



# INTERMEDIATE TRAINING PROGRAMME

Presented by Coach Glen Gore

WEEK 9 (Starting Monday, 7 October 2019)	
<b>MONDAY</b>	
<b>AM</b>	<b>PM</b>
<b>Rest</b> 	<b>Gym / Swim Session</b> add in 30 mins gym work - for overall strength - followed by short swim 500m pullbuoys easy/5 x 100m race pace swim rest 20 secs/8 x 25m sprints hard rest 20 secs/500m paddles breathe every 5th stroke cool down <p style="text-align: right;"><b>Total session: 30mins/1.7km</b></p>
<b>TUESDAY</b>	
<b>AM</b>	<b>PM</b>
<b>Brick Session</b> 25km cycle (5km warm-up/15km at moderate effort/5km cool down) followed by 20 minute run (start slow and slowly up the pace after each 5 mins so you are running at a moderate to harder pace towards the end) <p style="text-align: right;"><b>Total session: 25km/20mins</b></p>	<b>Rest</b> 
<b>WEDNESDAY</b>	
<b>AM</b>	<b>PM</b>
<b>Run Session</b> 12-14km easy slow run midweek - pace is slow - intensity low <p style="text-align: right;"><b>Total distance: 12-14km</b></p>	<b>Swim Session</b> 5 x 200m pullbuoys easy rest 30 secs between 12 x 50m mod to harder swim on 60 secs 200m kick fins easy 2 x 150m hard swim - rest 20 secs between 200m paddles cool down slow swim <p style="text-align: right;"><b>Total distance: 2.3km</b></p>
<b>THURSDAY</b>	
<b>AM</b>	<b>PM</b>
<b>Bike Session</b> 40km cycle- preferably outdoors - choose an undulating route that has some hills on it steady pace up - easy down - moderate on the flats <p style="text-align: right;"><b>Total distance: 40km</b></p>	<b>Rest</b> 
<b>FRIDAY</b>	
<b>AM</b>	<b>PM</b>
<b>COMPLETE REST DAY</b>	
<b>SATURDAY</b>	
<b>AM</b>	<b>PM</b>
<b>Brick Session</b> 60km cycle - at easy pace - followed by 30 mins easy / moderate run after the bike <p style="text-align: right;"><b>Total session: 60km / 30mins</b></p>	
<b>SUNDAY</b>	
<b>AM</b>	<b>PM</b>
<b>Brick Session</b> 12km run at low speed- followed by a cool down swim (in wetsuit 15 x 100m swim - rest 20 secs after each one) you can use the wetsuit at a pool venue no prob but if you are able to get to an open water venue - even better <p style="text-align: right;"><b>Total session: 12km / 1.5km</b></p>	

<b>WEEK 10 (Starting Monday, 14 October 2019)</b>	
<b>MONDAY</b>	
<b>AM</b>	<b>PM</b>
<b>REST DAY</b>	
<b>TUESDAY</b>	
<b>AM</b>	<b>PM</b>
<b>Gym Brick Session</b> 60mins on the gym bike (or wattbikes) or (indoor bike trainer if you have one) at moderate spin intensity (65%) followed by 30 mins run - start slow build it to finish moderately  <p style="text-align: right;"><b>Total session: 60mins / 30mins</b></p>	<b>Swim Session</b> 400m easy swim 6 x 150m fartlek (50m easy/50m hard/50m easy) on 2:45 8 x 25m sprints hard on 40 secs 200m kick with fins slow 400m paddles swim - start easy - finish faster  <p style="text-align: right;"><b>Total distance: 2.1km</b></p>
<b>WEDNESDAY</b>	
<b>AM</b>	<b>PM</b>
<b>Rest</b>	<b>Run Session</b> 1km warm-up followed by 10 x 100m semi sprints rest 20 secs between 6 x 1km race pace intervals - rest 30 secs only after each one - try keep pace steady for all of them 2km cool down  <p style="text-align: right;"><b>Total distance: 10km</b></p>
<b>THURSDAY</b>	
<b>AM</b>	<b>PM</b>
<b>Bike Session</b> 40km cycle { 8 x 5km sectors - odd numbers recovery - even numbers are race pace  <p style="text-align: right;"><b>Total distance: 40km</b></p>	<b>Gym / Swim Session</b> 30 mins gym work - legs and core - followed by 19 x 100m swim at race pace - rest only 15 secs between each one  <p style="text-align: right;"><b>Total session: 30mins / 1.9km</b></p>
<b>FRIDAY</b>	
<b>AM</b>	<b>PM</b>
<b>Run Session</b> 12-14km - pace low/intensity low  <p style="text-align: right;"><b>Total distance: 12 - 14km</b></p>	<b>Rest</b>
<b>SATURDAY</b>	
<b>AM</b>	<b>PM</b>
<b>Swim Session</b> 30 x 50m on 65 secs mod pace 8 x 25m kick hard on 40 secs no fins 8 x 25m sprints swim on 35 secs hard 3 x 200m paddles cool down rest 30 secs between each  <p style="text-align: right;"><b>Total distance: 2.5km</b></p>	<b>Rest</b>
<b>SUNDAY</b>	
<b>AM</b>	<b>PM</b>
<b>Brick Session:</b> 80km cycle - easy paced - 8km easy slow run  <p style="text-align: right;"><b>Total session: 80km / 8km</b></p>	