Training plan

Build

Week 1

• Pick 3 swims per week (please take note which sessions are available to your level)

Discipline	Venue	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim	West Wood	Improver &	All levels		Intermediate	All levels		
		Intermediate			& Advanced			
	UCD					Intermediate		
						and Advanced		
Bike	Turbo		Warm up		See			
			10 min zone 2		embedded file			
					in main post			
			High cadence					
			efforts					
			6 x					
			(3 min zone 3					
			@ 100-110					
			rpm, 4 min					
			easy spin)					
			Cool down					
			10 min easy					
			spin					
			(60 min)					
	Road							Club Spin

Run	2 by 3000m	Long Run	Brick run	2 by 3000m
	with 2min			with 2min
	Recovery	60 min long	20 min easy	Recovery
	Threshold	slow run from		Threshold
	pace	WW		pace
	plus 4 by			plus 4 by
	100m fast			100m fast
	sprints			sprints