

INTERMEDIATE TRAINING SCHEDULE

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Day Off	Day Off	Day Off	Easy Day Something Active	Easy Day Something Active	Easy Day Something Active	Easy Day Something Active	Easy Day Something Active	Easy Day Something Active	Easy Day Something Active	Easy Day Something Active	Easy Day Something Active
Run 15 Easy	Run 15 Easy (build)	Run 20 Easy (build)	Run 20 Easy (build)	Run 20 1x Hill of 2mins duration	Run 25 1x Hill of 5mins duration	Run 30 2x Hills of 3mins duration	Run 35 2x Hills of 5mins duration	Run 40 15 min warm up 60sec fast 60sec slow x2	Run 40 15 min warm up 60 sec fast 55 sec slow x3	Run 40 15 min warm up 60 sec fast 50 secs slow x4	Run 30 15 min warm up 60sec fast 50 sec slow x1
Walk 10 Easy	Walk 15 Easy (build)	Walk 20 Easy (build)	Walk 30 Easy (build)	Walk 20 Off Road	Walk 25 Off Road	Walk 30 Off Road	Walk 35 Off Road	Walk 30 5 mins fast 10 mins slow x1	Walk 35 5 mins fast 10 mins slow x2	Walk 35 5 mins fast 10 mins slow x2	Walk 20 Easy Pace
Day Off	Day Off	Day Off	Day Off	Day Off	Day Off	Day Off	Day Off	Day Off	Day Off	Day Off	Day Off
Easy Day Something Active	Easy Day Something Active	Easy Day Something Active	Easy Day Something Active	Easy Day Something Active	Easy Day Something Active	Easy Day Something Active	Easy Day Something Active	Easy Day Something Active	Easy Day Something Active	Easy Day Something Active	Easy Day Something Active
Bike 30 Easy	Bike 35 Easy (build)	Bike 45 Easy (build)	Bike 55 Easy (build)	Bike 65 1x Hill of 4 mins duration	Bike 75 2x Hills of 4 mins duration	Bike 80 1x Hill of 5 mins 2x Hill of 4 mins	Bike 80 3x Hills of 4 mins duration	Bike 75 1x Hill of 4 mins 10 mins hard 20 mins easy x1	Bike 80 2x Hills of 4 mins 10 mins hard 20 mins easy x1	Bike 75 2x Hill of 4 mins 10 mins hard 10 mins easy x2	Bike 20 Easy Spin
Bike/Run 20 5 min run, 10 min bike, 5 min run	Bike/Run 20 5 min run, 10 min bike, 5 min run	Bike/Run 25 10 min run, 10 min bike, 5 min run	Bike/Run 25 10 min run, 10 min bike, 5 min run	Bike/Run 30 10 min run, 15 min bike, 5 min run	Bike/Run 35 10 min run, 15 min bike, 10 min run	Bike/Run 35 15 min run, 15 min bike, 5 min run	Bike/Run 40 15 min run, 20 min bike, 5 min run	Bike/Run 45 15 min run, 25 min bike, 5 min run	Bike/Run 55 15 min run, 30 min bike, 10 min run	Bike/Run 60 20 min run, 30 min bike, 10 min run	RACE
Phase	Taper			Strength: Include hills in training rides & runs				Speed Work: Intervals fast/slow			Taper

Ideas for 'Something Active'

30 minutes of light exercise including, but not limited to:

Casual swim, housework, light walk, playing ball with the kids, home exercise video, Yoga, Pilates, Tai Chi, stretching, window shopping, light weights training, aqua jog