

OLYMPIC / STANDARD DISTANCE TRIATHLON – 12 WEEK – INTERMEDIATE PLAN

This 12 week training plan is aimed at getting an intermediate triathlete through a standard distance triathlon who is looking to improve on previous times.

Athletes should have experience with all three disciplines and be able to commit to 10-14 hours per week of training, ideally you should have a good level of fitness at the start of the training plan and be comfortable with 2km swim sets, open water swims, be able to ride for 2 hours and run 10km. However, because this program still needs to work around your schedule, you can customise and adapt where necessary. You may double up on some training days to allow other days off, or include “B races” as part of your training, but try to stick to the rough volumes prescribed to allow sufficient recovery.

The intensity of the training in this plan is executed using the RPE (Rate of Perceived Exertion) scale, this allows the athlete to work to their limits with specific barriers. The full RPE scale is detailed in the appendix at the back of the plan. If you use a Heart Rate Monitor and/or GPS tracking, we recommend you use this in conjunction with RPE to monitor pace and effort as this will help you judge your pace more effectively.

Strength and Conditioning

This plan includes weekly strength & conditioning sessions. We've broken these sessions into phases to allow adaptations to your strength through the program that meet the demands of your training.

Base Phase

This is intended to prepare the joints and soft-tissue for the upcoming training load. Key elements include mobility, flexibility and balance work, core work with some easier compound movements to increase strength endurance.

Core Phase

This phase builds on the work you've done, adding in more demanding movements which challenge single legs strength and control of more complex movements. This added skill is essential to good performance and injury prevention.

Performance Phase

Building on the complexity of the existing program, this phase also includes the addition of explosive movements that build your power, completed as a circuit that will increase anaerobic fitness too. Exercises in this phase are targeted at improving your ability to maintain a strong form, and increase speed.

Flexibility and Mobility

If you are finding you're getting tight and sore muscles throughout training you can perform the 'Mobility/Warm-up' section of the 'Strength and Conditioning Sessions' more frequently as required to help loosen tight muscles.

Getting a sports massage once in a while can also be a good way to help keep your muscles moving well, if you're new to sports massage be careful not to get one too close to race day as you may find your muscles have a fatigued feeling afterwards like you've done a tough work out.

Missed a Session?

From time to time your busy lives may get in the way of the training schedule, sometimes this is unavoidable, don't feel guilty! In this situation don't try and make up the session you've missed, simply pick up your schedule as normal the following day. Also, don't train on your rest days! These are in there for a reason to allow your muscles to recover and repair themselves ready for the next training sessions in your plan.

WEEK 1								GOALS
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Use this time to get back into the routine of training and think about where you know you need to make improvements from your last race/season
SESSION	Swim	Bike	Run	Rest	Strength & Run	Swim	Bike	
DISTANCE	1.5 km	25 km	10 km		60 min/4 km	1.4 km	35 km	Use times from these early sessions as bench marks for when you increase distance and intensity later on
INTENSITY	Technique	Mixed effort	Aerobic		Negative split	CSS Test	“Just Ride”	
SESSION DETAILS	Swim: Session 2	5 km RPE 4 5 km RPE 6 5 km RPE 8 5 km RPE 7	Benchmark run: Run RPE 6-7 trying to maintain steady pace; note pace/speed and heart rate if monitoring		Strength: Base Phase Run: RPE-6-9 Starting easy, try and run each km a few seconds faster than the previous. The middle of this run should match your aerobic HR/effort	Swim: Session 1	Riding outside provides natural changes in intensity through the terrain, conditions and layout of the road Aim to ride at a comfortable pace around RPE 5-7 Over gearing could be used to strengthen legs on flatter sections	If you've not already, look at getting a bike fit. This is about more than being quick, a proper fit can help prevent injuries
KEY FOCUS	Body position, kicking & catch	Getting the legs moving, set a base speed/effort level to work from in later sessions	Setting a bench mark and using this to set pace for aerobic efforts for this program		Starting strength program Finding a steady pace	Set a baseline pace for the coming block of training	Miles in the legs. Try “over gearing” for strength work; (riding one gear higher)	WEEKLY DISTANCE: 76.9 KM
NOTES	It's all about getting started, working on body position and efficiency in the water	Maintain a comfortable cadence and rhythm Try to stay in a comfortable and aero position. Use gearing to maintain effort	Make a note of your pace/speed during these sessions as a reference of your speed for a given effort Make note of your average HR for the last 6 km		First strength session of the program; focus on technique and execution of the movements	Critical Swim Speed (CSS) is your swimming lactate threshold. Training at this pace will see optimal speed improvements. Use times from 400 & 200 efforts to use as bench mark for later sessions	Time in the saddle will allow you to get used to your bike, and if you're thinking about changing the positions or using aero-bars then the more you can get used to them the better	

WEEK 2								GOALS
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Building on the first week slightly, but not too much, so as to allow recovery
SESSION	Strength & Swim	Bike	Swim & Run	Rest	Strength & Run	Run	Bike	
DURATION	60 min/1.8 km	25 km	1.8 km/5.2 km		60 min/3 km	8 km	40 km	Pace judgement and learning times for completing distances
INTENSITY	Endurance	Intervals	Speed work		Tempo	Hills	Aerobic	Getting to know each exercise on the strength program
SESSION DETAILS	<p>Strength: Base Phase</p> <p>Swim: Session 3</p>	<p>3 km warm up RPE 4-5</p> <p>2 km RPE 8 3 km RPE 5 (4 x through)</p> <p>2 km warm down RPE 4</p>	<p>Swim: Session 4</p> <p>Run: Track Session 1</p> <p>Consistent lap pacing with intervals of same distance</p>		<p>Strength: Base Phase</p> <p>Run: Sub max effort, consistence pace RPE 7-8</p>	<p>Head out for a steady run around RPE 5-7</p> <p>Aim to include some undulation in your route, holding the effort level on the hills, both up and down</p> <p>If you make this session off-road too, this will provide great difficulty since you'll be working your stability muscles too</p>	<p>Head out for a ride at an RPE 5-8, some mixed efforts, taking in hills as they happen and making use of any flat safe areas to put a little power down</p>	Sustaining efforts over longer distances
KEY FOCUS	Building endurance and consistency	Working towards a threshold pace, setting a pace for later sessions	Strength from paddle work, hip rotation when using pull buoy		Progressing with your strength Holding a pace on run	Maintaining pace even on undulating terrain	Working at threshold and below	WEEKLY DISTANCE: 84.7 KM
NOTES	Efficiency is key to building great swimming. Look to be able to repeat effort times of the same distance and concentrate on consistency in strokes per length and breathing	Session may be done on indoor trainers where practical, however don't ignore value of getting out on the bike	Use paddles to slow down your arm speed so you can think about position, set up and breathing. Being able to repeat intervals of the same effort show good pacing and consistency		Strength training is valuable for making you more "robust", but exercises must be performed correctly; focus on technique Run should be short and sharp	You may utilise sessions like these as off-road sessions, it's more fun and trying to control balance and effort on rough terrain is great for run skill and fitness	Learning to vary the pace on the bike will keep training interesting, but will also teach pace judgment and your ability to overtake cleanly and tackle undulating courses	

