

INTERMEDIATE TRAINING PLAN

This plan is aimed at those of you training 6-8hrs a week. Print it out and stick it on your wall to maintain an upward trajectory in Olympic and middle-distance racing

INTERMEDIATE PLAN							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Swim. 10mins warm-up; 10 x 25m drills with 20secs rest; 10 x 50m (25m hard/25m easy) with 20secs rest; 5mins cool-down	Run. 10mins warm-up; 6 x 20secs hill reps and jog down recovery; 15mins running at 80%maxHR; 5mins cool-down Strength session. 30mins	Rest day	Bike. Turbo 40mins. (10mins warm-up. 10 x 60secs high cadence (low gear at <75%maxHR) and 60secs easy. 10mins cool-down)	Swim. 30-45mins technique work	Run. 40mins easy and off-road Strength session. 30mins	Bike. 60mins steady pace
Week 2	Swim. 10mins warm-up; 10 x 25m drills with 20secs rest; 15 x 50m (25m hard/25m easy) with 20secs rest; 5mins cool-down	Run. 10mins warm-up; 8 x 20secs hill reps and jog down recovery; 15mins running at 80%maxHR; 5mins cool-down Strength session. 30mins	Rest day	Bike. Turbo 45mins, (10mins warm-up. 12 x 60secs high cadence (low gear at <75%maxHR) and 60secs easy. 10mins cool-down)	Swim. 30-45mins technique work	Run. 45mins easy and off-road Strength session. 30mins	Bike. 70mins steady pace
Week 3	Swim. 10mins warm-up; 10 x 25m drills with 20secs rest; 20 x 50m (25m hard/25m easy) with 20secs rest; 5mins cool-down	Run. 10mins warm-up; 10 x 20secs hill reps with jog down recovery; 15mins running at 80%maxHR; 5mins cool-down Strength session. 30mins	Rest day	Bike. Turbo 40mins, (10secs warm-up, 15 x 60secs high cadence (low gear at <75%maxHR) and 60secs easy. 10mins cool-down)	Swim. 30-45mins technique work	Run. 50mins easy and off-road Strength session. 30mins	Bike. 80mins steady pace
Week 4	Swim. Complete 50% of race distance non-stop	Run. 10mins warm-up; 15 x 20secs brisk strides at 5k pace and 40secs recovery; 5mins cool-down Weights. 30mins	Rest day	Bike. 25mins turbo. 10mins warm-up, 10 x 30secs at high cadence (low gear <75%maxHR) and 30secs recovery. 5mins cool-down	Swim. 30mins technique work	Run. 30mins easy and off-road Weights. 30mins	Bike. 45mins steady pace
Week 5	Swim. 10mins warm-up; 10 x 25m drills with 20secs rest; 10 x 100m (50m hard/50m easy) with 20secs rest; 5mins cool-down	Run. 10mins warm-up; 6 x 30secs hill reps with jog down recovery; 15secs running at 80-85%maxHR; 5mins cool-down. Strength session. 30mins	Rest day	Bike. Turbo 40mins (10mins warm-up; 10 x 30secs at max intensity; 90secs easy; 10mins cool-down)	Swim. 45-60mins technique and endurance work	Run. 45mins easy and off-road. Find a hilly route to build leg strength	Bike. 70mins hilly at steady pace. Stay seated on hills to build leg strength
Week 6	Swim. 10mins warm-up; 10 x 25m drills with 20secs rest; 15 x 50m (25m hard/25m easy) with 20secs rest; 5mins cool-down	Run. 10mins warm-up; 8 x 20secs hill reps and jog down recovery; 15mins running at 80%maxHR; 5mins cool-down Strength session. 30mins	Rest day	Bike. Turbo 45mins, (10mins warm-up. 12 x 60secs high cadence (low gear at <75%maxHR) and 60secs easy. 10mins cool-down)	Swim. 30-45mins technique work	Run. 45mins easy and off-road Strength session. 30mins	Bike. 70mins steady pace
