GPC SQUAD XTERRA TRAINING PLAN

Week one					
Day	**SRPINT TRI**	**S & C**	**LD TRI**	**S & C**	**Comment**
Mon	**750m pool swim:** WU is 50m easy free 12x50 build free on 20 sec rest WD is 50m easy free	30min upper body	**1250m pool swim:** 150 easy free 4x50 front scull with PB R15" 4x50 accel. pace free R15" 4x50 steady paced free PB R15" 4x50 PB + paddles hard paced free R15" 4x50 kick R15" 100 easy paced choice strokes	30min upper body	
Tue	Easy 30min trail run	15min stretching	Easy 45min trail run	15min stretching	
Wed	45min easy Mountain bike ride in trails or on the course	30min lower body	1h easy Mountain bike ride in trails or on the course	30min lower body	
Thu	40min easy jog inc 10x30sec hard x90sec easy	15min stretching	60min easy jog inc 10x45sec hard x75sec easy	15min stretching	
Fri	**750m bay or ocean swim:** Sight each 6 strokes and do 1 set of 10 strokes max x 10 strokes easy	15min stretching	**1250m bay or ocean swim:** Sight each 6 strokes and do 2 sets of 10 strokes max x 10 strokes easy	15min stretching	
Sat	1h road or trainer ride inc 10x30sec max efforts over 100RPM x90sec easy at 80RPM	45min full body	1h30 road or trainer ride inc 10x1min max efforts over 100RPM x2min easy at 80RPM	45min full body	
Sun	30min easy trail run in undulations	30min stretching	45min easy trails run in hills	30min stretching	

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Week two					
Day	**SRPINT TRI**	**S & C**	**LD TRI**	**S & C**	**Comment**
Mon	**1000m pool swim:** 250 easy choice strokes 10x25 build on 20sec rest 4x100 fins as 25 fist, 25 finger drag, 25 fist and 25 touch armpit and rest 20sec 100 easy choice strokes	30min upper body	**1500m pool swim:** 250 easy medley with fins 10x100 at 90% rest is 20sec 5 with paddles 5 with Pull buyo 250 easy choice strokes recovery	30min upper body	
Tue	Easy 40min trail run	15min stretching	Easy 55min trail run	15min stretching	
Wed	1h easy Mountain bike ride in trails or on the course	30min lower body	1h15 easy Mountain bike ride in trails or on the course	30min lower body	
Thu	40min easy jog inc 10x40sec hard x80sec easy	15min stretching	60min easy jog inc 10x60sec hard x90sec easy	15min stretchin g	
Fri	**1000m bay or ocean swim:** Sight each 6 strokes and do 2 sets of 10 strokes max x 10 strokes easy	15min stretching	**1500m bay or ocean swim:** Sight each 6 strokes and do 3 sets of 10 strokes max x 10 strokes easy	15min stretching	
Sat	1h road or trainer ride inc 10x1min max efforts over 100RPM x2min easy at 80RPM	45min full body	1h30 road or trainer ride inc 10x2min max efforts over 100RPM x2min easy at 80RPM	45min full body	
Sun	40min easy trail run in undulations	30min stretching	50min easy trails run in hills	30min stretching	

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Week three					
Day	**SRPINT TRI**	**S & C**	**LD TRI**	**S & C**	**Comment**
Mon	**1250m pool swim:** 3x100 as 25 fist drill + 50 steady + 25 max R20" 8x100 at 90% on a time cycle that gives you ~10sec and 60sec between each 5 reps 4 with pad 4 with PB 150 easy choice strokes recovery	30min upper body	**1750m pool swim:** 250m warm up free 5x50 build on 20sec rest 10x100m fins as 50m max and 50m easy R20" 250 easy free	30min upper body	
Tue	Easy 40min trail run	15min stretching	Easy 55min trail run	15min stretching	
Wed	1h easy Mountain bike ride in trails or on the course	30min lower body	1h15 easy Mountain bike ride in trails or on the course	30min lower body	
Thu	50min easy jog inc 10x60sec hard x120sec easy	15min stretching	60min easy jog inc 10x90sec hard x90sec easy	15min stretching	
Fri	**1250m bay or ocean swim:** Sight each 6 strokes and do 3 sets of 10 strokes max x 10 strokes easy	15min stretching	**1750m bay or ocean swim:** Sight each 6 strokes and do 3 sets of 20 strokes max x 10 strokes easy	15min stretching	
Sat	1h road or trainer ride inc 10x2min max efforts over 100RPM x2min easy at 80RPM	45min full body	1h30 road or trainer ride inc 10x3min max efforts over 100RPM x1min easy at 80RPM	45min full body	
Sun	45min easy trail run in undulations	30min stretching	60min easy trails run in hills	30min stretching	

