



# INTERMEDIATE TRAINING PROGRAMME

Presented by Coach Glen Gore

WEEK 5 (Starting Monday, 9 September 2019)	
<b>Monday:</b>	
AM	PM
<p><b>Swim Session:</b> 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).</p> <p style="text-align: right;"><b>Total distance: 2.8km</b></p>	<p><b>Run Session:</b> 8-10km moderate run to start off the run mileage for the week.</p> <p style="text-align: right;"><b>Total distance: 8 - 10km</b></p>
<b>Tuesday:</b>	
AM	PM
<p><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.</p> <p style="text-align: right;"><b>Total session: 80 minutes / 35km</b></p>	<p><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.</p> <p style="text-align: right;"><b>Total distance: 8km</b></p>
<b>Wednesday:</b>	
AM	PM
<p><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.</p> <p style="text-align: right;"><b>Total distance: 1.9km</b></p>	<p><b>Rest</b></p>
<b>Thursday</b>	
AM	PM
<p><b>Brick session:</b> 60 minute easy bike, followed directly by 20 minute moderately paced run.</p> <p style="text-align: right;"><b>Total session: 60mins/20mins ( 25-30km/4-6km)</b></p>	<p><b>Rest / Light Training:</b> Light upper body gym routine - 30-45 mins only.</p> <p style="text-align: right;"><b>Total time: 45 mins max</b></p>
<b>Friday</b>	
AM	PM
<b>Rest Day</b>	
<b>Saturday</b>	
AM	PM
<p><b>Bike session:</b> 90-100km bike ride - pace easy to moderate.</p> <p style="text-align: right;"><b>Total distance: 90 - 100km</b></p>	<p><b>Rest</b></p>
<b>Sunday</b>	
AM	PM
<p><b>Run session:</b> Longer run on the weekend - pace as "how you feel" - 16-20km... Use this session to practice your nutritional requirements for the run; if there is a local road run race you can do over a 10km distance or more - do it, and add the extra as easy warm-up/cool down.</p> <p style="text-align: right;"><b>Total distance: 16 -20km</b></p>	<p><b>Rest</b></p>

**WEEK 6 (Starting Monday, 16 September)****MONDAY****AM****Rest Day:** Or go for a light gym session.**PM****Swim Session:** 400m swim/200m kick/400m pullbuoys; 3 sets of 10 x 50m on 60 secs (rest 1 min between each set) they are mod to harder race pace repeats; 500m pullbuoys or paddles easy swim recovery.**Total session: 60min max****Total distance: 3km****Tuesday:****AM****Brick Session:** 60 minutes hill cycle session - followed by 20 minutes moderate run off the bike.**PM****Run:** 8km recovery run.**Total session: 60 mins / 20 mins****Total distance: 8km****Wednesday:****AM****Rest****PM****Gym & Swim Session:** 30 minute gym session followed by short fast swim - 5 x 100m paddles easy rest 10 secs; 5 x 100m hard swim race pace on 2 mins; 5 x 100m pullbuoys recovery swim rest 20 secs.**Total session: 30 mins / 1.5km****Thursday****AM****Bike session:** 20 mins warmup followed by 5 mins hard; 5 mins easy/4 mins hard 4 mins easy/3 mins hard 3 mins easy/2 mins hard 2 mins easy/1 min hard; 11 mins recovery.**PM****Run session:** 1km warm-up followed by 7 x 1km intervals at desired race pace - rest only 15 secs between 2km easy cool down and stretch.**Total time: 60 mins****Total distance: 10km****Friday****AM****PM****REST DAY****Saturday****AM****Brick session:** 80km cycle - moderate pace - 10km run easy pace.**PM****Rest****Total session: 80km / 10km****Sunday****AM****Swim session:** 2km open water swim if possible (if not - opt for swim pool but still use wetsuit) pace moderate to start - try finish strong).**PM****Rest****Total distance: 2km**