



APRIL TRAINING SESSIONS

PDF VERSION

Print individual pages and take them with you

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April Swim sessions

Novice

Swim session 1 – Increasing intensity

Distance = 500m

Perform the following 5 sets of 100m as:

- 100m @ level 9 (or 45%) as warm up
- 2 mins static recovery
- 100m @ level 10 (or 50%). Sprint 1st and 4th lengths.
- 2 mins static recovery
- 100m @ level 10 (or 50%) – see ‘coaching points’
- 2 mins static recovery
- 100m as:
 - 25m @ level 11 (55%)
 - 25m @ level 12 (60%)
 - 25m @ level 13 (65%)
 - 25m @ level 14 (70%)
- 2 mins static recovery
- 100m (reverse of set 4)

Coaching points

- Mono pace warm up (set 1)
- Set 3 - Use pull buoy, long stroke length maintaining minimal strokes per length
- If you chose to use swim aids, stick with the same piece throughout the entire set

Kit needed

Pull buoy.

Swim session 2 - Sprints with active and static recovery

Distance = 450m

Perform the following 2 sets:

- (4x) 25m @ level 14 (65%) (30 secs recovery between reps) immediately followed by:
- 100m @ level 10 (50%) as active recovery
- **2 mins static recovery**
- (3x) 50m @ level 13 (65%) (40 secs recovery between reps) immediately followed by:
- 100m @ level 10 (50%) as active recovery

(Heading 4) Coaching points

- Start the session by doing some slow swimming concentrating on relaxed and continuous breathing
- Perform the recovery swims straight after the last repetition of the sprints and then take the static recovery
- Reduce intensity slightly if you feel technique is slipping away
- Regardless of intensity, we must never lose the sensation of water pressure on our hands and (for a short time) our forearms.

(Heading 4) Kit needed

Timing device

Swim session 3 - Sprints with static recovery

Distance = 500m

Perform the following 3 sets:

- (3x) 50m as:
25m @ level 13 (65%) / 25m @ level 10 (50%) - 40 secs static recovery between reps
- **2 mins static recovery**
- (2x) 100m as:
75m @ level 12 (or 60%) / 25m @ level 11 (55%) - 50 secs static recovery between reps
- **2 mins static recovery**
- (1x) 150m @ level 11 (55%)

Coaching points

- Be strict with static recovery times
- Aim to swim at even pace per repetition
- Active recoveries done at very low intensity
- Keep good stroke technique and maintain relaxed breathing pattern

Kit needed

Timing device

Swim session 4 - Turns and controlled pace swimming

Distance = 450m

Perform 3x sets of the following:

- 150m @ level 13 (65%)
3 mins static recovery
- 150m @ level 10 (50%)
3 mins static recovery
- 150m as:
 - 75m @ level 11 (55%) /
 - 75m @ level 9 (45%)

Coaching points

- Maintain composure throughout
- Keep turns sharp and aim to surface under flag (5m)
- When 'sighting' don't lift head too high. Just glance to register a stationary object and head down again.

Kit needed

Just a costume!!

Intermediate

Session 1– Increasing intensity

Distance = 1600m

Perform the following 4 sets of 400m as:

- 400m @ level 10 (or 50%) as warm up
- 90 secs static recovery
- 400m @ level 11 (or 55%). Sprint every 4th length @ level 15.
- 90 secs static recovery
- 400m @ level 11 (or 55%) – see ‘coaching points’. Use pull buoy.
- 90 secs static recovery
- 400m as:
 - 100m @ level 14 (70%)
 - 100m @ level 13 (65%)
 - 100m @ level 12 (60%)
 - 100m @ level 11 (55%)

Coaching points

- Mono pace warm up (set 1)
- Set 3 - Use pull buoy, long stroke length maintaining minimal strokes per length
- If you chose to use swim aids, stick with the same piece throughout the entire set

Kit needed

Pull buoy.

