



# BEGINNER TRAINING PROGRAMME

Presented by Coach Glen Gore

WEEK 11 (Starting Monday, 23 September)	
<b>MONDAY</b>	
AM	PM
Rest day or use as an active race day by adding some light gym and stretch work	
<b>TUESDAY</b>	
AM	PM
<p><b>Swim Session:</b> Start with 2x sets of a 200m swim, 100m kick and 200m pullbuoys - all done as an easy warm-up. Follow with 20x 50m - 1 moderate, 1 faster swims with a 20 sec rest between each, finish with 200m kick fins as a cool down.</p>	<p><b>Run Session:</b> 8x 1km run intervals, these can be done on the road or a track or even grass - rest 45 sec between each - run odd numbers at an easy pace and even numbers at a faster pace.</p>
<b>Total distance: 2.2km</b>	
<b>Total distance: 8km</b>	
<b>WEDNESDAY</b>	
AM	PM
<p><b>Bike Session:</b> Hill session - can be done indoors with your resistance level set to stimulate a hill - warm-up 20min easy pace then do 10x 300m hard up-hill, u turn and easy down hill - add in a 20 - 30 min easy at the finish</p>	<b>Rest</b>
<b>Total distance: approx 30km</b>	
<b>THURSDAY</b>	
AM	PM
<p><b>Gym / Swim Session:</b> 30min gym work - upper and lower body, only do 3 sets of 12 reps each - keep the session short. Follow with a 400m easy swim as a warm-up, 400m hard time trial swim at 100% and 200m easy kick or 200m easy pullbuoys as recovery.</p>	<p><b>Run Session:</b> Hill Set - 2km slow warm up plus stretch then run a hill around 200m - 300m long - moderate run up and easy run down, repeat 5 - 8 times , follow with a 2km slow down with stretch.</p>
<b>Total session: 1.2km / 30min</b>	
<b>Total distance: 6 - 8km</b>	
<b>FRIDAY</b>	
AM	PM
<b>REST DAY</b>	
<b>SATURDAY</b>	
AM	PM
<p><b>Bike Session:</b> 90km cycle - race distance, use this to practice nutrition and to hydrate enough, start at an easy pace and progress, if you feel strong towards the end push a little harder.</p>	<b>Rest</b>
<b>Total distance: 90km</b>	
<b>SUNDAY</b>	
AM	PM
<p><b>Run Session:</b> 14km slow run at a pace that is comfortable for you, important to take along some nutrition - at least 2x gels and possibly stop for drinks - ensure proper food intake and hydration.</p>	<b>Rest</b>
<b>Total distance: 14km</b>	

**WEEK 12 (Starting Monday 30 September)****MONDAY****AM****PM****Rest****Swim Recovery Session:** 3x sets of a 200m swim, 100m kick and 200m pullbuoys all at a slow pace follow with 4x 25m hard sprints with a 20 sec rest between each - end with 100m slow cool down.**Total distance: 1.7km****TUESDAY****AM****PM****Brick Session:** 20km cycle - 5km warm up / 10km hard / 5km easy followed by a 20 - 30min run directly after the bike - start out slow and finish strong.**Rest****Total session: 20km / 20 - 30min****WEDNESDAY****AM****PM****Rest****Run Session:** Easy 3km fartlek run - 3km moderate pace run - 3km faster pace and a 3km easy cool down run.**Total distance: 12km****THURSDAY****AM****PM****Swim Session:** 300m swim / 300m pullbuoys all at an easy pace followed by 8x 50m hard laps with a 30 sec rest after each, move into a 100m slow kick and 100m slow pullbuoys then 8x 25m hard sprints with a 20sec rest after each and a 200m cool down.**Rest****Total distance: 1.6km****FRIDAY****AM****PM****Gym / Bike session:** 30min gym workout - upper body & core, followed by 40min easy spin on the bikes or wattbikes.**Rest****Total time: 30 - 40min****SATURDAY****AM****PM****REST DAY****SUNDAY****AM****PM****Brick Session:** Race simulation - practice your food and drink intake on the bike and run sections, start with a easy sustainable paced 60km cycle and follow with an easy paced 8km run.**Rest****Total distance: 60km / 8km**