AM

PM

**Brick Session:** 40km cycle (easy pace) & 8km run (low intensity).

**Total session: 40km/8km****SUNDAY**

AM

PM

**REST DAY**