Session 2 - Sprints with active and static recovery

Distance = 1400m

Perform the following 4 sets:

- (4x) 50m @ level 15 (75%) (20 secs recovery between reps) immediately followed by:
100m @ level 11 (55%) as active recovery
- **90 secs static recovery**
- (3x) 100m @ level 14 (75%) (30 secs recovery between reps) immediately followed by:
100m @ level 11 (55%) as active recovery
- **90 secs static recovery**
(2x) 200m @ level 13 (or 70%) (40 secs recovery between reps) followed by:
100m @ level 11 (55%) as active recovery
- (1x) 300m @ level 12 (or 65%) immediately followed by:
100m @ level 11 (55%) as active recovery

Coaching points

- Start the session by doing some slow swimming concentrating on relaxed and continuous breathing
- Perform the recovery swims straight after the last repetition of the sprints and then take the static recovery
- Reduce intensity slightly if you feel technique is slipping away
- Regardless of intensity, we must never lose the sensation of water pressure on our hands and (for a short time) our forearms.

Kit needed

Timing device

Session 3- Sprints with static recovery

Distance = 1300m

Perform the following 4 sets:

- (3x) 100m as:
75m @ level 14 (70%) / 25m @ level 11 (50%) - 30 secs static recovery between reps
- **90 secs static recovery**
- (2x) 150m as:
100m @ level 13 (65%) / 50m @ level 11 (55%) - 40 secs static recovery between reps
- **2 mins static recovery**
- (1x) 300m as:
200m @ level 12 (60%) / 100m @ level 11 (55%)
- **2 mins static recovery**
- (1x) 400m @ level 12 (60%)

Coaching points

- Be strict with static recovery times
- Aim to swim at even pace per repetition
- Active recoveries done at very low intensity
- Keep good stroke technique and maintain relaxed breathing pattern

Kit needed

Timing device

Session 4 – ‘Sighting’ practise controlled pace swimming

Distance = 1600m

Perform 4x sets of the following:

- 400m @ level 14 (70%)
2 mins static recovery
- 400m @ level 11 (55%)
2 mins static recovery
- 400m @ level 14 (70%)
2 mins static recovery
- 400m as:
 - 200m @ level 12 (60%) /
 - 200m @ level 10 (55%)

Coaching points

- Maintain composure throughout
- Keep turns sharp and aim to surface under flag (5m)
- When ‘sighting’ don’t lift head too high. Just glance to register a stationary object and head down again.

Kit needed

Fins

Timing device

Advanced

Session 1 - Increasing intensity

Distance = 2500m

Perform the following 5 sets of 500m as:

- 500m @ level 11 (or 55%) as warm up
- 60 secs static recovery
- 500m @ level 12 (or 60%). Sprint every 4th length @ level 15.
- 60 secs static recovery
- 500m @ level 12 (or 60%) – see ‘coaching points’. Use pull buoy.
- 90 secs static recovery
- 500m as:
 - 100m @ level 11 (55%)
 - 100m @ level 12 (60%)
 - 100m @ level 13 (65%)
 - 100m @ level 14 (70%)
 - 100m @ level 15 (75%)
- 500m (reverse of set 4)

Coaching points

- Mono pace warm up (set 1)
- Set 3 - Use pull buoy, long stroke length maintaining minimal strokes per length
- If you chose to use swim aids, stick with the same piece throughout the entire set

Kit needed

Pull buoy

Session 2 – Sprints with active and static recovery

Distance = 2000m

Perform the following 4 sets:

- (8x) 50m @ level 16 (75%) (15 secs recovery between reps) immediately followed by:
100m @ level 12 (55%) as active recovery
- **60 secs static recovery**
- (4x) 100m @ level 15 (75%) (20 secs recovery between reps) immediately followed by:
100m @ level 12 (55%) as active recovery
- **60 secs static recovery**
- (2x) 200m @ level 14 (or 70%) (40 secs recovery between reps) followed by:
100m @ level 12 (55%) as active recovery
- **60 secs static recovery**
- (1x) 400m @ level 13 (or 65%) immediately followed by:
100m @ level 12 (55%) as active recovery

Coaching points

- Start the session by doing some slow swimming concentrating on relaxed and continuous breathing
- Perform the recovery swims straight after the last repetition of the sprints and then take the static recovery
- Reduce intensity slightly if you feel technique is slipping away
- Regardless of intensity, we must never lose the sensation of water pressure on our hands and (for a short time) our forearms.

