



Training Plan Build 1 Week 2

- Pick 3 swims per week (please take note which sessions are available to your level)
- Try, as much as possible, to take 2 recovery/very easy days per week
- Note, Tuesday and Saturday turbo and run are the same. Complete hard run and extra turbo on opposite days – don't do both on same day and complete each session only once, ie. Only one hard run per week.

Discipline	Venue	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim	West Wood	Improver & Intermediate	All levels		Intermediate & Advanced	All levels		
	UCD					Intermediate and Advanced (pre-booking required)		
Bike	Turbo		Warm up 10 min zone 2 2 x (5 min zone 3 @ 100-110rpm, 5 min zone 2 @ <75rpm) 5 min easy spin repeat set Cool down 10 min easy		Warm up 10 min zone 2 3 min zone 3 @ 100-110rpm 1 min easy 3 min zone 3 @ <75rpm 4 x (10 sec build, 10 sec sprint, 1:40 recovery) 2 x (20 sec		Warm up 10 min zone 2 2 x (5 min zone 3 @ 100-110rpm, 5 min zone 2 @ <75rpm) 5 min easy spin repeat set	



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					sprint, 1:40 recovery) 2 min easy 3 x (20 sec sprint, 1:40 recovery) 3 min zone 3 @ 100-110 rpm 1 min easy 4 min zone 3 @ <75rpm Cool down 10 min easy		Cool down 10 min easy	
	Road							Club Spin Check the forum for routes and duration
Run			Warm up 10 min easy Drills & Strides 4 x 1500m @ 10km pace with 2 min jog recovery	Long run 60 min @ easy (conversational) pace	Brick run 20 min easy run		Warm up 10 min easy Drills & Strides 4 x 1500m @ 10km pace with 2 min jog recovery	Optional brick run 15 min easy



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			2 x 200m fast 2 x 100m fast Cool down 5 min easy jog				2 x 200m fast 2 x 100m fast Cool down 5 min easy jog	
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