WEEK 3								GOALS
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Consistency; keep the routine going. Modify session timings to fit your schedule if need be or if you find one session fatigues you for another too much
SESSION	Swim	Bike	Swim & Run	Rest	Strength	Bike	Brick	
DURATION	1.5 km	25 km	1.8 km/10 km		45-60 min	40 km	15 km/5 km	
INTENSITY	Technique	Mixed effort	Endurance			Hilly	Mixed	
SESSION DETAILS	Swim: Session 2	5 km RPE 5 5 km RPE 7 5 km RPE 8 5 km RPE 9 5 km RPE 6 Use the gearing to keep your cadence between 85-95	Swim: Session 3 Run: Steady pace run, warm up into your aerobic effort/HR. Keep your breathing light and your run form smooth Undulation is allowed, but avoid overly steep stuff to maintain effort		Strength: Core Phase	Endurance ride will hill reps. This can be over a chosen undulating route, or you can create a course around a couple of specific hills that are taxing Practice in and out of the saddle climbing	Bike RPE 5-6 steady effort Run RPE 6-7 steady effort Moderate effort bike with harder run; running on tired legs Perform the run straight after the bike	Your first brick session will be a chance to work hard off the bike, Practice this so you can get up to speed sooner in races
KEY FOCUS	Body position, kicking & catch	Pacing, changing efforts and gearing/cadence	Building endurance and consistency		Execution & posture during exercise	Strength and power on hills	Getting used to running off the bike	WEEKLY DISTANCE: 98.3 KM
NOTES	It's all about getting started, working on body position and efficiency in the water	Treating this session like a negative split ride, working up to your threshold pace, and above towards the end before going back to an aerobic pace. Gradually increasing like this will help you link HR, power and effort better	Efficiency is key to building great swimming. Look to be able to repeat effort times of the same distance and concentrate on consistency in strokes per length and breathing		Third week in, the exercises should start to get easier as your body begins to adapt. Keep paying attention to good body position	Hill work will make you stronger on the bike, being able to measure your effort up hills can make up lots of time in a race	First Brick: Running off the bike can feel odd as the leg movements differ. Start slow and try to settle into a comfortable run rhythm	

WEEK 4								GOALS
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	By a month in you'll be starting to feel improvements in fitness from training
SESSION	Swim	Bike	Swim & Run	Rest	Strength	Swim & Run	Bike	
DURATION	1.7 km	30 km	2.2 km/12 km		60 min	1.8 km/5 km	50 km	
INTENSITY	Speed work	Intervals	Endurance		Form/Posture	Technique	Aerobic	By now you should be getting more familiar with judging your effort on the RPE scale. And, if you're also using HR/Cadence meters you can relate this to a working HR for your bike and run
SESSION DETAILS	Swim: Session 4	5 km RPE 5 5 km RPE 6 5 km RPE 7 5 km RPE 8 5 km RPE 7 5 km RPE 6 Use the gearing to keep your cadence between 85-95	Swim: Session 6 Run: RPE 6-7 Steady aerobic effort. Pace yourself at an easy pace for the first few km before settling into your upper aerobic pace. You may do this as an off road run too, but no need to add in too much undulation		Strength: Base Phase	Swim: Session 5 Run: RPE 7-9 Hill reps; plan a run route/lap that takes about 2-3 minutes to complete. Repeat this loop as many time as you need to get to your distance, rest for 60 sec after each effort. Keep efforts consistent	RPE 7-8 Steady state ride with some mixed terrain Plan a route that allows you to spend time in your aero position with prolonged time at your upper aerobic effort	
KEY FOCUS	Strength from paddle work, hip rotation when using pull buoy	Pace judgement and working at higher efforts	Building endurance and consistency		Executing your movement in good form, better mobility & core strength	Building endurance in your swim Strength in your run	Pace judgement, aero position	WEEKLY DISTANCE: 102.7 KM
NOTES	Use paddles to slow down your arm speed so you can think about position, set up and breathing	This may be performed on a turbo or outside, whichever is convenient	Efficiency is key to building great swimming. Look to be able to repeat effort times of the same distance and concentrate on consistency in strokes per length and breathing		The strength program should be getting easier and you may be increasing your resistance/times of each exercise	Efficiency is key to building great swimming. Look to be able to repeat effort times of the same distance and concentrate on consistency in strokes per length and breathing	Sustaining effort over the longest leg of the race is important for a good result. Being able to hold that effort for long beyond race distance will make the race distance relatively easier	

