



Training Plan Base 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 Cadence/Strength Efforts 2 x 20 min with 5 min recovery as: 2 x (5 min zone 3 @ 100-110 rpm, 5 min zone 2 @ <75rpm) Cool down 10 min easy spin		Warm up 10 min zone 2 2 min zone 3 @ 100-110rpm 2 min easy 2min zone 3 @ <75rpm Sprints 4 x (10 sec build, 10 sec all out, 1:40 easy spin) 2 min zone 2 Power stomp	Warm up 10 min zone 2 Cadence/Strength Efforts 2 x 20 min with 5 min recovery as: 2 x (5 min zone 3 @ 100-110 rpm, 5 min zone 2 @ <75rpm) Cool down 10 min easy spin		



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					4 x (20 sec very hard, 2:40 easy spin)			
					3 min zone 3 @ 100-110rpm 2min easy 3 min zone 3 @ <75rpm			
					Cool down 10 min easy			
	Road							Club spin Papal Cross Phoenix Park Beginners 2 hrs Intermediate 2 hrs 45 min Advanced 3 hrs 15 min
Run			Tempo Warm up 10 min	Long run 40 min	Brick run 15 min easy		Tempo Warm up 10 min	Optional brick run 15 min



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			Drills Tempo repeats 4 x 1500m (or 7 min) at tempo pace 2.5 min jog recovery Strides x 4 Cool down 5 min easy jog				Drills Tempo repeats 4 x 1500m (or 7 min) at tempo pace 2.5 min jog recovery Strides x 4 Cool down 5 min easy jog	
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