# Training Plan

## Build Your Fitness for 2015

Build your training consistency and fitness ready for sprint speedwork with this six-week plan.

### Goal
Build base fitness and training consistency for anything from sprint to middle distance.

### Timescale
6 weeks

### Start point
Cycle 60mins, Run 30mins, Swim 20mins

### Level
Beginner to intermediate

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### 6 Week Plan

<table>
<thead>
<tr>
<th>Week</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Recovery</td>
<td>Bike (speed)</td>
<td>Run (speed)</td>
<td>Bike (strength)</td>
<td>Swim (speed)</td>
<td>Run (endurance)</td>
<td>Recovery</td>
</tr>
<tr>
<td>2</td>
<td>Recovery</td>
<td>Bike (speed)</td>
<td>Run (speed)</td>
<td>Bike (strength)</td>
<td>Swim (speed)</td>
<td>Run (endurance)</td>
<td>Recovery</td>
</tr>
<tr>
<td>3</td>
<td>Recovery</td>
<td>Bike (speed)</td>
<td>Run (speed)</td>
<td>Bike (strength)</td>
<td>Swim (speed)</td>
<td>Run (endurance)</td>
<td>Recovery</td>
</tr>
<tr>
<td>4</td>
<td>Recovery</td>
<td>Bike (speed)</td>
<td>Run (speed)</td>
<td>Bike (strength)</td>
<td>Swim (speed)</td>
<td>Run (endurance)</td>
<td>Recovery</td>
</tr>
<tr>
<td>5</td>
<td>Recovery</td>
<td>Bike (speed)</td>
<td>Run (speed)</td>
<td>Bike (strength)</td>
<td>Swim (speed)</td>
<td>Run (endurance)</td>
<td>Recovery</td>
</tr>
<tr>
<td>6</td>
<td>Recovery</td>
<td>Bike (speed)</td>
<td>Run (speed)</td>
<td>Bike (strength)</td>
<td>Swim (speed)</td>
<td>Run (endurance)</td>
<td>Recovery</td>
</tr>
</tbody>
</table>

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### Training Zones Guide

<table>
<thead>
<tr>
<th>Training Zone</th>
<th>Duration</th>
<th>Intensity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Z1</td>
<td>90-120</td>
<td>Very easy</td>
</tr>
<tr>
<td>Z2</td>
<td>60-90</td>
<td>Easy</td>
</tr>
<tr>
<td>Z3</td>
<td>45-60</td>
<td>Steady</td>
</tr>
<tr>
<td>Z4</td>
<td>30-45</td>
<td>Moderate</td>
</tr>
<tr>
<td>Z5</td>
<td>15-30</td>
<td>Hard to very hard</td>
</tr>
</tbody>
</table>

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**IS THIS PLAN FOR YOU?**

- **J** - January can leave you in a tricky no-man’s-land when it comes to training. You might be sick to death of endless ‘base’ miles in the cold, but it’s too early to really get stuck into your pre-season speedwork.
- **R** - On the other hand, you might have started the off-season full of good intentions to build your base and not done too much at all.

This six-week plan is not aimed at any specific race distance, but rather those who know they’re not quite ready to take on the landscape for short fartlek intervals in Zones 3 to 4.

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**Training Zone 1**

- 90-120 mins in Z1 with 30secs rests. Z1 is steady training, i.e. you can have a conversation - Zone 1 allows you to train when you’re fresh in the morning.

**Training Zone 2**

- 60-90 mins in Z2 with 30secs rests. Z2 is easy training, i.e. you’re still fresh but can’t have a conversation - Zone 2 is the perfect warm-up before more intense training.

**Training Zone 3**

- 45-60 mins in Z3 with 30secs rests. Z3 is steady training, i.e. you can’t have a conversation - Zone 3 is where you should build your endurance.

**Training Zone 4**

- 30-45 mins in Z4 with 30secs rests. Z4 is moderate training, i.e. you can’t have a conversation - Zone 4 is where you should build your speed.

**Training Zone 5**

- 15-30 mins in Z5 with 30secs rests. Z5 is hard to very hard training, i.e. you can’t have a conversation - Zone 5 is where you should build your strength.

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**Main 30mins in Z1 to Z3. Choose a hilly route.**

**Endurance**

- Run 30mins in Z1 to Z3 with 30secs rests.

**Strength**

- Run 2x5mins in Z1 to Z3 with 30secs rests.

**Speed**

- Run 4x800m in Z1 to Z3 with 90secs rests.

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**Optional Workout**

**Heart Rate**

- Run 2x5mins in Z1 to Z3 with 30secs rests.

**Build Your Training Consistency and Fitness**

- Start point: Cycle 60mins, Run 30mins, Swim 20mins.