WEEK 5								GOALS	
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	<p>By week 5 you should be more settled with the routine and moving any sessions to fit in with your day to day life</p> <p>As the bike distance increases you should start to find a comfortable speed/rhythm with your peddling that will become your natural cadence. Use gears to keep you in this range</p> <p>As the weekly distance increase make sure you're sleeping and eating enough to recover</p>	
SESSION	Strength & Swim	Bike	Run	Rest	Strength & Run	Swim & Run	Bike		
DURATION	60 min/2.2 km	35 km	10 km		60 min/5 km	2.5 km/5.6 km	60 km		
INTENSITY	Endurance	Intervals	Steady		Intervals	Speed work/Track	Aerobic		
SESSION DETAILS	<p>Strength: Core Phase</p> <p>Swim: Session 6</p>	<p>5 km Warm up RPE 4-5</p> <p>1 min RPE 5 6 min RPE 6 2 min RPE 7 1 min RPE 8 1 min RPE 9</p> <p>Repeat as many times through until you reach 33 km</p> <p>2 km RPE 4</p>	<p>RPE 5-6</p> <p>Maintain a steady (below threshold) pace</p> <p>Long run day and now you're up to 12 km. Running longer than your race distance will help you improve run form stamina over the 10 km</p>		<p>Strength: Base Phase</p> <p>Run: Outdoor or treadmill; run for 5km alternating between:</p> <p>3 min RPE 5 2 min RPE 8</p>	<p>Swim: Session 7</p> <p>Run: Track Session 2</p>	<p>RPE6-8</p> <p>Head out on a route with varying terrain, aiming to keep a steady tempo</p> <p>Use longer rides to practice pacing and getting used to a more aero position where possible; bent elbows, low on the bars/drops or aero bars if you have them. Think about fuelling in this position too</p>		
KEY FOCUS	Building endurance and consistency	Adjusting and holding speed & recovery from efforts	Moderate effort with sustainable form throughout		Recovery from harder efforts, improving run speed	Strength from paddle work, hip rotation when using pull buoy	Utilising the best position or gear for the type of road you're on		WEEKLY DISTANCE: 120.3 KM
NOTES	By now hopefully you will be starting to see consistent times of your timed efforts of the same distance	Remember RPE 6 is your sustainable moderate pace, then building up through to RPE 8 being your threshold pace (Race pace) with RPE 9 being unsustainable for much longer than 1min	Remember that building run endurance is as much about maintaining run form as well as speed and distance		The strength program should be getting easier and you should be increasing your resistance/times of each exercise	Use paddles to slow down your arm speed so you can think about position, set up and breathing. Consistent pacing on run sets of same distance	Start looking at your average speed over these rides. They should be below your expected race pace (because of traffic, junctions etc.) but a good indication of your progress over the program		

WEEK 6								GOALS
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	If you're considering things like elastic laces in your shoes, or perhaps running without socks to improve transition time, then practice this now to give you time to get used to it
SESSION	Strength & Swim	Bike	Swim & Run	Rest	Strength & Swim	Bike	Brick	
DURATION	60 min/2.1 km	30 km	2.2 km/14 km		60 min/2.5 km	40 km	20 km/5 km	Half way through, you should be feeling fitter, but also make sure you're resting enough and getting suitable recovery nutrition
INTENSITY	Technique	Intervals	Endurance		Speed	Hilly	Tempo	
SESSION DETAILS	<p>Strength: Core Phase</p> <p>Swim: Session 8</p>	<p>3 km warm up RPE 4</p> <p>4 min RPE 6 4 min RPE 9 (repeat 3 times)</p> <p>3 km warm down RPE 4</p>	<p>Swim: Session 6</p> <p>Run: Building your distance on this run, start easy and work into a comfortable pace. Aim to use HR and RPE to control a consistent effort. You can do this run off-road, but ideally not too hilly</p>		<p>Strength: Base Phase</p> <p>Swim: Session 7</p>	<p>Endurance ride over varied route some hills and some flat. Use a base RPE 5-6 and then attack hills, pacing yourself up so that you can continue your effort at the top. Use fast flat sections to practice your aero position</p>	<p>Complete your bike/run brick in a tempo/race pace format; holding a firm but slightly below threshold pace on the bike and then running hard off the bike</p> <p>Bike RPE 7 Run RPE 8</p>	<p>Make sure you're taking enough water out on longer rides & experiment with electrolyte drinks & any race fuel you might be planning to use</p>
KEY FOCUS	Kicking, arm position	Over and under intervals; above and below aerobic pace	Body position, sustained technique even at the end of long sets		Strength from paddle work, hip rotation when using pull buoy	Holding a base pace with select efforts	Learning to run hard off a hard bike	WEEKLY DISTANCE: 115.8 KM
NOTES	Better kicking means better body position and hip rotation. Improving your catch will improve your speed through the water	While this session may be done outside on a flat loop; it's a good one for the turbo/indoor trainer too	Keeping stroke efficiency even when fatigued is key to maintaining good speed		Use paddles to slow down your arm speed so you can think about position, set up and breathing	Aim to sustain a high overall pace, judging your pace on hills and efforts, combine with handling on corners and descents	Practice with gearing to find and maintain a steady cadence/rhythm so you can control your effort Settle into a run pace quickly Practice set up in transition so you can save valuable time	

WEEK 7								GOALS
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	'Time Trial' week This is an opportunity to test how far you've come and get an idea of where you'll be setting your race target pace
SESSION	Strength & Swim	Bike	Swim & Run	Rest	Strength & Run	Swim/Run	Bike	
DURATION	60 min/2.1 km	40 km	2.6 km/10 km		60 min/5.2 km	1.5 km/8 km	65 km	If you've not already; start thinking about hydration and fuelling for longer rides and perhaps experiment with various drinks/gels if you're planning to take them come race day
INTENSITY	Technique	TT	Endurance		Track	OWS/Hills	Hills	
SESSION DETAILS	<p>Strength: Core Phase</p> <p>Swim: Session 8</p>	<p>1 km warm up RPE 5</p> <p>Once warmed up using your pace from previous session aim to hit your threshold speed for the rest of the distance</p> <p>Warm down, easy leg spin afterwards for a couple minutes</p>	<p>Swim: Session 9</p> <p>Run: RPE 8+ Head out for a tough but aerobic run focusing on good run form and high run cadence. This should be just below your race pace effort. Hard, but still comfortable</p>		<p>Strength: Performance Phase</p> <p>Run: Track Session 1</p>	<p>Swim: Getting back into the open water, focus on your wetsuit fitting and getting into a relaxed form and breathing when it's cold</p> <p>Run: RPE 7-8 Plan a hilly, challenging and perhaps off-road route and run steady but light</p>	<p>Option 1: Steady state ride on a hilly route. Hold a base of RPE 6 and hit hills with RPE 8+</p> <p>Option 2: if you don't have many hills in your area, perhaps plan a route where you can ride out to one hill, and repeat climb it as part of a small loop or just up & down, for 45 minutes and then return along your route on the flat</p>	Hydration during long session is key, experiment with different options so you have a good idea of what will work for you on race day
KEY FOCUS	Kicking, arm position	Maintaining intensity with minimal change in pace	Holding pace while maintaining form, especially on longer sets		Learning to run at and hold threshold pace. Building pace on shorter strength	Swim: technique & sighting, water polo drill Run: High aerobic effort	Strength work and higher intensity efforts with ability to recover	WEEKLY DISTANCE: 134.4 KM
NOTES	Better kicking means better body position and hip rotation Improving your catch will improve your speed through the water	This should be done on a flattish route. Alternatively, this may also be done on a turbo trainer, WATT bike or gym bike. The idea is to test how well you can hold a goal race pace	Stokes per length, similar strides/cadence, the more consistent your movement the better your efficiency With both your swim and your run session; efficiency is the goal		Pacing and strength work. Improving your ability to run at higher speeds will increase your run fitness but also give your more ability to push yourself towards the later stages of a race	Ensure you warm up prior to running; foam rolling & mobility work to allow better run form. Adjusting your pace up and down hills to keep your HR under control will develop good pacing	Play with position on bars for flat & climbing. Use gears to keep your pedal cadence smooth	

