## 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 \& Intermediate | All levels |  | Intermediate \& Advanced | All levels |  |  |
|  | UCD |  |  |  |  | Intermediate and Advanced |  |  |
| Bike | Turbo |  | Warm up 10 min zone 2 <br> High cadence efforts $6 x$ <br> (3 min zone 3 <br> @ 100-110 <br> rpm, 4 min <br> easy spin) <br> Cool down <br> 10 min easy <br> spin <br> ( 60 min ) |  | See embedded file in main post |  |  |  |
|  | Road |  |  |  |  |  |  | Club Spin |



