

# BUILD PEAK FITNESS

Get ready for race day with this 6-week training plan from **Joe Beer**

OLYMPIC DISTANCE	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
<b>SWIM</b>	<p><b>Warm-up:</b> 15mins skill work + 5mins of 50m with 20m fast in each.</p> <p><b>Main session:</b> 12 x 100m building pace from just below race pace (#1,2,3,4), to above race pace (#9-12), with 60sec rest interval (RI). Then 4 x 50m with haul-out and walk down poolside recovery, and 20sec RI.</p> <p><b>Cool-down:</b> 5mins easy drills.</p>	<p><b>Warm-up:</b> as week 1.</p> <p><b>Main session:</b> 16 x 100m building pace through each 4 repeats: (1) relaxed, (2) below race pace, (3) at race pace, (4) above race pace, with 40sec RI. Then 6 x 75m with haul-out and walk down poolside recovery, and 20-30sec RI.</p> <p><b>Cool-down:</b> 5mins easy drills.</p>	<p><b>Warm-up:</b> as week 1.</p> <p><b>Main session:</b> 10 x 100m at race pace, all with 60sec RI. Then 2 x 75m with haul-out and walk down poolside recovery, and 20sec RI.</p> <p><b>Cool-down:</b> 5mins easy drills.</p>	<p><b>Warm-up:</b> as week 1.</p> <p><b>Main session:</b> 2 x [8 x 100m alternating between race pace and below race pace, with 40sec RI.] Then 6 x 75m with haul-out and walk down poolside recovery, and 20-30sec RI.</p> <p><b>Cool-down:</b> 5mins easy drills.</p>	<p><b>Warm-up:</b> as week 1.</p> <p><b>Main session:</b> 6 x 30secs flat out with 3mins active recovery/ drills between. Then 4 x 75m sighting the far end of the pool on every third stroke, haul-out and walk down poolside recovery, and 30sec RI.</p> <p><b>Cool-down:</b> 5mins easy drills.</p>	<p><b>Warm-up:</b> as week 1.</p> <p><b>Main session:</b> 4 x 30secs flat out with 3mins active recovery/ drills between. Then 3 x 50m sighting the far end of the pool on every third stroke, and 30sec RI.</p> <p><b>Cool-down:</b> 5mins easy drills.</p>
<b>BIKE</b>	<p><b>Warm-up:</b> ~20mins low-to-high zone 1, include 3 x 20secs hard in last 5mins.</p> <p><b>Main session:</b> 5 x [4mins in aero position @~87-90% HRmax, with 2-4mins recovery].</p> <p><b>Cool-down:</b> 5min spin-down plus light 20min run. Compression wear on after shower and recovery drink ASAP.</p>	<p><b>Warm-up:</b> as week 1.</p> <p><b>Main session:</b> 6 x [4mins in aero position @~87-90% HRmax, with 2-4mins recovery].</p> <p><b>Cool-down:</b> 5min spin-down plus light 15min run. Recover as before.</p>	<p><b>Warm-up:</b> as week 1.</p> <p><b>Main session:</b> 4 x [4mins in aero position @~87-90% HRmax, with 4mins recovery].</p> <p><b>Cool-down:</b> 5min spin-down plus light 10min run. Recover as before.</p>	<p><b>Warm-up:</b> as week 1.</p> <p><b>Main session:</b> 6 x [5mins in aero position @~87-90% HRmax, with 2mins recovery].</p> <p><b>Cool-down:</b> 5min spin-down plus light 10min run. Recover as before.</p>	<p><b>Warm-up:</b> as week 1.</p> <p><b>Main session:</b> 5 x [5mins in aero position @~87-90% HRmax, with 3mins recovery].</p> <p><b>Cool-down:</b> 5min spin-down. Recover as before.</p>	<p><b>Warm-up:</b> as week 1.</p> <p><b>Main session:</b> 4 x [4mins in aero position @~87-90% HRmax, with 4mins recovery].</p> <p><b>Cool-down:</b> 5min spin-down. Recover as before.</p>
<b>RUN</b>	<p><b>Warm-up:</b> 6 x [100m @5km pace with 200m jog recovery].</p> <p><b>Main session:</b> 3 x [1km @ faster than race pace with 3min walk/jog recovery between each].</p> <p><b>Cool-down:</b> 10mins turbo, high-cadence spin-out, then pull-on compression wear.</p>	<p><b>Warm-up:</b> as week 1.</p> <p><b>Main session:</b> 4 x [1km @ faster than race pace with 2min walk/jog recovery between each].</p> <p><b>Cool-down:</b> as before.</p>	<p><b>Warm-up:</b> as week 1.</p> <p><b>Main session:</b> 8 x [400m @ faster than race pace with 2min walk/jog recovery between each].</p> <p><b>Cool-down:</b> as before.</p>	<p><b>Warm-up:</b> as week 1.</p> <p><b>Main session:</b> 5 x [1km @ faster than race pace with 4min walk/jog recovery between each].</p> <p><b>Cool-down:</b> as before.</p>	<p><b>Warm-up:</b> as week 1.</p> <p><b>Main session:</b> 6 x [400m @ faster than race pace with 3min walk/jog recovery between each].</p> <p><b>Cool-down:</b> as before.</p>	<p><b>Warm-up:</b> as week 1.</p> <p><b>Main session:</b> 5 x [400m @ race pace with 2min walk/jog recovery between each].</p> <p><b>Cool-down:</b> as before.</p>