Week 7	Swim. 10mins warm-up; 10 x 25m drills with 20secs rest; 20 x 50m (25m hard/25m easy) with 20secs rest; 5mins cool-down	Run. 10mins warm-up; 10 x 20secs hill reps with jog down recovery; 15mins running at 80%maxHR; 5mins cool-down Strength session. 30mins	Rest day	Bike. Turbo 40mins, (10secs warm-up, 15 x 60secs high cadence (low gear at <75%maxHR) and 60secs easy. 10mins cool-down)	Swim. 30-45mins technique work	Run. 50mins easy and off-road Strength session. 30mins	Bike. 80mins steady pace
Week 8	Swim. Complete 50% of race distance non-stop	Run. 10mins warm-up; 15 x 20secs brisk strides at 5k pace and 40secs recovery; 5mins cool-down Weights. 30mins	Rest day	Bike. 25mins turbo. 10mins warm-up, 10 x 30secs at high cadence (low gear <75%maxHR) and 30secs recovery. 5mins cool-down	Swim. 30mins technique work	Run. 30mins easy and off-road Weights. 30mins	Bike. 45mins steady pace
Week 9	Swim. 10mins warm-up. 10 x 25m drills with 20secs rest; 6 x 100m hard with 30secs rest. 5mins cool-down	Run. 10mins warm-up; 6 x 30secs hill reps and jog down recovery. 2 x 5mins running at 85-90%MHR + 2mins active recovery. 5mins cool down. Strength session. 30mins	Rest day	Bike. Turbo 45mins (10mins warm-up, 8 x 2mins at 85-90%MHR and 60secs easy spin with 10mins cool down) 5mins run off the bike	Swim. 45-60mins, open water if possible. If not, include open-water skills	Run. 55mins off road and easy. Run on terrain similar to race route. Strength session. 30mins	Bike. 70mins including 10mins at goal race pace
Week 10	Swim. 10mins warm-up, 10 x 25m drills with 20secs rest; 8 x 100m hard with 30secs rest after each 100m. 5mins cool down	Run. 10mins warm-up. 8 x 30secs hill reps and jog down recovery; 2 x 8mins running at 85-90%MHR with 2mins active recovery. 5mins cool down. Strength session. 30mins	Rest day	Bike. Turbo 45mins (10mins warm-up, 5 x 3mins at 85-90%MHR with 90secs easy spin and 10mins cool down) 10mins run off the bike	Swim. 45-60mins open water if possible. If not, include open-water skills	Run. 55mins off road and easy. Run on terrain similar to race route. Strength session. 30mins	Bike. 80mins including 15mins at goal race pace
Week 11	Swim. 10mins warm-up; 10 x 25m drills with 20secs rest; 10 x 100m hard + 30secs rest; 5mins cool down	Run. 10mins warm-up. 10 x 30secs hill reps and jog down recovery. 15mins running at 85-90%MHR. 5mins cool down Strength session. 30mins	Rest day	Bike. Turbo 45mins. 10mins warm-up, 3 x 5mins at 85-90%MHR and 2mins easy spin. 10mins cool down and 15mins run off the bike	Swim. 45-60mins open water if possible. If not, include open-water skills	Run. 40mins off road. Run on terrain similar to race route. Weights. 30mins	Bike. 90mins including mid 20mins goal race pace
Week 12	Swim. 10mins warm-up; 10 x 50m drills with 20secs rest; 6 x 50m sprints at goal race pace and 30secs rest; 5mins easy cool down	Rest day	Bike. 15mins warm-up; 15mins sustained effort at goal race pace. Run. 5mins at goal race pace and 5mins easy jog to cool down	Rest day	Swim. 15mins including 5 x 25-50m sprints	Bike. 15mins including middle 5mins at goal race pace. Run. 5mins easy pace off the bike	Race day