



BEGINNER TRAINING PROGRAMME

Presented by Coach Glen Gore

WEEK 15 (Starting Monday, 21 October 2019)	
MONDAY	
AM	PM
Rest	Gym Session 45 - 60 gym session with stretch routine Total time: 45 - 60 mins
TUESDAY	
AM	PM
Run / Swim Brick Session 5km warm-up run done slowly at 60% effort - followed by short swim 20 x 50m pullbuoys - 1 x easy 1 x harder - rest 20 secs after each Total session: 60mins / 30mins	Rest
WEDNESDAY	
AM	PM
Bike Session 60mins on the bike - indoors is good - ride at a moderate sustainable pace for the duration Total time: 60 mins	Rest
THURSDAY	
AM	PM
Swim Session 400m easy pullbuoys/400m easy fins swim 8 x 50m swim hard - rest 20 secs after each 100m kick slow 8 x 25m sprints hard on 40 secs 200m cool down Total distance: 1.7km	Rest
FRIDAY	
AM	PM
Run Session 10km fartlek run (2km easy/1km hard/2km moderate x 2 sets) Total distance: 10km	Rest
SATURDAY	
AM	PM
COMPLETE REST DAY	
SUNDAY	
AM	PM
Brick Session: 60km cycle at mod pace - 10km run at easy pace - practice nutrition Total session: 60km / 10km	

WEEK 16 (Starting Monday, 28 October 2019)	
MONDAY	
AM	PM
Rest Day Try to get a massage	
TUESDAY	
AM	PM
Run / Swim Brick Session 4 x 1km intervals - 1 and 4 are easy/2 and 3 are harder - rest only 30 secs between (do indoors on treadmill) followed by swim 200m swim/100m kick/200m pullbuoys easy 400m race pace hard swim - rest 45 secs 200m race pace hard swim - rest 30 secs 100m race pace hard swim - rest 60 secs 300m pullbuoys easy cool down Total session: 4km / 1.5km	Rest
WEDNESDAY	
AM	PM
Bike Session short 20km cycle (5km easy/10km race pace hard/5km recovery) Total distance: 20km	Rest
THURSDAY	
AM	PM
Rest	Run Session tempo run in the pm - 2km warm-up - followed by 4km mod to hard time trial followed by easy 2km cool down run with stretch Total distance: 8km
FRIDAY	
AM	PM
COMPLETE REST DAY	
SATURDAY	
AM	PM
Swim Session 1.5km open water swim; practice with your wetsuit Total distance: 1.5km	Rest
SUNDAY	
AM	PM
Brick Session: warm-up with an easy 10km cycle only (seems short but that is the point - 20 mins) followed by your last long run before race day - do 15km at easy run pace Total session: 10km / 15km	

RACE WEEK (Starting Monday, 4 November 2019)	
MONDAY	
AM	PM
REST DAY	
TUESDAY	
AM	PM
Brick Session 15km cycle (30mins) - warm-up 10 mins easy/10 x 1min hard - 1 min easy) followed by 20 minute run - start slow and build speed per each minute so you are running moderately fast at the finish <p style="text-align: right;">Total session: 15km / 20 mins</p>	
WEDNESDAY	
AM	PM
Rest / Stretch	Swim Session 300m easy swim warm-up - preferably in wetsuit - even in a swim pool is no problem rinse off with fresh water in shower after then do 8 x 100m race pace swim -with 30 secs between each one - not too hard cool down and out 100m <p style="text-align: right;">Total distance: 1.2km</p>
THURSDAY	
AM	PM
Brick Session short 30 minute ride on your race bike - make sure all working well with gears etc (10mins easy/5 x 1min moderate to harder with 3 mins easy after each one) followed by short 20 minute jog and stretch well after <p style="text-align: right;">Total session: 30 mins / 20 mins</p>	Rest
FRIDAY	
AM	PM
REST DAY	
Register; eat & drink well; stay off your feet	
SATURDAY	
AM	PM
Warm-Up 20 mins on the bike before you rack; 10 min easy run	SWIM FAMILIARISATION 800m swim familiarisation session (book your slot on the CHALLENGECAPETOWN website!)
SUNDAY	
AM	PM
RACE DAY Good luck! No Pressure! Fuel Well & Enjoy Your Day! <p style="text-align: right;">Total session: 1.9km / 90km / 21km</p>	