



BEGINNER TRAINING PROGRAMME

Presented by Coach Glen Gore

WEEK 7 (Starting Monday, 26 August)	
MONDAY	
AM	PM
<p>Swim Session: 6 x 100m pullbuoys easy rest 10 secs after each; 5 x 100m race pace swim - rest 20 secs after each; 4 x 100m paddles recovery swim - rest 10 secs after each; 2 x 100m hard race pace - rest 30 secs after each; 100m cool down slow swim.</p> <p style="text-align: right;">Total distance: 1.8km</p>	
TUESDAY	
AM	PM
<p>Bike Session: 60 minute bike ride with 5 x 5 minute moderate to harder race pace intervals included with 5 mins spin between each one.</p> <p>Run Session: 8-12km run - pace easy - can do trail or grass run or mix it up - like an urban city run (pure fun - no pressure to run hard).</p> <p style="text-align: right;">Total time: 60 mins Total: 8 - 12km</p>	
WEDNESDAY	
AM	PM
<p>Swim Session: 2km long distance swim - can do open water or long pool - in wetsuits - pace recovery; or break down the swim into 10 x 200m in a pool - use your wetsuit and the neoprene hoodie as this is something you will need to wear on race day to keep warmer.</p> <p style="text-align: right;">Total distance: 2km</p>	
THURSDAY	
AM	PM
<p>Bike Session: 60-80 minute moderate cycle - can include 10 x 30 sec hard sprint efforts during this cycle session.</p> <p>Run Session: 2km easy run warm-up followed by 4 x 1km run at faster than normal pace - rest 45 secs between; stretch then do 2km cool down.</p> <p style="text-align: right;">Total time: 60 - 80 mins Total distance: 8km</p>	
FRIDAY	
AM	PM
REST DAY	
SATURDAY	
AM	PM
<p>Brick Session: 70km bike - pace moderate - 8km run - pace easy.</p> <p style="text-align: right;">Total session: 70km / 8km</p>	
SUNDAY	
AM	PM
REST DAY	

WEEK 8 (Starting Monday, 2 September) - RECOVERY WEEK**MONDAY**

AM

PM

Gym Session: Active rest day - 45 mins gym routine; 15 mins stretch.**Rest****Total session: 1 hour****TUESDAY**

AM

PM

Brick Session: 10 mins easy spin on the bike (indoors or outdoors) followed by 20 mins hard fast ride (80-85%); 4 x 1km run intervals directly after the bike - rest 60 secs between each one (1 and 3 are moderate/2 and 4 are harder) good stretch after the programme.**Rest****Total session: 30 mins / 4km****WEDNESDAY**

AM

PM

Swim Session: Warm-up 300m easy slow swimming then do 2 x 400m hard swims - at race pace - rest a full 2 minutes between each one; 100m kick easy/100m swim easy as cool down.**Rest****Total distance: 1.3km****THURSDAY**

AM

PM

REST DAY**FRIDAY**

AM

PM

Gym Session: 30 mins light gym and stretch - followed by short swim - 10 x 100m mod to harder swim - rest 30 secs between each one.**Rest****Total session: 30 mins / 1km****SATURDAY**

AM

PM

Brick Session: 5km cycle easy warm-up - followed by 25km cycle at 80% effort; 5km run at easy pace.**Total session: 30km / 5km****SUNDAY**

AM

PM

REST DAY