



Training Plan Base Week 4

- 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 5 min zone 3 3 min easy Mixed intervals 2 x (3 min fast zone 3, 2 min easy 3 min climb zone 3, 2 min recovery) 2 min fast zone 3		Warm up 10 min zone 2 2 min zone 3 @ 100-110 rpm 2 min easy 2 min zone 3 @ <75rpm 2 min easy 2 min zone 3 @ 100-110rpm Power stomps 2 x 9 min as 20 sec hard, 2.40 easy 4 min		Warm up 10 min zone 2 5 min zone 3 3 min easy Mixed intervals 2 x (3 min fast zone 3, 2 min easy 3 min climb zone 3, 2 min recovery) 2 min fast zone 3	



Training Plan

Base

Week 4

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



Training Plan

Base

Week 4

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