



INTERMEDIATE TRAINING PROGRAMME

Presented by Coach Glen Gore

WEEK 11 (Starting Monday, 21 October 2019)	
MONDAY	
AM	PM
Rest	Gym add in 45-60mins gym work with stretch routine Total session: 45 - 60 mins
TUESDAY	
AM	PM
Run / Swim 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 200m kick fins 400m time trial swim - max effort 100m cool down Total session: 5km / 1.7km	Rest
WEDNESDAY	
AM	PM
Bike Session 40km bike ride - preferably outdoors - make sure bike position is spot on and no aches & pains in the back or legs Pace is moderate or can even go on feel - feel good ? Push! Feel bad? Easy! Total distance: 40km	Rest
THURSDAY	
AM	PM
Rest	Swim Session 400m easy pullbuoys/400m easy fins swim 16 x 50m swim hard - on 60 secs 100m kick slow 8 x 25m sprints hard on 30 secs 200m cool down Total distance: 2.1km
FRIDAY	
AM	PM
Run Session 12km progression run (3km easy/3km mod/3km harder/3km recovery) Total distance: 12km	
SATURDAY	
AM	PM
COMPLETE REST DAY	
SUNDAY	
AM	PM
Brick Session 80km cycle at moderate pace 8km run at easy pace practice nutrition Total session: 80km / 8km	

WEEK 12 (Starting Monday, 28 October 2019)	
MONDAY	
AM	PM
REST DAY	
TUESDAY	
AM	PM
Swim 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 30km bike ride - include some hill work into this session (warm-up/30mins hill repeats/cool down period) Total distance: 30km	Rest
THURSDAY	
AM	PM
Run Session 12km easy mid-week run Total distance: 12km	Rest
FRIDAY	
AM	PM
COMPLETE REST DAY	
SATURDAY	
AM	PM
Swim Session 1.9km open water swim; practice with your wetsuit Total distance: 1.9km	Rest
SUNDAY	
AM	PM
Brick Session: 20km warm-up cycle at easy to moderate pace - followed by 14km run at your desired race pace if possible - no faster - hold back until race day Total session: 20km / 14km	

RACE WEEK (Starting Monday, 4 November 2019)	
MONDAY	
AM	PM
REST DAY	
TUESDAY	
AM	PM
Brick Session 20km cycle (40mins) - warm-up 10 mins easy/15 x 1min harder - 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: 20km / 20 mins</p>	
WEDNESDAY	
AM	PM
Rest / Stretch	Swim Session 500m wetsuit warm-up easy swim 10 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: 1.6km</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 / 30 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>	