Kit needed

Timing device

Session 3- Sprints with static recovery

Distance = 2400m

Perform the following 4 sets:

- (6x) 100m as:
75m @ level 15 (75%) / 25m @ level 11 (55%) - 20 secs static recovery between reps
- **60 secs static recovery**
- (4x) 150m as:
100m @ level 14 (70%) / 50m @ level 11 (55%) - 30 secs static recovery between reps
- **60 secs static recovery**
- (2x) 300m as:
200m @ level 13 (65%) / 100m @ level 11 (55%) – 40 secs static recovery between reps
- **2 mins static recovery**
- (1x) 600m @ level 13 (65%)

Coaching points

- Be strict with static recovery times
- Aim to swim at even pace per repetition
- Active recoveries done at very low intensity
- Keep good stroke technique and maintain relaxed breathing pattern

Kit needed

Timing device

Session 4 - 'Sighting' practise and controlled pace swimming

Distance = 2400m

Perform 4x sets of the following:

- 600m @ level 15 (75%)
90 secs static recovery
- 600m @ level 12 (60%)
90 secs static recovery
- 600m @ level 15 (75%)
90 secs static recovery
- 600m as:
 - 300m @ level 13 (65%) /
 - 300m @ level 11 (55%)

Coaching points

- Maintain composure throughout
- Keep turns sharp and aim to surface under flag (5m)
- When 'sighting' don't lift head too high. Just glance to register a stationary object and head down again.

Kit needed

Fins

Paddles

Timing device

April Bike sessions

Novice

Bike session 1 – Increasing intensity

Duration = 30 mins.

Perform 3 sets of the following:

- 3 mins in 50:19 @ intensity 11 (or 55%)
- 3 mins in 50:19 @ intensity 12 (or 60%)
- 3 mins in 50:19 @ intensity 12 (or 65%)
- 1 min in 50/19 @ maximum intensity.

Coaching points

- Stay in the same gear throughout
- Best done on flat roads
- Listen to your body.

Kit needed

Bike

Helmet

Fluids

Bike session 2 – Increasing cadence

Duration = 45 mins

- Up to 15 mins between 55-60rpm
- 15-30 mins between 60-65rpm
- 34-45 mins between 65-70rpm

Coaching points

- Establish sustainable gear during warm up and stick with it
- Flat course highly recommended
- Keep upper body still (especially at higher cadences)
- Aim to stay seated and spin up any inclines

Kit needed

Bike

Helmet

Fluids

Computer with cadence feedback

Bike session 3 – Endurance with sprints

Distance = 10 miles

Perform 4 repetitions of the following:

- 2 miles in 50:17 @ level 11 (or 55%) /
0.5 miles (in same gear) @ level 14 (or 75%)

Coaching points

- Remain focussed on technique regardless of intensity being applied. Upper body relaxed, 'soft' hands and elbows and smooth pedal action
- Use the recoveries to regain composure, get breath back and ride with control.

Kit needed

Bike

Helmet

Fluids

Bike session 4 – ‘Fartlek’

Distance = 10 miles

Coaching points

- Attack every incline out of the saddle. If the hill isn’t particularly steep, use fairly big gear to ensure high levels of power are needed to get to the top
- Other than that, there is no set formula other than to constantly vary intensities, durations and cadences
- The more hills, the better!

Kit needed

Bike

Helmet

Fluids

Intermediate

Bike session 1– Increasing intensity

Duration = 51 mins.

Perform 3 sets of the following:

- 5 mins in 50:17 @ intensity 12 (or 60%)
- 5 mins in 50:17 @ intensity 13 (or 65%)
- 5 mins in 50:17 @ intensity 14 (or 70%)
- 2 min in 50/17 @ maximum intensity.

