



BEGINNER TRAINING PROGRAMME

Presented by Coach Glen Gore

WEEK 13 (Starting Monday, 7 October 2019)	
MONDAY	
AM	PM
FULL REST DAY AFTER BIG WEEKEND	
TUESDAY	
AM	PM
Brick Session 30km cycle (indoors or outdoors) 10km warm-up followed by (5 x 1 min race pace with 2 mins easy after ea followed by 20 secs sprint-40 secs easy - you will do this for the next 10km alternating as above) last 10km is steady <p style="text-align: right;">Total distance: 30km</p>	Swim Session 400m pullbuoys easy 6 x 100m hard swim rest 20 secs 100m kick/100m pullbuoys 8 x 25m sprints hard on 40 secs 500m paddles or fins easy swim cool down (you can add some strength training if you have time) <p style="text-align: right;">Total distance: 1.5km</p>
WEDNESDAY	
AM	PM
Run Session 2km warm-up followed by stretch - followed by 6 x 1km intervals - rest 45 secs between each one - they are moderate effort 2km cool down easy slow <p style="text-align: right;">Total distance: 10km</p>	Rest
THURSDAY	
AM	PM
Brick Session 25km cycle (5km warm-up/5km hard race pace/15km easy recovery) followed by 20mins run at easy pace <p style="text-align: right;">Total session: 25km / 20 mins</p>	Rest
FRIDAY	
AM	PM
COMPLETE REST DAY	
SATURDAY	
AM	PM
Swim Session 1.5km easy open water swim, in your wetsuit, to get used to the feeling. Alternatively, in the pool: 19 x 100m as per race day - start slow and slowly build each 100m so you are swimming faster towards the end - rest only 10 sec between - minimal rest <p style="text-align: right;">Total distance: 1.5km OWS / 1.9km Pool</p>	Rest
SUNDAY	
AM	PM
Brick Session short and sharp today 40km cycle - start gradually and pick up the pace - followed by easy 7km run - <p style="text-align: right;">Total session: 40km / 7km</p>	

WEEK 14 (Starting Monday, 14 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	