

TRAINING PLAN - JOE DOE
07.09 (Monday) - 13.09 (Sunday)



	Swimming training	Cycling training	Running training	Training tips
Mon 07.09	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, 13x100m at 1:34/100m 25" rest, 100m easy, 400m cool downwith 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 08.09		40' 162-218W, 3x30" stride with 90" easy break, 2x(8' 261W 2' easy, 4' 276W 3' easy, 2' 290W 4' easy), 30' 162-218W		
Wed 09.09			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 10.09	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' 162-218W, 3x30" stride with 90" easy break, 16' 261W 4' easy, 2x5' 276W with 3' easy break, 30' 162-218W		
Fri 11.09		30' 162-218W, 3x30" stride with 90" easy break, 8x2'(1'50" 307W / 10" 348W) with 2' easy brak, 30' 162-218W	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 12.09		180' coffee ride		
Sun 13.09	Day off			

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