



Training Plan

Base

Week 6 (RECOVERY/TEST)

- 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 TT are the same. Complete run TT and extra turbo on opposite days – don't do both on same day and complete each session only once.

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 Main set 3 x (3 min zone 3, 3 min easy) 5 min zone 3 @ <80rpm 3 min easy 2 min zone 3 @ <100rpm 5 min easy 5 min zone 3 @ <80rpm Cool down		FTP/LTHR Test Beginners/Inter 2 x 8 min test Inter/Advanced 5 min TT & 20 min TT For a guide on how to calculate your results, read here: http://support.trainerroad.com/hc/en-us/articles/201681830-FTP-and-LTHR-Calculations		Warm up 10 min zone 2 Main set 3 x (3 min zone 3, 3 min easy) 5 min zone 3 @ <80rpm 3 min easy 2 min zone 3 @ <100rpm 5 min easy 5 min zone 3 @ <80rpm Cool down	



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			10 min easy				10 min easy	
	Road							Club recovery spin
Run			Time trial Warm up 10 min easy Drills Strides Time trial 2km TT 10 min easy jog Plyometrics Cool down 5 min easy jog	Easy run 60 min	Brick run 20 min easy		Time trial Warm up 10 min easy Drills Strides Time trial 2km TT 10 min easy jog Plyometrics Cool down 5 min easy jog	