Coaching points

- Stay in the same gear throughout
- Best done on flat roads
- Listen to your body.

Kit needed

Bike

Helmet

Fluids

Bike session 2– Increasing cadence

Duration = 90 mins

- Up to 30 mins between 60-70rpm
- 30-60 mins between 70-80rpm
- 60-90 mins between 80-90rpm

Coaching points

- Establish sustainable gear during warm up and stick with it
- Flat course highly recommended
- Keep upper body still (especially at higher cadences)
- Aim to stay seated and spin up any inclines

Kit needed

Bike

Helmet

Fluids

Computer with cadence feedback

Bike session 3 - Endurance with sprints

Distance = 20 miles

Perform 4 repetitions of the following:

- 4 miles in 50:16 @ level 12 (or 60%) /
1 mile (in same gear) @ level 15 (or 75%)

Coaching points

- Remain focussed on technique regardless of intensity being applied. Upper body relaxed, 'soft' hands and elbows and smooth pedal action
- Use the recoveries to regain composure, get breath back and ride with control.

Kit needed

Bike

Helmet

Fluids

Bike session 4 - 'Fartlek'

Distance = 20 miles

Coaching points

- Attack every incline out of the saddle. If the hill isn't particularly steep, use fairly big gear to ensure high levels of power are needed to get to the top
- Other than that, there is no set formula other than to constantly vary intensities, durations and cadences
- The more hills, the better!

Kit needed

Bike

Helmet

Fluids

Advanced

Bike session 1- Increasing intensity

Duration = 84 mins.

Perform 3 sets of the following:

- 8 mins in 50:16 @ intensity 12 (or 60%)
- 8 mins in 50:16 @ intensity 13 (or 65%)
- 8 mins in 50:16 @ intensity 14 (or 70%)
- 4 mins in 50:16 @ maximum intensity.

Coaching points

- Stay in the same gear throughout
- Best done on flat roads
- Listen to your body.

Kit needed

Bike

Helmet

Fluids

Bike session 2 – Increasing cadence

Duration = 2 hours

- Up to 60 mins between 70-80rpm
- 60-90 mins between 80-90rpm
- 90-120 mins @ 95rpm +

Coaching points

- Establish sustainable gear during warm up and stick with it
- Flat course highly recommended
- Keep upper body still (especially at higher cadences)
- Aim to stay seated and spin up any inclines

Kit needed

Bike

Helmet

Fluids

Computer with cadence feedback

Bike session 3- Endurance with sprints

Distance = 40 miles

Perform 4 repetitions of the following:

- 7 miles in 50:15 @ level 13 (or 65%) /
3 miles (in same gear) @ level 16 (or 80%)

Coaching points

- Remain focussed on technique regardless of intensity being applied. Upper body relaxed, 'soft' hands and elbows and smooth pedal action
- Use the recoveries to regain composure, get breath back and ride with control.

Kit needed

Bike

Helmet

Fluids

Bike session 4 - 'Fartlek'

Distance = 40 miles

Coaching points

- Attack every incline out of the saddle. If the hill isn't particularly steep, use fairly big gear to ensure high levels of power are needed to get to the top
- Other than that, there is no set formula other than to constantly vary intensities, durations and cadences
- The more hills, the better!

Kit needed

Bike

Helmet

Fluids

April Run sessions

Novice

Run session 1– Even pace running under control

Run 75% of target race distance @ level 12 (60%)

Coaching points

- Pace is best described as borderline ‘talking pace / not talking pace’.
- Hold good upright posture throughout
- Back off a fraction if you feel you’re losing technical control.