WEEK 8								GOALS
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Any new kit you're planning to use should be use in training to test it; new goggles (tinted for open water), trainers, elastic laces, bike shoes, tri suit etc.
SESSION	Strength & Swim	Bike	Swim & Run	Rest	Brick	Bike	Strength & Swim	
DURATION	60 min/2.6 km	30 km	2.1 km/12 km		20 km/7.5 km	70 km	60 min/3 km	Open water competency will be a massive factor in your comfort, confidence and will count come race day Practice getting the suit on, getting it wet (inside) in the water, warming and getting used to it quickly so that come race day it's all routine Consider goggle choice for weather/lighting conditions
INTENSITY	Speed	Intervals	Technique/ Negative split		Negative split	Aerobic	OWS	
SESSION DETAILS	Strength: Core Phase Swim: Session 10	Incremental set: 10 km RPE 5 10 km RPE 7 10 km RPE 8-9 Getting used to an increasing intensity which will feel like it's getting particularly hard at the end If you're doing this set outside where the ground naturally varies, try to make your average HR higher by 5-10 beats every 10 km	Swim: Session 8 Run: Steady aerobic run with a slight negative split. Break this into; 3 x 4 km efforts 4 km RPE 5 4 km RPE 6 4 km RPE 7-8		Negative split both part of your brick session, starting with a quick but steady pace, then building to race pace and eventually finishing slightly faster than race pace Bike: RPE 6-9 Run: RPE 6-9	As your longest ride on the program this one should be about knowing you can more than comfortable do the distance, but also still hold a pretty good pace too. Experimenting with fuelling on a ride this long will also help you to work out a nutrition strategy for your race RPE 6-7	Strength: Performance Phase Open Water Swim: Continued acclimatisation to the wetsuit, water clarity, temperature etc. Practice sighting, learning how it feels to swim in a wetsuit, learn to let it help you. Swim in a group or with friends to simulate race conditions swimming with others or in a pack	
KEY FOCUS	Strength from paddle work, hip rotation when using pull buoy	Pace control, knowing what's easy and what's hard	Kicking, arm position Keep differences in pace subtle		Increasing efforts, working hard to the finish	Ability to hold pace even on long ride	Being comfortable in open water and trying to replicate your pace	WEEKLY DISTANCE: 147.2 KM
NOTES	Use paddles to slow down your arm speed so you can think about position, set up and breathing	While this session may be done outside on a flat loop; it's a good one for the turbo/indoor trainer too	Better kicking means better body position and hip rotation. Improving your catch will improve your speed through the water		If you're able to, as an option you can split this brick up into a double brick; bike/run/bike/run (10/5/10/2.5 km) A good session for groups if you can have someone watching your transition area		After 8 weeks you should be noticing a difference in your strength in the gym. Increase intensity, but maintain good technique	

WEEK 9								GOALS
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	As the volume reaches this level you should really feel the endurance improvements
SESSION	Swim	Bike	Run	Rest	Strength & Run	Swim & Run	Bike	
DURATION	2.6 km	40 km	12 km		60 min/6.4 km	2 km/8 km	60 km	
INTENSITY	Endurance	Hills	Steady		Track	OWS/Tempo	Fartlek	Keep improving open water skills & confidence
SESSION DETAILS	Swim@ Session 9	RPE 6-9 Use a hilly route or one with at least one good climb that takes >3 min to ascend Mix up between seated and standing climbing, keeping rhythm. Get used to descending too Pace yourself so you can get back into a good work rate at the top. Use descents to practice handling skills	RPE 6-7 Sub-maximal pace Steady sub maximal pace, holding good form throughout. If you wish to do this run off-road you can. It'll add variety but also naturally changing surface and terrain will improve strength and run form		Strength: Performance Phase Run: Track Session 4	Swim: By now you should be back into the swing of open water. Start to go through shorter race pace efforts. Depending on your training loop, look to do 400-750 m efforts, varying speed Practice starts too Run: RPE 8 Comfortably uncomfortable upper aerobic run	RPE 6-8 Head out on a ride with varied terrain where you know you'll get a mix of fast flat and some climbs. Ride at a steady pace adding in the odd burst on a climb or your favourite flat bit. Treat this like a 'fartlek' (random interval) sessions. Have some fun	
KEY FOCUS	Holding pace, especially on longer sets	Climbing, descending, maintaining rhythm on climbs	Focus on run form and posture especially when you begin to tire		Hold form, and ensure times are repeated on shorter sets	Homing in on race pace for swim & run	Using your gears to maintain effort	WEEKLY DISTANCE: 131 KM
NOTES	Keep strokes per length consistent, Remember to use breathing to control effort	If you've not a hilly route you can do plan a 5-8 km loop around 1 particular hill and rep around that	Ensure you're hydrated and perhaps practice with any energy products you're planning to use on race day		The longer set should be closer to your goal race pace. The shorter sets should be faster	Focus on controlling your breathing as this is often first to go if you're new to open water. Remember to keep your head down to improve body position	Experiment with different positions on the bike; hoods, drops, aiming to be more 'aero' where it counts	

