



INTERMEDIATE TRAINING PROGRAMME

Presented by Coach Glen Gore

WEEK 7 (Starting Monday, 23 September 2019)	
Monday:	
AM	PM
Gym/Run Session: 30 mins gym work - upper body only and core - followed by 3 x 10 mins run (1st one easy/next 2 are moderate/tempo - rest 30 secs after each one set)	
Rest	
Total time: 30 mins	
Tuesday:	
AM	PM
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).	
Run / Swim Session: 20 minute run warm-up followed by 25 x 100m race pace swim - rest between 10 and 15 secs only after each.	
Total time: 1 hour	
Total distance: 20 mins / 2.5km	
Wednesday:	
AM	PM
Run Session: Midweek long run; start easy, finish fast.	
Rest	
Total distance: 14km	
Thursday	
AM	PM
Brick session: 10km warm-up easy / 20km at desired race day pace - followed by 20 mins easy recovery run.	
Swim Session: 400m swim/400m paddles/400m pullbuoys; 10 x 50m hard race pace on 60 secs; 200m kick easy; 12 x 25m sprints hard on 35 secs; 200m cool down choice swim slow.	
Total session: 30km / 20 mins	
Total time: 2.4km	
Friday	
AM	PM
Rest Day	
Saturday	
AM	PM
Bike session: 100 - 120km bike ride - pace easy to moderate.	
Rest	
Total distance: 100 - 120km	
Sunday	
AM	PM
Run session: Long slow run 20-24km - keep it low intensity so it does not take too much out of you.	
Rest	
Total distance: 20 - 24km	

WEEK 8 (Starting Monday, 30 September)**MONDAY**

AM

PM

Rest **Swim Session:** 200m easy swim/100m kick easy/200m pullbuoys easy x 5 sets all slow.**Total distance: 2.5****Tuesday:**

AM

PM

Brick Session: 10 mins easy spin on the bike (indoors or outdoors) followed by 20 mins hard fast ride (80-85%) followed by 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. **Run:** 10km easy run**Total session: 30 mins bike / 4km run****Total distance: 10km****Wednesday:**

AM

PM

Gym & Swim Session: 30 mins gym work - lower legs and core - followed by 5 x 400m rest 45 secs after each (1 is easy/no 2 and 3 mod/no 4 hard/no 5 easy). **Rest****Total session: 30 mins / 2km****Thursday**

AM

PM

Bike session: 35-40km on the bike - indoors or outdoors - include some hill repeats if possible during this ride - harder up - recover on the downs. **Rest****Total distance: 35 - 40km****Friday**

AM

PM

Run session: Fartlek run over 12km (3km easy/3km moderate/3km race pace/3km recovery). **Rest****Total distance: 12km****Saturday**

AM

PM

Swim session: 25 x 100m swim at race pace in wetsuit - do this in a swim pool - rest only 10 secs between. **Rest****Total distance: 2.5km****Sunday**

AM

PM

Brick session: 40km cycle at mod to race pace - followed by 10km run off the bike at desired race day pace. **Rest****Total session: 40km / 10km**