Kit needed

Timing device

Run session 2 – Pace control with strong finish

Distance = 4k

4k continuous run as:

- Run 1k @ level 11 (55%)
- Run 1k @ level 12 (60%)
- Run 2k @ level 13 (65%)

Coaching points

- Worth remembering even the highest intensity rate is still not done flat out
- Use the first few hundred meters to find your starting intensity level

Kit needed

Timing device

Run session 3

Distance = 3200m

Perform 2x sets as follows:

- (2x) 400m @ level 13 (65%) /
400m @ level 10 (50%)

2 mins recovery between sets

Coaching points

- Best done on a running track
- Aim to maintain split times for each repetition
- Keep recovery phases (both active and static) consistent

Kit needed

Timing device

Run session 4 – Muscular endurance

Duration = 30 mins

Run @ level 10 (50%) but intermittently include the following:

- (3x) 2 mins @ level 13 (65%)
- (3x) 3 mins @ level 12 (60%)

Coaching points

- Best done on the flat
- Essential to maintain good posture (upright) and form regardless of levels of intensity being run
- Fun and practical to do with training partner
- Can a friend keep time for you to give you one less thing to think about?
- No particular order for the higher intensity efforts so long as they get included

Kit needed

Timing device

Intermediate – Even pace running under control

Run session 1

Run 75% of target race distance @ level 12 (60%)

Coaching points

- Pace is best described as borderline ‘talking pace / not talking pace’.
- Hold good upright posture throughout
- Back off a fraction if you feel you’re losing technical control.

Kit needed

Timing device

Run session 2– Pace control with strong finish

8k continuous run as:

- Run 2k @ level 12 (60%)
- Run 3k @ level 13 (65%)
- Run 3k @ level 14 (70%)

Coaching points

- Worth remembering even the highest intensity rate is still not done flat out
- Use the first few hundred meters to find your starting intensity level

Kit needed

Timing device

Run session 3

Distance = 6000m

Perform 2x sets of the following:

- (3x) 700m @ level 14 (70%) /
300m @ level 11 (55%)

60 secs recovery between sets

Coaching points

- Best done on a running track
- Aim to maintain split times for each repetition
- Keep recovery phases (both active and static) consistent

Kit needed

Timing device

Run session 4 – Muscular endurance

Duration = 45 mins

Run @ level 11 (55%) but intermittently include the following:

- (3x) 3 mins @ level 14 (70%)
- (4x) 4 mins @ level 13 (65%)

Coaching points

- Best done on the flat
- Essential to maintain good posture (upright) and form regardless of levels of intensity being run
- Fun and practical to do with training partner
- Can a friend keep time for you to give you one less thing to think about?
- No particular order for the higher intensity efforts so long as they get included

Kit needed

Timing device

Advanced

Run session 1 – Even pace running under control

Run 75% of target race distance @ level 12 (60%)

Coaching points

- Pace is best described as borderline ‘talking pace / not talking pace’.
- Hold good upright posture throughout
- Back off a fraction if you feel you’re losing technical control.

Kit needed

Timing device

Run session 2– Pace control with strong finish

Distance = 12k

12k continuous run as:

- Run 4k @ level 13 (65%)
- Run 4k @ level 14 (70%)
- Run 4k @ level 15 (75%)

Coaching points

- Worth remembering even the highest intensity rate is still not done flat out
- Use the first few hundred meters to find your starting intensity level

Kit needed

Timing device

Run session 3

Distance = 9600m

Perform 2x sets as follows:

- (4x) 800m @ level 15 (75%) /
400m @ level 10 (50%)

90 secs recovery between sets

Coaching points

- Best done on a running track
- Aim to maintain split times for each repetition
- Keep recovery phases (both active and static) consistent

Kit needed

Timing device

Run session 4 – Muscular endurance

Duration = 60 mins

Run @ level 12 (60%) but intermittently include the following:

- (4x) 4 mins @ level 15 (75%)
- (4x) 5 mins @ level 14 (70%)

Coaching points

- Best done on the flat
- Essential to maintain good posture (upright) and form regardless of levels of intensity being run
- Fun and practical to do with training partner
- Can a friend keep time for you to give you one less thing to think about?
- No particular order for the higher intensity efforts so long as they get included

Kit needed

Timing device