WEEK 10								GOALS
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	<p>After this week the volume will start to come down, If your bike fitness is good you may ride slightly further on Friday or add in another ride on Saturday of up to an hour</p> <p>Speed work and pacing is key</p> <p>Start to think about how much fluid you're using in training as a predictor of what you'll need on race day</p> <p>Wear race clothing and equipment in key session to make sure everything is thoroughly tested</p>
SESSION	Swim & Strength	Bike	Swim/Run	Rest	Strength & Bike	Swim	Brick	
DURATION	60 min/2.6 km	30 km	2.1 km/10 km		60 min/40 km	2 km	30 km/7.5 km	
INTENSITY	Speed	Fartlek	Technique/neg. split		Threshold	Open water	Bike/Run	
SESSION DETAILS	<p>Strength: Core Phase</p> <p>Swim: Session 10</p>	<p>RPE 6-8</p> <p>Preferably outdoors ride on a naturally varied route. Add in some harder "fartlek" style efforts. Pick a route where you can practice longer aerobar/drop efforts to work hard in a lower position</p>	<p>Swim: Session 8</p> <p>Run: RPE 8+ Head out for a tough but aerobic run focusing on good run form and high run cadence. This should be just below your race pace effort. Hard, but still comfortable</p>		<p>Strength: Performance Phase</p> <p>Bike: Head out for a short sharp ride, focusing on holding an aero position and working towards your maximum sustainable pace</p> <p>RPE 8</p>	<p>Longer steady duration swimming, run through wetsuit fitting, lubricant, and use your tri-suit underneath. Practice your sighting and start to play around with speed work; Swim hard off the start, settle into steady pace, then pick up again towards the finish</p>	<p>Race simulation: Using your intended race kit, clothing</p> <p>Bike: warm up over the first couple of km then build into RPE 8</p> <p>Run: strong off the bike and into race pace as soon as you can RPE 8+</p>	
KEY FOCUS	Strength from paddle work, hip rotation when using pull buoy	Simulating holding a pace in a race with shorter higher efforts like hills/overtaking	Kicking, arm position Speed work, run strength		Speed work and pushing into peak fitness	Swimming an accurate course and holding pace in open water		<p>WEEKLY DISTANCE: 124.2 KM</p>
NOTES	Use paddles to slow down your arm speed so you can think about position, set up and breathing	You can do this session on an indoor trainer or outside on a flat circuit where you can ride uninterrupted	Drills should feel a lot easier and kicking smoother	If you haven't already start thinking about recovery massage. With the volume of training you're doing your body will thank you for a little maintenance	Strength session here are now key in keeping your body mobile and working muscles that you'll be relying on	Even though we want to try and race at a steady pace, mixing up your speed will simulate fatigue or being out of breath and help you learn to cope with it	Prep you bike as you intend to on race day; bottles, nutrition, spares. Field test all your planned equipment and transition strategies	

WEEK 11								GOALS
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Bringing the volume down and working on speed will let your body start to recover while acting as a last surge for your peak fitness
SESSION	Swim	Bike	Swim & Run	Rest	Strength & Run	Swim	Brick	
DURATION	2.6 km	30 km	2.6 km/5 km		45 min/5km	1 km	20 km/5 km	
INTENSITY	Endurance	TT	Speed/Negative		Tempo	Open water		
SESSION DETAILS	Swim: Session 9	Preferably outside on a route you know well and can ride hard safely. Aim to complete the ride at race intensity. Hold steady effort HR/Power RPE 8	Swim: Session 10 Run: Head out for a run, starting at an easy pace for the first km then increasing your speed each km by a small amount RPE 5-9		Strength: Your program choice Which even program you feel is more effective for you. Keep the weights/repetition the same but only complete around 2/3 of the total sets. Allocate more time to flexibility and foam rolling Run: Steady pace RPE 7-8	If you like you can do this session as a straight 1 km swim TT. Otherwise break it up into shorter/faster efforts. Where ever you feel you stand to gain the most, based on how your training has gone	Race day simulation: Use all your kit and practice how you'll lay it out come race day Bike & Run working on your pacing and trying to settle into your run as soon as you can off the bike. Work on transition time RPE 7-8	Everything should be aimed at setting up your race plan NB; All plans need to be flexible, this is a critical stage in training and if you feel over fatigued you must rest
KEY FOCUS	Holding pace, especially on longer sets	Sustained race pace	Strength from paddle work, hip rotation when using pull buoy		Flexibility High aerobic pace	Distance, breathing, sighting, pace	Transition speed, pacing	WEEKLY DISTANCE: 71.2 KM
NOTES	Keep strokes per length consistent, Remember to use breathing to control effort	keep hydrated and note your intake, practice nutrition strategy	Use paddles to slow down your arm speed so you can think about position, set up and breathing		Keeping your muscles working, but more importantly keeping them mobile and recovering will be important for being at your best on day	Polishing off your open water skills and fitness ahead of your race	Everyone lays out transition slightly differently. Find what works for you and practice it; e.g. race belt, elastic laces, nutrition	

WEEK 12 – Race Week								GOALS
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	The hard work is done, nothing you can do now will make you fitter. So the focus here is to maintain your peak while allowing recovery
SESSION	Swim	Bike	Run	Strength (Run)	Run	Swim	RACE DAY	
DURATION	1.7 km	15 km	3 km	30 min	2 km	750 m	1.5/40/10 km	
INTENSITY	Speed work	Fartlek	Fartlek	Easy	Easy	Easy	Race Pace	
SESSION DETAILS	Swim: Session 4	Final pre-race check; ride a steady effort bike in race set up, carry what you're planning to carry in the race. Add in some bursts 2-4min efforts RPE 5-7	Run at a steady pace focusing on your form and keeping a light foot strike. Add in shorts burst of harder efforts for a little bit at a time. RPE 5-7	Just do the WARM-UP/flexibility part of your routine ONLY! Run: OPTIONAL If you're feeling good head out for a gentle 1 km run @RPE 5-6 to keep you loose (optional)	Still warming up beforehand this should be about keeping your legs moving. Still working at a good tempo, but not quite race pace RPE 7	Relaxed effort swim, loosening off with a few short bursts RPE 5-7	The hard work is over, stick to what you know in training. Race hard, race well and enjoy it!	Keep the sessions high quality with good pace work Reduced volume/distance will allow for adaptation/recovery If you've travelled to an event having a run or swim when you get there can help you get over a journey
KEY FOCUS	Strength from paddle work, hip rotation when using pull buoy	How the bike feels	Run form	Flexibility, recovery	Relaxed form	Good position, technique in the water. Relaxed stroke		WEEKLY DISTANCE: 73.9 KM
NOTES	Use paddles to slow down your arm speed so you can think about position, set up and breathing	This is your pre-race bike check; is all in working order, do you have the spares you need. After the ride, clean the bike and give the tyres a once over	This distance should feel very easy now and you should feel good when you finish			Nice short session to loosen off. You could even do this session in open water for a confidence boost and wetsuit removal practice	Do your best, and have fun!	