GPC SQUAD XTERRA TRAINING PLAN

Week four is RECOVERY WEEK					
Day	**SRPINT TRI**	**S & C**	**LD TRI**	**S & C**	**Comment**
Mon	**800m pool swim:** Rest as required between each 100 1. easy swim optional fins 2. Pull B steady pace 6/10 3. 50 kick + 50 easy free 4. 50 one arm drill + 50 threshold free 8/10 5. 25 hard 9/10 + 50 easy free + 25 hard 9/10 6. as 25 fist drill + 75 easy free Wu and Wd is 100m choice	30min upper body	**1250m pool swim:** 250 easy choice strokes 10x25m build on 20sec rest 5x100 fins as 25 fist, 25 switch 6, 25 fist and 25 skull fingers down and rest 30sec 250 easy choice strokes	30min upper body	
Tue	Easy 30min trail run	15min stretching	Easy 45min trail run	15min stretching	
Wed	45min easy Mountain bike ride in trails or on the course	30min lower body	1h easy Mountain bike ride in trails or on the course	30min lower body	
Thu	30min easy jog inc 10x30sec hard x90sec easy	15min stretching	40min easy jog inc 10x30sec hard x90sec easy	15min stretchin g	
Fri	**750m bay or ocean swim:** Sight each 6 strokes and do 1 set of 10 strokes max x 10 strokes easy	15min stretching	**1000m bay or ocean swim:** Sight each 6 strokes and do 1 set of 20 strokes max x 10 strokes easy	15min stretching	
Sat	1h road or trainer ride	45min full body	1h10 road or trainer ride	45min full body	
Sun	35min easy trail run in undulations	30min stretching	40min easy trails run in hills	30min stretching	

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Week five					
Day	**SRPINT TRI**	**S & C**	**LD TRI**	**S & C**	**Comment**
Mon	**1500m pool swim:** 300 easy choice strokes 10x100 paddles as 50 threshold 9/10 + 50 easy R30" 200 easy optional fins	30min upper body	**2000m pool swim:** 200 swim free 4×300 pull + PAD on 20sec rest (100 easy/100 medium/100 strong) 100 easy/recovery IM 4×200 with fins on 15sec rest (50 dolphin-kick on your back/150 swim) 200 cool-down (50 non-free/100 swim/ 50 fist)	30min upper body	
Tue	Easy 50min trail run	15min stretching	Easy 65min trail run	15min stretching	
Wed	1h easy Mountain bike ride in trails or on the course	30min lower body	1h15 easy Mountain bike ride in trails or on the course	30min lower body	
Thu	50min easy jog inc 10x90sec hard x90sec easy	15min stretching	65min easy jog inc 10x120sec hard x60sec easy	15min stretchin g	
Fri	**1500m bay or ocean swim:** Sight each 6 strokes and do 2 sets of 20 strokes max x 10 strokes easy	15min stretching	**1750m bay or ocean swim:** Sight each 6 strokes and do 2 sets of 30 strokes max x 10 strokes easy	15min stretching	
Sat	1h road or trainer ride inc 10x3min max efforts over 100RPM x1min easy at 80RPM	45min full body	1h30 road or trainer ride inc 10x4min max efforts over 100RPM x1min easy at 80RPM	45min full body	
Sun	50min easy trail run in undulations	30min stretching	65min easy trails run in hills	30min stretching	

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Week six					
Day	**SRPINT TRI**	**S & C**	**LD TRI**	**S & C**	**Comment**
Mon	**1750m pool swim:** Rest as required after each rep 250 easy free Rest as required: 4x100 as 50 one arm drill + 50 steady pace free (7/10 effort) 10x50 as 25 finger drag drill + 25 max free (10/10 effort) 4x100m fins as 25 R arm, 25 switch 6, 25 L arm and 25 doggy drill 200 easy free	30min upper body	**2200m pool swim:** Rest as required after each rep 200 easy free 6x25 focus on high cadence arms 100 easy form stroke (anything but free) 6x25 fist drill focus on using whole arm to pull 100 easy form stroke (anything but free) 4x100 as 50 one arm drill + 50 steady pace free (6/10 effort) 100 easy form stroke (anything but free) 8x50 as 25 finger drag drill + 25 max free (10/10 effort) 5x100m fins as 25 R arm, 25 switch 6, 25 L arm and 25 doggy drill 100 easy free	30min upper body	
Tue	Easy 55min trail run	15min stretching	Easy 70min trail run	15min stretching	
Wed	1h easy Mountain bike ride in trails or on the course	30min lower body	1h15 easy Mountain bike ride in trails or on the course	30min lower body	
Thu	55min easy jog inc 10x120sec hard x120sec easy	15min stretching	75min easy jog inc 10x150sec hard x90sec easy	15min stretchin g	
Fri	**1500m bay or ocean swim:** Sight each 6 strokes and do 3 sets of 20 strokes max x 10 strokes easy	15min stretching	**1750m bay or ocean swim:** Sight each 6 strokes and do 3 sets of 30 strokes max x 10 strokes easy	15min stretching	
Sat	1h15 road or trainer ride inc 10x4min max efforts over 100RPM x1min easy at 80RPM	45min full body	1h30 road or trainer ride inc 10x5min max efforts over 100RPM x1min easy at 80RPM	45min full body	
Sun	55min easy trail run in undulations	30min stretching	70min easy trails run in hills	30min stretching	