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**Main**

- Run 30mins in Z2 to Z3. Choose a hilly route.

**Recovery**

- Run 15mins in Z1.

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**Photo:** Mark Stewart

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**Training Zone**

- Z1 is very easy.
- Z2 is easy.
- Z3 is steady.
- Z4 is moderate.
- Z5 is hard to very hard.

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**Description**

- **Training Plan**
- **2015**
- **Build Your Fitness**
- **January**
- **Sprint Speedwork**
- **Zone 1-5**
- **Endurance**
- **Strength**
- **Speed**
- **Optional Workout**
- **Main**
- **Recovery**
- **Photo:** Mark Stewart

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**Timescale**

- 6 weeks

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**Weekly Workouts**

- **Week 1**
  - **Monday**
    - Recovery
  - **Tuesday**
    - Bike (speed)
  - **Wednesday**
    - Run (speed)
  - **Thursday**
    - Bike (strength)
  - **Friday**
    - Swim (speed)
  - **Saturday**
    - Run (endurance)
  - **Sunday**
    - Recovery

- **Week 2**
  - **Monday**
    - Recovery
  - **Tuesday**
    - Bike (speed)
  - **Wednesday**
    - Run (speed)
  - **Thursday**
    - Bike (strength)
  - **Friday**
    - Swim (speed)
  - **Saturday**
    - Run (endurance)
  - **Sunday**
    - Recovery

- **Week 3**
  - **Monday**
    - Recovery
  - **Tuesday**
    - Bike (speed)
  - **Wednesday**
    - Run (speed)
  - **Thursday**
    - Bike (strength)
  - **Friday**
    - Swim (speed)
  - **Saturday**
    - Run (endurance)
  - **Sunday**
    - Recovery

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**Legend**

- **Main**
  - 30mins in Z1 to Z3 with 30secs rests.
  - Choose a hilly route.

- **Recovery**
  - Run 15mins in Z1.

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**Training Zones Guide**

- **Z1**
  - 90-120 mins in Z1 with 30secs rests. Z1 is steady training, i.e. you can have a conversation.

- **Z2**
  - 60-90 mins in Z2 with 30secs rests. Z2 is easy training, i.e. you’re still fresh but can’t have a conversation.

- **Z3**
  - 45-60 mins in Z3 with 30secs rests. Z3 is steady training, i.e. you can’t have a conversation.

- **Z4**
  - 30-45 mins in Z4 with 30secs rests. Z4 is moderate training, i.e. you can’t have a conversation.

- **Z5**
  - 15-30 mins in Z5 with 30secs rests. Z5 is hard to very hard training, i.e. you can’t have a conversation.
<table>
<thead>
<tr>
<th>DAY</th>
<th>ESSENTIAL WORKOUT</th>
<th>OPTIONAL WORKOUT</th>
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<tbody>
<tr>
<td>Mon</td>
<td>RECOVERY</td>
<td>RECOVERY</td>
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<tr>
<td>Tue</td>
<td>Bike (speed)</td>
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<tr>
<td></td>
<td>WU 10mins in Z2, 5mins as (20secs in Z5, 40secs in Z1) MAIN 5xmins in Z4 to Z5 +30secs recoveries WD 5mins in Z1</td>
<td>Strength Group Pilates or core stability class</td>
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<tr>
<td>Wed</td>
<td>Run (speed)</td>
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<td></td>
<td>WU 10mins in Z2, 3x20secs in Z4 MAIN 10x4min in Z4 to Z5 with 2mins jog/walk between reps WD 5mins in Z1</td>
<td>RECOVERY</td>
</tr>
<tr>
<td>Thur</td>
<td>Bike (strength)</td>
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<td></td>
<td>WU 10mins in Z2, 2mins in Z3 MAIN 4x5mins Z3 at low cadence (4x@60pm) +60secs easy spin recoveries WD 5mins spin in Z1</td>
<td>Stretch Group yoga or stretch class</td>
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<tr>
<td>Fri</td>
<td>Swim (speed)</td>
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<td>MAIN 4x6mins PULL Z2 +15secs rest, 4x1min Z5 +30secs rest</td>
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<tr>
<td>Sat</td>
<td>Bike (endurance)</td>
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<tr>
<td></td>
<td>WU 10mins in Z2 MAIN 15mins in Z3, 5mins in Z1, 20mins in Z3 WD 20mins in Z2</td>
<td>RECOVERY</td>
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<tr>
<td>Sun</td>
<td>Run (endurance)</td>
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<td></td>
<td>Off road if possible for 1hour Run in Zone 2, but use the landscape for short fartlek intervals in Zones 3 to 4</td>
<td>RECOVERY</td>
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<th>WEEK 5</th>
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<th>WEEK 6</th>
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