APPENDIX

RATE OF PERCIEVED EXERTION (RPE)

We use the Rate of Perceived Exertion (RPE) scale illustrated below to determine the intensity of your sessions. These will be highlighted in each session to make it clear as to what is expected. This table helps you understand exactly how you should feel when executing the training session. Due to the nature of the scale, it is subjective and requires you to feel how your body is responding to the exercise, when doing this consider how your heart is pumping, how quickly you are breathing, how much you are sweating and how much discomfort you are experiencing in your legs.

Heart rate training – If you like to train to heart rate, where the RPE is 6-7 train to 65%-75% of your maximum heart rate, for and RPE of 7-8 aim for a range of 70-80% and for RPE 9 around 85-90% of your maximum heart rate.

Please remember that everybody's RPE figure could be different to yours when exercising at the same speed because we all respond differently to exercise.

RPE	DESCRIPTION
0	Complete rest
1	Very Weak: I am just about moving
2	Weak: I am walking at a faster pace and can hold a conversation easily
3	Light: I am beginning to sweat a little, but can hold conversation throughout
4	Moderate: I am very happy at this effort
5	Somewhat Strong: I am sweating more heavily and starting to feel my breathing is becoming more stressed
6	Strong: I am beginning to feel more out of breath but could maintain this pace for a few hours
7	Very Strong: My breathing is very laboured, but I can still maintain pace for an hour without slowing
8	Hard: I am starting to struggle to hold this pace and my heart is racing and am sweating heavily
9	Very Hard: This is hurting and I can only hold this effort for up to 5mins
10	Extremely Hard: I am absolutely flat out and this is sprinting. I will need to stop after 30secs

RUN SESSIONS

Hill Runs

Hill work is typically completed through a series of hill repeats. It's a great way to develop strength and stride efficiency. Ideally done on a moderate grade (6 to 7 percent).

When it comes to hill training you have two main options:

1. Structured repetitions of a single hill that takes between 3-5 min to ascend which you can then perform as many repetitions as required to reach the target distance.
2. If you happen to have access to somewhere hilly to run, you can just plan a route that takes in plenty of up and down over the course of your run.

These runs are also good ones to do off-road, since rough terrain will make you work harder, build stability and add variety.

Tempo Runs

After a warm up of 5 minutes or so at a steady aerobic pace (RPE4-6) run the rest of the session at a sub threshold pace (RPE7-8), this is a hard session but not super tough. Think of it as being “comfortably uncomfortable”. Finish your session with 5 mins easy (RPE4-5).

Intervals

Structured durations of above and below threshold efforts aimed at improving performance and fitness by getting you to work harder than you're currently able to sustain. Add a warm-up and cool down of 5 mins easy to the beginning and end of your session, then use the following ratio in your session and repeat:

3 min @ RPE 9 (Very Hard – refer to RPE chart)

2 min @ RPE 5 (Somewhat Strong – refer to RPE chart)

Fartlek Runs

'Fartlek' translates from Swedish to English as “speed play”, these are unstructured intervals that are made up as you run. It might be, “sprint to that lamp post... to the next bridge” etc. It's great for mixing things up and when running with a friend to keep things fun.

Track Sessions








See following page




APPENDIX

Track Sessions

Track work is used to develop speed and pace consistency. Specific track (400m loop) intervals have been outlined within the training program, however these can be adapted and completed over a similar distance around any flat course you have available to you, for example, a football field.

You should aim to run your 'main set' as fast as you can (around an RPE8), however the pace you set should be consistent for all of your 400m efforts, for example the 400m pace during your 400m effort should be the same as your 400m pace during your final 800m effort. If you start out too fast your 400m times will start slipping. Find a pace you can maintain and hold. You may find the first few laps easy but by the end of the session the same pace will feel hard. As you progress over the weeks you can try add extra intervals or start to take a few seconds off your 400m lap times. Recovery times between intervals should also be consistent – for this session take 60-90 secs only between each repetition.

TRACK SESSION 1	TRACK SESSION 2	TRACK SESSION 3
Warmup 400m @RPE 4-5 Drills Side Steps  Bounding  Leaping 	Warmup 400m @RPE 4-5 Drills Side Steps  Bounding  Leaping 	Warmup 400m @RPE 4-5 Drills Side Steps  Bounding  Leaping 
Main Set 1 x 1200m 2 x 800m 4 x 400m	Main Set 1 x 1600m 2 x 800m 4 x 400m	Main Set 1 x 1200m 3 x 400m 1 x 1200m 3 x 400m 1 x 1200m 3 x 400m
Cool Down 400m @RPE 4-5	Cool Down 400m @RPE 4-5	Cool Down 400m @RPE 4-5
TOTAL 5200m	TOTAL 5600m	TOTAL 8000m

TRACK SESSION 4	TRACK SESSION 5
Warmup 400m @RPE 4-5 Drills Side Steps  Bounding  Leaping 	Warmup 400m @RPE 4-5
Main Set 1 x 1600m 4 x 400m 2 x 800m 2 x 400m	Main Set 4 x 800m 6 x 400m
Cool Down 400m @RPE 4-5	Cool Down 400m @RPE 4-5
TOTAL 6400m	TOTAL 6400m

Running drill videos can be viewed online via our YouTube channel here:

<http://bit.ly/RGA-RunDrills>

APPENDIX

SWIM SESSIONS – Intermediate/Advanced Plans

These sessions are based on a 25m pool, if you swim in a pool of a different length, then aim to adapt and match the plan as near as you can. Sessions fall into three categories; technique, endurance and speed sessions.










If you're following the 'intermediate' training plan we recommend you follow the shorter distance options, if following the advanced option then look to complete the longer options. However, the sessions are a guide and depending on your ability you can choose to increase or decrease the number of sets for a given session to match your ability level, a focused session with no distractions and strict rest times should be approximately 60mins in duration so the distance you complete will vary depending on your ability.

