

TRAINING PLAN - JOE DOE

14.09 (Monday) - 20.09 (Sunday)



	Swimming training	Cycling training	Running training	Training tips
Mon 14.09	400m warm up, 200m drills (25m front sculling / 25m fists), 4x25m front crawl increasing speed 15" rest, 4x25m front crawl kicks increasing speed 15" rest, 13x100m at 1:34/100m 25" rest, 100m easy, 400m cool down with 2-4 breath		5' jog, 15' at 5:30/km, 3x100m stride with 40" walk/jog brak, 10x45" uphill stride with easy downhill break returning to start point, 15' at 5:30/km Uphill slope 6-7 percent	
Tue 15.09		40' 111-141 HR, 3x30" stride with 90" easy break, 2x(8' up to 160 HR 2' easy, 4' up to 165 HR 3' easy, 2' up to 168 HR 4' easy), 30' 111-141 HR		
Wed 16.09			5' jog, 15' at 5:30/km, 3x100m stride with 40" walk/jog brak, 10x400m at 3:54/km with 2' walk/jog brak, 15' jog	
Thu 17.09	400m warm up, 200m drills (25m front sculling / 25m fists), 4x50m front crawl increasing speed 15" rest, 4x25m front crawl kicks increasing speed 15" rest, 3x400m at 1:47-1:49/100m 30" rest, 400m cool down with 2-4 breath	30' 111-141 HR, 3x30" stride with 90" easy break, 16' up to 160 HR 4' easy, 2x5' up to 165 HR with 3' easy break, 30' 111-141 HR		
Fri 18.09		30' 111-141 HR, 3x30" stride with 90" easy break, 8x2'(1'50" up to 180 HR / 10" max effort) with 2' easy brak, 30' 111-141 HR	5' jog, 20' at 5:55/km, 20' at 5:30/km, 15' at 4:50/km, 10' jog, 8x100m stride with walk brak returning to start point	Brick workout - Do a running workout right after your cycling session.
Sat 19.09		180' coffee ride		
Sun 20.09	Day off			

Training plan prepared by IM Inspiration (www.iminspiration.com) for: Joe Doe - joedoe@example.com