



# INTERMEDIATE TRAINING PROGRAMME

Presented by Coach Glen Gore

WEEK 3 (Starting Monday, 26 August 2019)	
<b>Monday:</b>	
<b>AM</b>	<b>PM</b>
<b>Run Session:</b> Easy 8km run to start the week.	<b>Swim Session:</b> 5 x 400m (swim/pullbuoys/paddles/swim/paddles) rest only 20 secs between; pace is moderate followed by 8 x 25m sprints hard swim on 30 secs; 6 x 50m moderate pullbuoys on 60 secs to finish.
<b>Total distance: 8km</b>	<b>Total distance: 2.5km</b>
<b>Tuesday:</b>	
<b>AM</b>	<b>PM</b>
<b>Brick Session:</b> 60 mins on the indoor trainer/wattbikes/outdoor (15 mins spin to start off the session followed by 3 x 10 minutes at 70-75% effort with 5 mins spin recovery between); followed by short 2km moderate run off the bike.	<b>Run Session:</b> Track session (can be done on the road as well): 1km warm-up easy followed by 10 x 100m semi sprints rest 10 secs; then 1km moderate rest 60 secs; 2km moderate (hold same pace as the 1km) rest 2 mins; 3km moderate (hold same pace as the 2km); then 1km easy slow cool down and stretch.
<b>Total session: 60 mins / 2km</b>	<b>Total distance: 9km</b>
<b>Wednesday:</b>	
<b>AM</b>	<b>PM</b>
<b>Rest</b>	<b>Gym / Swim Session:</b> 30 mins gym work - lower legs and core abs only today followed by short swim - 200m pullbuoys easy; 4 x 25m kick hard rest 10 secs no fins; 100m easy swim recovery; 6 x 150m race pace swim on 2:30-2:40; 400m paddles or pullbuoys cool down swim breathe every 5th stroke.
	<b>Total session: 30 mins / 1.7km</b>
<b>Thursday</b>	
<b>AM</b>	<b>PM</b>
<b>Bike session:</b> 10km warm-up/5km race pace/5km easy/5km race pace/15km mod cool down.	<b>Run session:</b> Hill session - run a hilly 10km loop if possible - push the hills up - and recover on the down - moderate on the flats.
<b>Total distance: 40km</b>	<b>Total distance: 10km</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> 70km- 80km cycle on the road - start easy - finish moderately.	<b>Swim Session:</b> Endurance swim - start with a 2km non stop swim at easy to mod effort - if you need to rest along the way - keep the break short.
<b>Total session: 70km / 7 - 8km</b>	<b>Total distance: 2km</b>
<b>Sunday</b>	
<b>AM</b>	<b>PM</b>
<b>Run session:</b> LSD run - 15-18km - keep intensity low and speed low.	
<b>Total distance: 15 - 18km</b>	

**WEEK 4 (Starting Monday, 2 September 2019)****MONDAY****AM****PM****Rest Day:** Use this for recovery - maybe a massage or some light foam roll at home after work.**Tuesday:****AM****PM****Brick Session:** 20-25km on the indoor trainer/or outdoors at moderate effort - followed by short 20 minute run (start slow - go out 11 mins slow - try come back in 9 mins fast).**Swim Session:** 400m swim/200m kick/400m pullbuoys; 400m TT hard race pace effort; 200m kick fins recovery; 8 x 25m sprints fins on 30 secs hard; 6 x 100m paddles on 1:45-2 mins moderate effort.**Total session: 20 - 25km****Total distance: 2.4km****Wednesday:****AM****PM****Run Session:** Build run - 3km easy/3km moderate/3km harder/5km easy recovery.**Gym Session:** 45-60 minute full gym program routine (upper and lower body).**Total distance: 14km****Total time: 45 - 60 mins****Thursday****AM****PM****Bike session:** 40km on the bike (keep this at 70-75% for the duration...) can do some hills as well (on the trainer simulate hills with a harder resistance setting).**Run session:** Fartlek run (10km) 1km easy/1km moderate-harder.**Total distance: 40km****Total distance: 10km****Friday****AM****PM****Swim session:** 500m paddles easy warm-up; 10 x 50m hard swim on 60 secs - keep the average of each 50m more or less same; 250m kick fins easy; 10 x 25m sprints fins on 25 secs (can rest extra 30 secs after 5 of them); 10 x 100m race pace on 1:40-2:00 (try keep average same for all of them).**Rest****Total distance: 2.5km****Saturday****AM****PM****Brick session:** 70km cycle - at moderate pace - followed by 7-8km run at easy pace.**Rest****Total session: 70km / 7 - 8km****Sunday****AM****PM****REST DAY**