



## 10 Week Training Programme

The following programme is based on three training sessions per week of cycling, swimming and running/walking and is a guideline only. Remember to warm up before training and stretch afterwards.



The schedule is for ten weeks - it could be started as late as immediately after Christmas. If you begin earlier you could do each week twice, or repeat the week 5-6 programmes several times.

Keep one day each week free of training.

	Swim	Cycle	Run / Walk
Week One	3 x 100m	3 x 20-30mins	3x 20mins
Week Two	3 x 150m	3 x 20-30mins	3x 20mins
Week Three	3 x 200m <ul style="list-style-type: none"> <li>(1 slow length, 1 fast length, 2 slow, 2 fast 1 slow, 1 fast)</li> <li>(200 meters non-stop)</li> <li>(1 fast 1 slow length, repeat)</li> </ul>	3 x 30mins	3x 20mins
Week Four	3 x 300 m as in Week 3	3 x Cycle Session One   Easy 35mins Session Two   Fast 20mins Session Three   1km fast : 1km slow	3 x 25 mins
Week Five	3 x 400 m. Sessions as per week 4	3 x as per week 4	3 x 30 mins
Week Six	3 x 400m as per week 5. After one session change quickly into cycle gear and do an easy 30 min ride	3 x cycle: <ol style="list-style-type: none"> <li>straight after the swim easy for 12 km</li> <li>1 km easy 1 km fast</li> <li>35+ min</li> </ol>	3 x run/walk <ol style="list-style-type: none"> <li>immediately after an easy cycle</li> <li>hard for 1 km easy for the next</li> <li>40 mins easy</li> </ol>
Week Seven - Nine	As above	As above	
Race Week	The week before the event, wahoo! Take it easy this week. Do one run/walk, one swim, one bike ride, and do these early in the week so you are rested for the Sunday of the race.		