Rest times between sets should be minimal and depend on the effort level and length of the interval. Aim for between 20-45 seconds. On longer sets of similar intervals you can go off a fixed turnaround, e.g. 100 m off 2:15, so whatever time remains after your 100 m is your rest.

Critical Swim Speed (CSS)

Your first swim session is CSS swim test and it will also give you a good benchmark to see how you improve over the 12 weeks. It will help you plan and pace intervals in the rest of the plan. Here's an [online calculator](#) which you can use to calculate your CSS once you have your 400m & 200m timed effort from session 1, the calculator will give you a 100m pace. Here's an example of how to use the result; if your 100m pace is 1min 30sec aim to swim your 100m efforts off 1min 45sec or 1min 50sec to begin with that is 90secs of effort 15-20sec rest before to next 100m repeat, you need to be very strict on these turnaround times, aim to reduce your CSS time over the 12 weeks.

Swim drills used in sessions

Catch Up	Kicking with board	Pull / Pull Buoy	Fist Drill
			
Single Arm	Kicking on Side & Back	Pull & Paddles	Sighting (Open water)
	 		

Drills can be found on YouTube here: <http://bit.ly/rga-swim-drills>

FS = Freestyle/Front Crawl

SWIM SESSION 1 – CSS TEST	SWIM SESSION 2 - Technique
Warmup 200m Warm up @RPE 4+	Warmup 200m warm up – FS RPE 4
Main Set – CSS TEST 400m FS Timed Best Paced Effort Rest 60 sec 100m FS @RPE 5 200m FS Timed Best Paced Effort 400m FS + Pull buoy	Main Set 200m Drill (25m fist/25m FS, 2-4 times through) 200m FS @RPE 7 100m Kicking, Fins optional (on your front with kickboard) Rest 15 sec every length 200m FS @RPE 7 200m Drill (25m I-arm FS/25m I-arm FS/50m FS, 2-4 times through) 400m FS @RPE 7 100m Kicking, Fins optional (on your side, I-arm out in front, 25m each side x2) 200m-300m FS @RPE 8
Cool Down 100m Warm down @RPE 4 TOTAL 1400m	Cool Down 100m warm down, any stroke @RPE 4 TOTAL 1500m - 2000m

APPENDIX

SWIM SESSIONS – Intermediate/Advanced Plans

SWIM SESSION 7 – Speed Work

Warmup

400m Warm up @RPE 4+

Main Set – 3 times through

1 x 200m FS + Paddles @RPE 7

2 x 100m FS @RPE 8 (CSS)

4 x 50m FS @RPE 9

1 x 50m Backstroke/Breaststroke recovery @RPE 5

Cool Down

150 m Warm down any stroke @RPE 4

TOTAL 2500m

SWIM SESSION 8 - Technique

Warmup

200m warm up FS @RPE 4

300m Drill (25m I-arm FS/25m I-arm FS/25m FS x 4)

200m Kicking, Fins optional (25m on front, 25m on each side, 25m on back) Rest every 100m

Main Set

2 or 3 times through:

400m FS @RPE 7

100m FS @RPE 9

Then:

100m Kicking, Fins optional (25m on front, 25m on each side, 25m on back)

200m FS + Pull buoy @RPE 8

Cool Down

100m warm down, any stroke @RPE 4

TOTAL 2100m - 2600m

SWIM SESSION 9 - Endurance

Warmup

400m Warm up @RPE 4+

Main Set – 3 times through

300m FS + Paddle + Pull buoy @RPE 6

200m FS @RPE 7

50m Backstroke/Breaststroke

1 or 2 x 400m FS @RPE 7+ (Last 100m of each effort @RPE 9)

Cool Down

150m Warm down any stroke @RPE 4

TOTAL 2600m - 3000m

SWIM SESSION 10 – Speed Work

Warmup

200m - 400m warm up – FS RPE 4

2 x 100m FS Increasing effort each length; RPE 6, 7, 8, 9 (35 sec rest)

Main Set

5 x 200m FS @RPE 7-8 (CSS)

6 x 100m FS @RPE 9

200m FS + Pull buoy

6 x 50m FS @RPE 10

Optional - 2 x 100m Medley (if you cannot do fly, replace with FS)

Cool Down

100m warm down, any stroke @RPE 4

TOTAL 2600m - 3000m

APPENDIX

SWIM SESSIONS – Intermediate/Advanced Plans

SWIM SESSION 3 - Endurance

Warmup

400m Warm up @RPE 4+

Main Set

1 x 250m or 400m FS + Pull buoy @RPE 6

2 x 150m or 200m FS @RPE 7

4 x 100m FS @RPE 8

2 x 150m or 200m FS @RPE 7

1 x 250m or 400m FS + Pull buoy @RPE 6

Cool Down

100m Warm down @RPE 4

TOTAL 1800m - 2500m

SWIM SESSION 4 – Speed Work

Warmup

200m - 400m warm up – FS RPE 4

Main Set

5 x 200m FS + Paddles + Pull buoy @RPE 7 (CSS)

4 or 5 x 100m FS @RPE 8 (CSS)

Cool Down

100m warm down, any stroke @RPE 4

TOTAL 1700m - 2000m

SWIM SESSION 5 - Technique

Warmup

200m warm up FS @RPE 4

300m Drill (25m I-arm FS/25m I-arm FS/25m FS x 4)

100m or 200m Kicking, Fins optional (on your side w/I-arm out in front, 25 m each side x4) Rest every 100m

Main Set

1 x 300m or 400m FS @RPE 6

2 x 200m or 300m FS + Pull Buoy @RPE 7

2 or 4 x 200m FS + Paddle + Pull buoy @RPE 8

Cool Down

100m Warm down any stroke @RPE 4

TOTAL 1800m - 2600m

SWIM SESSION 6 – Endurance

Warmup

400m warm up – FS RPE 4

Main Set

300m FS + Paddles + Pull buoy @RPE 6

2 x 150m FS @RPE 8 (CSS)

(Repeat above 2 or 3 times through)

500m FS (First 400m @RPE 7, remaining 100m @RPE9)

Cool Down

100m warm down, any stroke @RPE 4

TOTAL 2200m – 2800m







APPENDIX

STRENGTH AND CONDITIONING

BASE PHASE SESSION











MOBILITY WORK/WARM-UP

(YouTube link: <http://bit.ly/RGA-Warmup-exercises>)

