



INTERMEDIATE TRAINING PROGRAMME

Presented by Coach Glen Gore

WEEK 1 (Starting 14 July 2019)	
Monday:	
AM	PM
Run session: 6-8km run at easy to low intensity pace.	Swim Session: 400m easy pull buoys swim warm-up followed by 10 x 100m swim on 1.5-2 mins, fartlek 25m hard and 75m moderate; 200m kick easy, 200m pull buoys easy; 8 x 25m sprints hard on 35 secs; 400m paddles cool down, breath every 5th stroke.
Total distance: 6-8 km	Total distance: 2.4km
Tuesday:	
AM	PM
Bike session: Indoor or outdoors - weather and time dependant: 60 minute cycle - 20 mins easy warm-up followed by 3 x 5 minute moderate efforts with 5 minutes easy spin recovery between each one; finish with a 10 min easy cool down.	Run session and speed session: 1km easy followed by 10 x 100m semi sprints (rest 10 secs in between); 10 x 400m at your 5km race pace (rest 30 secs between each one); 2km build (start slow - finish fast). Remember to stretch well after.
Total time: 60min	Total distance: 8km
Wednesday:	
AM	PM
Gym and swim session: 30 minute gym session before the swim: 4 x 15 reps of each set followed by a 300m easy swim and 300m easy pull buoys as warm-up; 3 x 200m at race pace hard on 3.5 - 4 mins. Remember the faster you swim, the more rest! 200m kick fins as recovery; 8 x 50m swim fartlek 25m moderate to hard and 25m easy recovery on 60 secs finish with a 200m easy swim cool down	Rest
Total time and distance: 30 mins/2 km	
Thursday	
AM	PM
Bike session: Indoor or outdoors - weather and time dependant: 60 minute cycle - 20 mins easy warm-up followed by 3 x 5 minute moderate efforts with 5 minutes easy spin recovery between each one; finish with a 10 min easy cool down.	Hill run session: Warm up 2-3 km of easy run. Find a hill that is about 500 m long, it shouldn't be too steep. Go moderate to hard up - recover slow on the way down - do 6 of these hard up. 2-3km cool down back home.
Total time: 60-75 mins	Total distance: 10-12 km
Friday	
AM	PM
REST DAY	
Saturday	
AM	PM
Brick session: 40-50km cycle on the roads at a easy pace followed by easy 5-6km run at slow pace.	Rest
Total session: 40-50 km/5-6 km	
Sunday	
AM	PM
Run and swim session: Do this from the gym, it's easier to get the swim in after. Start with a long run at 12-15km keep intensity low. Followed by 10-15 x 100m pull buoys swim as the recovery resting 15 secs between each one.	Rest
Total distance: 12-15km run and 1-1.5km swim	

WEEK 2 (Starting 21 July 2019)	
MONDAY	
AM	PM
Rest	Swim Session: 100m easy swim warm-up; 100m moderate to hard swim (rest 15 secs); 300m pull buoys breath every 5th stroke at moderate pace (rest 15 secs); 100m moderate to hard swim (rest 5 secs); 100m easy swim recovery do the set 3 times followed by 8 x 25m sprints hard on 30 secs end with a 200m paddles cool down.
	Total Distance: 2.5km
Tuesday	
AM	PM
Bike session: 30-40km cycle on the indoor trainer/wattbikes or outdoor, keep pace moderate.	Run session: 2km warm-up, followed by a stretch; 6 x 1km intervals (1,3,5 are mod/2,4,6 are hard) rest only 30 secs between. 2km cool down with stretch.
Total distance: 30-40 km	Total distance: 10km
Wednesday	
AM	PM
Run session: Slow 12km recovery run at a easy pace.	Gym and swim session: 30 mins in the gym as a warm-up. Upper body only 4 x 20 reps of each. Followed by 300m swim easy; 100m kick easy; 300m pull buoys easy; 2 x 400m hard race pace swim with 2 mins rest between; 4 x 50m kick fins easy rest 5 secs; 8 x 25m sprints fins on 30 secs end with a 100m choice swim cool down.
Total distance: 12km	Total time and distance: 30 mins/2 km
Thursday	
AM	PM
Bike session: 30-40km cycle on the indoor trainer/wattbikes or outdoor, keep pace moderate.	Rest
Total time: 80 mins	
Friday	
AM	PM
Run session: Build run: 3km easy, 3km moderate, 3km harder and 3km cool down.	Rest
Total distance: 12km	
Saturday	
AM	PM
Brick session: 50-60km cycle at easy pace followed by 5-8km run at moderate pace.	Swim recovery session: 5 sets of 200m swim, 100m kick, 200m paddles. Done slow to aid recovery.
Total brick distance 50-60 km/5-8 km	Total distance: 2km
Sunday	
AM	PM
	REST DAY