



## Training Plan Base Week 5

- 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, 5 min recovery)  2 x (1 min upper zone 3, 4 min recovery)  5 min zone 3 @ 90rpm 5 min zone 3 @ 70-80rpm  Cool down		Warm up 10 min zone 2  2 x (3 min zone 3 @ 100-110rpm, 3 min recovery)  3 x (20 sec sprint, 1:40 recovery)  2 min zone 2  5 min zone 3 @ 75-80rpm 2 min zone 2 2 min zone 3		Warm up 10 min zone 2  2 x (5 min zone 3, 5 min recovery)  2 x (1 min upper zone 3, 4 min recovery)  5 min zone 3 @ 90rpm 5 min zone 3 @ 70-80rpm  Cool down	



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### Week 5

			10 min zone 2		@95rpm+ 2 min easy 4 min zone 3 @75-80rpm 1 min zone 3 @95rpm+ 2 min easy  2 x (20 sec sprint, 40 sec easy)  Cool down 10 min easy		10 min zone 2	
	<b>Road</b>							Club Spin  West Wood, Clontarf  Check the forum for routes and duration
<b>Run</b>			Warm up 10 min easy Drills Strides  Main set – progressions 4 x (3 x 500m)	Long run 55 min @ easy (conversational) pace	Brick run 20 min <b>easy</b> run		Warm up 10 min easy Drills Strides  Main set – progressions 4 x (3 x 500m)	Optional brick run  15 min easy



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			1. @ 10k pace 40 sec jog recovery 2. @ 5k pace 60 sec jog recovery 3 @ 3k pace 2 min jog recovery  Cool down 5 min easy jog <b>STRETCH</b>				1. @ 10k pace 40 sec jog recovery 2. @ 5k pace 60 sec jog recovery 3 @ 3k pace 2 min jog recovery  Cool down 5 min easy jog <b>STRETCH</b>	
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