



# BEGINNER TRAINING PROGRAMME

Presented by Coach Glen Gore

<b>WEEK 5 (Starting Monday, 12 August)</b>	
<b>MONDAY</b>	
<b>AM</b>	<b>PM</b>
<b>Swim Session:</b> 200m easy swim / 200m easy kick as warm-up; 12 x 100m (25m sprint hard - 75m easy recovery) rest 20 secs after each one; 100m cool down.	
<b>Total distance: 1.7km</b>	
<b>TUESDAY</b>	
<b>AM</b>	<b>PM</b>
<b>Bike Session:</b> 80 minute bike ride (or 35km); add in 3 x 15 minute intervals at faster than moderate pace with a full spin recovery between each one.	
<b>Run Session:</b> 8km run - try and include a short steep hill into the mix where you do 10 x 30 sec hill repeats - hard up - jog back down then carry on with the run to complete the distance.	
<b>Total time: 80 mins / 35km</b>	
<b>Total: 8km</b>	
<b>WEDNESDAY</b>	
<b>AM</b>	<b>PM</b>
<b>Swim Session:</b> 200m pullbuoys easy/100m kick easy/200m paddles easy; 1km TT effort - this is done hard - but make sure you start moderate and try and build the speed over the entire distance; 400m pullbuoys cool down, slow swim to finish.	
<b>Total distance: 1.9km</b>	
<b>THURSDAY</b>	
<b>AM</b>	<b>PM</b>
<b>Brick Session:</b> 60 mins easy bike, followed by 20 mins run.	
<b>Rest / Gym:</b> Rest or light upper body gym routine - 30 - 45 mins only.	
<b>Total time: 60 mins / 20 mins</b>	
<b>Total time: 30 - 45 mins</b>	
<b>FRIDAY</b>	
<b>AM</b>	<b>PM</b>
<b>REST DAY</b>	
<b>SATURDAY</b>	
<b>AM</b>	<b>PM</b>
<b>Bike Session:</b> 60km easy to moderate pace.	
<b>Total distance: 50km</b>	
<b>SUNDAY</b>	
<b>AM</b>	<b>PM</b>
<b>Run Session:</b> Longer run on the weekend - pace as "how you feel"; 12-14km - can stop and stretch often if need be - make sure you take along a gel or two and something to drink to fuel the body during this effort.	
<b>Total distance: 12 - 14km</b>	

**WEEK 6 (Starting Monday, 19 August)****MONDAY****AM****PM****REST DAY****TUESDAY****AM****PM****Brick Session:** 60 mins easy bike, followed by 20 mins moderate run off the bike.**Rest****Total session: 60 mins / 20 mins****WEDNESDAY****AM****PM****Swim Session:** 400m easy pull buoys; 200m kick easy; 2 x 500m swim at moderate pace - rest only 20 secs between each one.**Rest****Total distance: 1.6km****THURSDAY****AM****PM****Bike Session:** 80 minutes easy spin.**Run Session:** 8 - 10km easy to moderate run.**Total time: 80 mins****Total distance: 8 - 10km****FRIDAY****AM****PM****Swim Session:** 15 x 100m pull buoys easy swim - rest 10 secs after each one; 4 x 25m sprints hard rest 15 secs after each one; 100m cool down.**Rest****Total distance: 1.7km****SATURDAY****AM****PM****Brick Session:** 60km cycle (moderate pace ) & 10km run easy pace.**Total session: 60km / 10km****SUNDAY****AM****PM****REST DAY**