



# BEGINNER TRAINING PROGRAMME

Presented by Coach Glen Gore

WEEK 9 (Starting Monday, 9 September)	
<b>MONDAY</b>	
<b>AM</b>	<b>PM</b>
<b>Rest</b>	<p><b>Gym Session:</b> 30min gym workout for overall strength followed by a short swim.</p> <p><b>Swim Session:</b> Easy paced 500m pullbuoys followed by 5x 100m race paced swim laps with a 20sec race - after rest move into 8x 25m hard sprint with a 20sec rest - end with a 100m cool down.</p> <p style="text-align: right;"><b>Total session: 1.3km / 30 min</b></p>
<b>TUESDAY</b>	
<b>AM</b>	<b>PM</b>
<p><b>Brick Session:</b> 20km cycle - 5km warm-up, 10km moderate effort, 5km cool down, followed by a 20min run - start slow and slowly up the pace after each 5min so you are running at a moderate to hard pace towards the end.</p> <p style="text-align: right;"><b>Total session: 20km / 20min</b></p>	<b>Rest</b>
<b>WEDNESDAY</b>	
<b>AM</b>	<b>PM</b>
<p><b>Run Session:</b> 8 - 12km slow and easy midweek run with low intensity.</p> <p style="text-align: right;"><b>Total distance: 8 - 12km</b></p>	<p><b>Swim Session:</b> 5x 200m easy pullbuoys with a 30sec rest between each lap followed by 8x 50m fartlek - 25m sprint &amp; 25m easy recovery with a 20sec rest. End off with a 100m slow cool down.</p> <p style="text-align: right;"><b>Total distance: 1.5km</b></p>
<b>THURSDAY</b>	
<b>AM</b>	<b>PM</b>
<p><b>Bike Session:</b> 30km moderate intensity cycle - indoor or outdoor, weather and time dependent.</p> <p style="text-align: right;"><b>Total distance: 30km</b></p>	<b>Rest</b>
<b>FRIDAY</b>	
<b>AM</b>	<b>PM</b>
<b>REST DAY</b>	
<b>SATURDAY</b>	
<b>AM</b>	<b>PM</b>
<p><b>Brick Session:</b> 50km cycle at an easy pace, followed by a 20min slow and easy run after the bike.</p> <p style="text-align: right;"><b>Total session: 50km / 20min</b></p>	<b>Rest</b>
<b>SUNDAY</b>	
<b>AM</b>	<b>PM</b>
<p><b>Brick Session:</b> 8km run at low intensity, followed by a cool down swim in wetsuit - 12x 100m swim with a 20sec rest after each. You can use the wetsuit at a pool venue but if you are able to get to an open water venue this would be more beneficial.</p> <p style="text-align: right;"><b>Total distance: 1.2km swim / 8km run</b></p>	<b>Rest</b>

**WEEK 10 (Starting Monday, 16 September)****MONDAY****AM****PM****REST DAY****TUESDAY****AM****PM**

**Brick Session in gym:** 40 min on gym bikes or watt bikes at a moderate spin intensity (65%) followed by a 20min run - start slow and build to finish at a moderate pace.

**Swim session:** 400m easy swim to start followed by 4x 150m fartlek - 50m easy / 50m hard / 50m easy - rest after each, move on to 4x 25m sprints hard on 40 sec follow with a slow 200m kick with fins and end with a 400m fins swim starting easy and finishing fast.

**Total session: 40min / 20min****Total distance: 1.7km****WEDNESDAY****AM****PM****Rest**

**Run Session:** 1km warm-up followed by 10x 100m semi sprints with a 20 sec rest between each sprint followed by 4x 500m moderate / 500m faster pace - rest 60sec between each end with 2km cool down with stretch.

**Total distance: 8km****THURSDAY****AM****PM**

**Bike / Swim Session:** 40 mins on the indoor gym bikes - 10min easy / 15x 1min hard with 1 min recovery followed by a short swim of 10x 100m swim - rest 20 sec after each round - 1 easy / 1 hard.

**Rest****Total session: 1km / 40min****FRIDAY****AM****PM**

**Run session:** Easy run, 10 - 12km with a slow pace at low intensity.

**Rest****Total distance: 10 - 12km****SATURDAY****AM****PM**

**Gym / Swim Session:** 30min gym work - legs and core 4 - 15 reps of each followed by an easy 1500m wetsuit swim - you can stop for rest periods but try to limit these to a short as possible.

**Total distance: 1.5km****SUNDAY****AM****PM**

**Brick Session:** 60km cycle easy paced followed by an easy 20min slow run.

**Total session: 60km / 20min**