

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
SWIM	<p>Warm-up: 15mins skill work + 5mins of 50m with 20m fast in each.</p> <p>Main session: 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>Cool-down: 5mins easy drills.</p>	<p>Warm-up: as week 1.</p> <p>Main session: 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>Cool-down: 5mins easy drills.</p>	<p>Warm-up: as week 1.</p> <p>Main session: 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>Cool-down: 5mins easy drills.</p>	<p>Warm-up: as week 1.</p> <p>Main session: 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>Cool-down: 5mins easy drills.</p>	<p>Warm-up: as week 1.</p> <p>Main session: 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>Cool-down: 5mins easy drills.</p>	<p>Warm-up: as week 1.</p> <p>Main session: 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>Cool-down: 5mins easy drills.</p>
BIKE	<p>Warm-up: ~20mins low-to-high zone 1, include 3 x 20secs hard in last 5mins.</p> <p>Main session: 5 x [4mins in aero position @~87-90% HRmax, with 2-4mins recovery].</p> <p>Cool-down: 5min spin-down plus light 20min run. Compression wear on after shower and recovery drink ASAP.</p>	<p>Warm-up: as week 1.</p> <p>Main session: 6 x [4mins in aero position @~87-90% HRmax, with 2-4mins recovery].</p> <p>Cool-down: 5min spin-down plus light 15min run. Recover as before.</p>	<p>Warm-up: as week 1.</p> <p>Main session: 4 x [4mins in aero position @~87-90% HRmax, with 4mins recovery].</p> <p>Cool-down: 5min spin-down plus light 10min run. Recover as before.</p>	<p>Warm-up: as week 1.</p> <p>Main session: 6 x [5mins in aero position @~87-90% HRmax, with 2mins recovery].</p> <p>Cool-down: 5min spin-down plus light 10min run. Recover as before.</p>	<p>Warm-up: as week 1.</p> <p>Main session: 5 x [5mins in aero position @~87-90% HRmax, with 3mins recovery].</p> <p>Cool-down: 5min spin-down. Recover as before.</p>	<p>Warm-up: as week 1.</p> <p>Main session: 4 x [4mins in aero position @~87-90% HRmax, with 4mins recovery].</p> <p>Cool-down: 5min spin-down. Recover as before.</p>
RUN	<p>Warm-up: 6 x [100m @5km pace with 200m jog recovery].</p> <p>Main session: 3 x [1km @ faster than race pace with 3min walk/jog recovery between each].</p> <p>Cool-down: 10mins turbo, high-cadence spin-out, then pull-on compression wear.</p>	<p>Warm-up: as week 1.</p> <p>Main session: 4 x [1km @ faster than race pace with 2min walk/jog recovery between each].</p> <p>Cool-down: as before.</p>	<p>Warm-up: as week 1.</p> <p>Main session: 8 x [400m @ faster than race pace with 2min walk/jog recovery between each].</p> <p>Cool-down: as before.</p>	<p>Warm-up: as week 1.</p> <p>Main session: 5 x [1km @ faster than race pace with 4min walk/jog recovery between each].</p> <p>Cool-down: as before.</p>	<p>Warm-up: as week 1.</p> <p>Main session: 6 x [400m @ faster than race pace with 3min walk/jog recovery between each].</p> <p>Cool-down: as before.</p>	<p>Warm-up: as week 1.</p> <p>Main session: 5 x [400m @ race pace with 2min walk/jog recovery between each].</p> <p>Cool-down: as before.</p>