



## Training Plan

### Base

### Week 3 (RECOVERY)

- Pick 3 swims per week (please take note which sessions are available to your level)
- **Try, as much as possible, to take 3 recovery/very easy days this 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  Mixed resistance 3 min climb zone 3 2 min recovery 1 min fast zone 3-4 2 min recovery 5 min climb zone 3 2 min recovery 1 min very big		Warm up 10 min zone 2 3 min zone 3-4  Cadence efforts 3 x 6 min zone 3 as 1 min @ 90rpm, 1 min @ 110 rpm 4 min easy spin recovery  Tabata intervals 5 min as 15 sec all out, 15 sec easy	Warm up 10 min zone 2  Mixed resistance 3 min climb zone 3 2 min recovery 1 min fast zone 3-4 2 min recovery 5 min climb zone 3 2 min recovery 1 min very big		



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			gear (in saddle) zone 3-4 2 min recovery 2 min fast zone 3-4 2 min recovery 3 min climb zone 3-4 1 min fast zone 3 2 min recovery 2 min zone 2-3 @ >110rpm  10 min climb zone 3-4 Big ring, big sprocket Click down every min  Cool down 10 min easy		Cool down 10 min easy spin	gear (in saddle) zone 3-4 2 min recovery 2 min fast zone 3-4 2 min recovery 3 min climb zone 3-4 1 min fast zone 3 2 min recovery 2 min zone 2-3 @ >110rpm  10 min climb zone 3-4 Big ring, big sprocket Click down every min  Cool down 10 min easy		
	<b>Road</b>							Club recovery spin  West Wood



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								Clontarf 09:00  Beginner Skills with Casso  Inter 90 min  Advanced 2 hrs
<b>Run</b>			Drills & skills  30 min easy run  30 min Drills Strides Plyometrics	Easy run  45 min	Brick run  15 min easy		Drills & skills  30 min easy jog  30 min Drills Strides Plyometrics	