

- 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 &	All levels	-	Intermediate	All le	evels	-
		Intermediate			& Advanced			
	UCD					Intermediate		
						and Advanced		
						(pre-booking		
						required)		
Bike	Turbo		Warm up		Warm up		Warm up	
			10 min zone 2		10 min zone 2		10 min zone 2	
			5 min zone 3		2 min zone 3		5 min zone 3	
			3 min easy		@ 100-110		3 min easy	
					rpm			
			Mixed		2 min easy		Mixed	
			intervals		2 min zone 3		intervals	
					@ <75rpm			
			2 x		2 min easy		2 x	
			(3 min fast		2 min zone 3		(3 min fast	
			zone 3, 2 min		@ 100-		zone 3, 2 min	
			easy		110rpm		easy	
			3 min climb				3 min climb	
			zone 3, 2 min		Power stomps		zone 3, 2 min	
			recovery)		2 x 9 min as 20		recovery)	
					sec hard, 2.40			
			2 min fast		easy		2 min fast	
			zone 3		4 min		zone 3	



Week 4

			3 min easy		recovery		3 min easy	
			6 min climb		between sets		6 min climb	
			zone 3				zone 3	
			1 min fast		2min zone 3		1 min fast	
			zone 3		@ 100-		zone 3	
					110rpm			
			Cool down		4 min zone 3		Cool down	
			10 min easy		climb @		10 min easy	
					<75rpm			
			(Optional brick				(Optional brick	
			run – 15 min		Cool down		run – 15 min	
			easy)		10 min easy		easy)	
	Road							Club spin
								Yeller house
								09:00
								Beginner
								90 min
								Inter
								2hrs 45min
								Advanced
								3hrs +
Run			Threshold run	Longrup	Brick run		Threshold run	
Kun			miesnoiu run	Long run	DIICKTUII		Tillesilola fall	Optional
			Warm up	50 min	20 min easy		Warm up	brick run
			10 min easy	30 111111	20 IIIII easy		10 min easy	
			Drills & strides				Drills & strides	15 min easy
			Dillis & strides				Dillis & strides	
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Week 4

6 km (or	6 km (or
25min) at	25min) at
threshold	threshold
pace	pace
5 min easy jog	5 min easy jog
1 km at 5km	1 km at 5km
pace	pace
Cool down	Cool down
5-10 min easy	5-10 min easy
jog	jog