BUILD PEAK FITNESS

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

MID/LONG DISTANCE	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
SWIM	**Warm-up:** 15mins skill work + 5mins of 50m with 20m fast in each. **Main session:** 7 x 300m building pace from just below race pace (#1,2,3,4), to at race pace (5-8), with 60sec rest interval (RI). Include 3 x 150m with haul out and walk around pool recovery, 20sec RI, then repeat. **Cool-down:** Drills focussing on stubborn energy-wasting part of stroke.	**Warm-up:** as week 1. **Main session:** 8 x 300m building pace from just below race pace (#1,2,3,4), to at race pace (5-8), with 60sec RI. Include 4 x 150m with haul out and walk around pool recovery, 20sec RI, then repeat. **Cool-down:** as week 1.	**Warm-up:** as week 1. **Main session:** 10 x 200m at race pace with 60sec RI. Include 4 x 75m with haul out and walk down poolside recovery, then straight into next repeat. **Cool-down:** as week 1.	**Warm-up:** as week 1. **Main session:** 3 x [100, 200, 300, 200, 100m] below race pace (#1,2), to above race pace (#3), with all 60" RI). Include 5 x 75m with haul out and walk around pool, then straight into next repeat. **Cool-down:** as week 1.	**Warm-up:** as week 1. **Main session:** 7 x 200m at race pace woth 60sec RI. Include 3 x 75m steady with haul out and walk down poolside recovery, then straight into next repeat. **Cool-down:** as week 1.	**Warm-up:** as week 1. **Main session:** 5 x 200m above race pace with 60sec RI. Include 3 x 75m fast with haul out and walk down poolside recovery, then straight into next repeat. **Cool-down:** as week 1.
BIKE	**Warm-up:** 20mins low to high Z1 [last 5mins with 3x20 sec hard included]. **Main session:** 6 x [5mins in aero position race terrain @~85-88% HRmax with 3mins recovery]. **Cool-down:** 20min spin plus relaxed 20 min run. Compression wear on after shower and recovery drink ASAP.	**Warm-up:** as week 1. **Main session:** 6 x [5mins in aero position race terrain @~85-88% HRmax - with 2mins recovery]. **Cool-down:** 25min spin plus relaxed 20-25min run. Recover as before.	**Warm-up:** as week 1. **Main session:** 3 x [10mins in aero position race terrain @RACE HR - with 5mins light riding recovery between]. **Cool-down:** Spin-down plus easy 10min run. Recover as before.	**Warm-up:** as week 1. **Main session:** 6 x [5mins in aero position race terrain 5-8 beats above race effort with 3mins recovery]. **Cool-down:** 15min spin plus relaxed 15min run. Recover as before.	**Warm-up:** as week 1. **Main session:** 4 x [10mins in aero position race terrain @RACE HR - with 5mins light riding recovery between]. **Cool-down:** Spin-down plus easy 10min run. Recover as before.	**Warm-up:** as week 1. **Main session:** 2 x [10mins in aero position race terrain @RACE HR with 5 minutes light riding recovery between]. **Cool-down:** Spin-down plus easy 10min run. Recover as before.
RUN	**Warm-up:** 10-15mins then 6 x [100m @10k pace with 200m jog recovery]. **Main session:** 4 x [1000m @ 70.3 race pace with 3min walk/jog recovery between each]. **Cool-down:** After minimal running, 10mins turbo, high-cadence spin-out, then pull-on compression tights.	**Warm-up:** as week 1. **Main session:** 5 x [1000m @ 70.3 race pace with 2min walk/jog recovery between each]. **Cool-down:** as week 1.	**Warm-up:** 10-15mins then 6 x [100m @5k pace with 200m jog recovery]. **Main session:** 6 x [600m @ faster than race pace with great form with 2min walk/jog recovery between each]. **Cool-down:** as week 1.	**Warm-up:** 10mins then 5 x [100m @10k pace with 200m jog recovery]. **Main session:** 6 x [1000m @ 70.3 race pace with 2min walk/jog recovery between each]. **Cool-down:** as week 1.	**Warm-up:** 10-15mins then 6 x [100m @10k pace with 200m jog recovery]. **Main session:** 5 x [1000m @ 70.3 race pace with 1min walk/jog recovery between each]. **Cool-down:** as week 1.	**Warm-up:** 10mins then 5 x [100m @10k pace with 200m jog recovery]. **Main session:** 2 x [800m @ at 70.3 best race pace with 2min walk/jog recovery between each]. **Cool-down:** as week 1.