



BRAVEHEART TRAINING PLAN

	MON	TUES	WEDS	THUR	FRI	SAT	SUN
WEEK 1	Swim 1500m	Rest	Run 6 miles	Rest	Rest	Bike 40 miles	Run 6 miles Including hills
WEEK 2	Swim 1500m 400 warm up. 100m fast; 50m recovery x 6. 200m cool down	Rest	Run 8 miles Fartlek (regular bursts of 30-60 seconds faster running)	Rest	Strength / Core Training circuit	Rest	Bike 35 miles & Run 7 miles Including hills
WEEK 3	Rest	Swim 1600m	Rest	Run 5 miles Including hills	Rest	Bike 50 miles	Run 8 miles Including hills
WEEK 4	Swim 1600m 200 warm up. 50m fast; 50m recovery x 8. 600m steady speed	Rest	Run 45 minutes Hill sprint intervals	Rest	Strength / Core Training circuit	Rest	Bike 40 miles & Run 8 miles Including hills
WEEK 5	Rest	Swim 1800m	Rest	Run 45 minutes Hill sprint intervals	Rest	Bike 50 miles	Run 10 miles Including hills
WEEK 6	Swim 2000m	Rest	Run 45 minutes Easy pace	Rest	Strength / Core Training circuit	Rest	Bike 45 miles & Run 10 miles Including hills