EXERCISE	DEMO	DURATION	NOTES
Foam roller, back		30–45 sec	Foam roll your back, especially lower, to ease off connective tissue & increase mobility
Foam roller, ITB		30–45 sec	Roll ITBs to release tension in connective tissue that may inhibit knee/hip movement
Foam roller, calves		30–45 sec	Rolling calves, especially Achilles, can aid ankle flexibility and recovery from training
Foam roll, feet		30–45 sec	Using a lacrosse/hockey ball or rolling pin, roller your feet paying attention to arches
Kneeling hip flexor stretch		30–45 sec	Gently driving hips into stretch, with arms overhead to feel stretch in hips & torso
Hamstring 'track stretch'		8-10 reps	From "start" position to semi-standing while holding foot, until stretch is felt, in hamstring

MAIN SET

(YouTube link: <http://bit.ly/RGA-strength-exercises>)

EXERCISE	DEMO	SETS	REPS	TEMPO	REST	WEIGHT
Side plank, from knees		2-3 each side	45 sec	Static	20 sec	Body weight
Front plank on knees		2-3	45 sec	Static	20 sec	Body weight
Tube walking (band around ankles)		2-3	10 each side	Slow	20 sec	Resistance band
Dead bug		2-3	12-16	Slow	30 sec	Body weight
Two leg glute press with feet on step		2-3	12-15	Slow	20 sec	Body weight
Stability ball wall squat		2-3	12-15	Slow	30 sec	Body weight
Hamstring curl on stability ball		2-3	8-10	Slow	30 sec	Body weight
Forward lunge, alternating sides		2-3	20	Slow	30 sec	Body weight
Laying over stability ball, arm raise		2-3	12-15	Slow	30 sec	Body weight
Kneeling press up		2-3	12-16	Slow	30 sec	Body weight








APPENDIX

STRENGTH AND CONDITIONING

CORE PHASE SESSION












MOBILITY WORK/WARM-UP

(YouTube link: <http://bit.ly/RGA-Warmup-exercises>)

EXERCISE	DEMO	DURATION	NOTES
Foam roller, back		30–45 sec	Foam roll your back, especially lower, to ease off connective tissue & increase mobility
Foam roller, ITB		30–45 sec	Roll ITBs to release tension in connective tissue that may inhibit knee/hip movement
Foam roller, calves		30–45 sec	Rolling calves, especially Achilles, can aid ankle flexibility and recovery from training
Foam roll, feet		30–45 sec	Using a lacrosse/hockey ball or rolling pin, roller your feet paying attention to arches
Kneeling hip flexor stretch		30–45 sec	Gently driving hips into stretch, with arms overhead to feel stretch in hips & torso
Hamstring 'track stretch'		8-10 reps	From "start" position to semi-standing while holding foot, until stretch is felt, in hamstring
Side bends with arms overhead		10-12 reps	Bend from side to side pushing hips one way & arms the other overhead

MAIN SET

(YouTube link: <http://bit.ly/RGA-strength-exercises>)

EXERCISE	DEMO	SETS	REPS	TEMPO	REST	WEIGHT
Side plank, from knees		2-3 each side	45 sec	Static	20 sec	Body weight
Front plank on stability ball from knees or toes		2-3	45 sec	Static	20 sec	Body weight
Laying on side leg raises		2	20 each side	Slow	20 sec	Resistance band
Laying on back alternating leg lowering		2-3	14-18	Slow	30 sec	Body weight
Single leg glute press with foot on step		2-3	10-12	Slow	20 sec	Body weight
Calf raises on step		2-3	12-15	Slow	30 sec	Body weight
Hamstring curl on stability ball		2-3	8-12	Slow	30 sec	Body weight
Lateral lunges, alternating sides		2-3 each side	20	Active	30 sec	Body weight
Split squat, repeat each side		2-3	10-15	Slow	20 sec	Body weight
Stability ball row		2-3	10-15	Slow	20 sec	Suitable weight
Stability ball chest press		2-3	10-15	Slow	20 sec	Suitable weight

APPENDIX

STRENGTH AND CONDITIONING

PERFORMANCE PHASE SESSION










MOBILITY WORK/WARM-UP

(YouTube link: <http://bit.ly/RGA-Warmup-exercises>)

EXERCISE	DEMO	DURATION	NOTES
Foam roller, back		30–45 sec	Foam roll your back, especially lower, to ease off connective tissue & increase mobility
Foam roller, ITB		30–45 sec	Roll ITBs to release tension in connective tissue that may inhibit knee/hip movement
Foam roller, calves		30–45 sec	Rolling calves, especially Achilles, can aid ankle flexibility and recovery from training
Foam roll, feet		30–45 sec	Using a lacrosse/hockey ball or rolling pin, roller your feet paying attention to arches
Kneeling hip flexor stretch		30–45 sec	Gently driving hips into stretch, with arms overhead to feel stretch in hips & torso
Hamstring 'track stretch'		8-10 reps	From "start" position to semi-standing while holding foot, until stretch it felt, in hamstring
Side bends with arms overhead		10-12 reps	Bend from side to side pushing hips one way & arms the other overhead

MAIN SET

(YouTube link: <http://bit.ly/RGA-strength-exercises>)

EXERCISE	DEMO	SETS	REPS	TEMPO	REST	WEIGHT
Stability ball jack knife		2-3	10-15	Slow	20 sec	Body weight
Stability ball roll outs from knees		2-3	10-12	Slow	20 sec	Body weight
Lateral lunge to balance		2-3	10 each side	Slow	20 sec	Resistance band
Split squats, rear leg raised		2-3	10-12	Slow	30 sec	Body weight
Stability ball row		2-3	10-15	Slow	20 sec	Suitable weight
Stability ball chest press		2-3	10-15	Slow	20 sec	Suitable weight
CIRCUIT	Complete the following exercises as a circuit, one rep of each exercise before starting the second set					
Walking lunges		2-3	30 sec	Active	15 sec	Body weight
Skipping with rope		2-3	30 sec	Active	15 sec	N/A
Burpees		2-3	30 sec	Active	15 sec	Body weight
Box jumps (maximum knee height)		2-3	30 sec	Active	15 sec	Body weight