

NEW STARTER PROGRAM

8 Weeks 750/20/5

| WEEK | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|------|---|---|--|---|---------------------------------------|--|--|---|
| MON | Rest | Rest | Rest | Rest | Rest | Rest | Rest | Rest |
| TUE | Run-16 minute fartlek with 4x2 minutes surges . Two minute easy jog between | Run- 20 minute fartlek with 5x2 minute surges Two minute easy jog between | Run-3x1k with 2 minute recovery walk between | Run-3kx1 with 2 minute walk recovery | Run-3x1k with 2 minute walk recovery | Run-4x1k with 90 seconds walk recovery | Run-4x1k with 90 seconds walk recovery | Run-20 minute fartlek with 5x2 minute surges. Two minute easy jog between |
| WED | Swim- 6x50m with 20-30 seconds rest | Swim-8x50m with 20-30 seconds rest | Swim- 10x50m with 20-30 seconds rest | Swim-5x50m 4x100m with 20-30 seconds rest | Swim- 6x100m with 20-30 seconds rest | Swim- 7x100m with 20-30 seconds rest | Swim-8x100 with 20-30 seconds rest | Swim- 300/200/100/50 With 30 seconds rest |
| THU | BRICK Cycle4k/run1k Repeatx3 | Cycle 5x2k with 1k recovery between | Brick Cycle4k/run 1k Repeatx3 | Cycle 5x3k with 1k Recovery between | Brick Cycle6k/run1.5k Repeat x3 | Cycle-5x4k With 1k easy recovery | Cycle 5/4/3/2/1 With 2 -3 minute recovery | Brick Cycle-6x1k with 1k easy +run 3k |
| FRI | Rest | Rest | Rest | Rest | Rest | Rest | Rest | Swim 8x50m With 15 seconds rest |
| SAT | Long ride 45-60 minutes | BRICK Cycle15k/run3 | Long ride 45-60 minutes | Run 30-40 minutes & swim 20 minutes | Long ride 60-75 minutes | Brick Cycle15k/run 4k | Brick Swim 500m/ride15k / Run 4k | rest |
| SUN | Long swim 15-20 minutes | Long swim 15-20 minutes | Long swim 20-25 minutes | Long Ride 60-75 minutes | Long swim 25-30 minutes | Long swim 30 minutes | Long swim 30 minutes | Race750/20/5 |