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Week seven					
Day	**SRPINT TRI**	**S & C**	**LD TRI**	**S & C**	**Comment**
Mon	**2000m pool swim:** WU 400 choice strokes Set 1: Repeat twice 50 hard on 10sec rest 50 moderate on 15 sec rest 50 easy on 20sec rest 4x100 hard on 30sec rest 100 recovery on 30sec rest Set 3: Repeat 3 times 4x50 hard on 15sec rest WD 200 easy choice strokes	30min upper body	**2500m pool swim:** 200 easy choice strokes 8x50 as 25 max + 25 easy R15" 8x100 paddles as 50 threshold 8/10 + 50 easy R30" 100m easy IM 8x100 Paddles as 75 threshold 8/10 + 25 max 10/10 rest 20sec 200 easy optional fins	30min upper body	
Tue	Easy 60min trail run	15min stretching	Easy 75min trail run	15min stretching	
Wed	1h easy Mountain bike ride in trails or on the course	30min lower body	1h15 easy Mountain bike ride in trails or on the course	30min lower body	
Thu	60min easy jog inc 10x150sec hard x150sec easy	15min stretching	75min easy jog inc 10x180sec hard x60sec easy	15min stretchin g	
Fri	**1500m bay or ocean swim:** Sight each 6 strokes and do 3 sets of 30 strokes max x 10 strokes easy	15min stretching	**1750m bay or ocean swim:** Sight each 6 strokes and do 3 sets of 40 strokes max x 10 strokes easy	15min stretching	
Sat	1h20 road or trainer ride inc 10x5min max efforts over 100RPM x1min easy at 80RPM	45min full body	1h40 road or trainer ride inc 10x6min max efforts over 100RPM x1min easy at 80RPM	45min full body	
Sun	60min easy trail run in undulations	30min stretching	75min easy trails run in hills	30min stretching	

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Week eight is RECOVERY WEEK					
Day	**SRPINT TRI**	**S & C**	**LD TRI**	**S & C**	**Comment**
Mon	**1000m pool swim:** 100m free Wup and Wdown 4x200m as 50 tempo, 100 hard, 50 easy and rest 30sec	30min upper body	**1500m pool swim:** 150m easy free Wup and Wdown 3x400m pad and Pull buyo descending your time by 5sec each 400 as 80,85,90%	30min upper body	
Tue	Easy 30min trail run	15min stretching	Easy 45min trail run	15min stretching	
Wed	45min easy Mountain bike ride in trails or on the course	30min lower body	1h easy Mountain bike ride in trails or on the course	30min lower body	
Thu	30min easy jog inc 10x40sec hard x80sec easy	15min stretching	40min easy jog inc 10x40sec hard x80sec easy	15min stretchin g	
Fri	**750m bay or ocean swim:** Sight each 6 strokes and do 1 set of 10 strokes max x 10 strokes easy	15min stretching	**1000m bay or ocean swim:** Sight each 6 strokes and do 1 set of 20 strokes max x 10 strokes easy	15min stretching	
Sat	1h road or trainer ride	45min full body	1h15 road or trainer ride	45min full body	
Sun	35min easy trail run in undulations	30min stretching	40min easy trails run in hills	30min stretching	

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Week nine					
Day	**SRPINT TRI**	**S & C**	**LD TRI**	**S & C**	**Comment**
Mon	**2000m pool swim:** 6x50m as 50m breathe 4 and 50 back R15sec 10x100m PB tempo to hard on 15sec rest 12x25 accel on 30sec 400m snorkel as 25 tech and 25 swim	30min upper body	**2500m pool swim:** 200 easy choice strokes 8x50 as 25 max + 25 easy R15" 8x100 paddles as 50 threshold 8/10 + 50 easy R30" 100m easy IM 8x100 Paddles as 75 threshold 8/10 + 25 max 10/10 rest 20sec 200 easy optional fins	30min upper body	
Tue	Easy 60min trail run	15min stretching	Easy 75min trail run	15min stretching	
Wed	1h15 easy Mountain bike ride in trails or on the course	30min lower body	1h30 easy Mountain bike ride in trails or on the course	30min lower body	
Thu	60min easy jog inc 10x200m hard x200m easy. Can be done on track or trails	15min stretching	75min easy jog inc 10x400m hard x200m easy. Can be done on track or trails	15min stretchin g	
Fri	**1500m bay or ocean swim:** Sight each 6 strokes and do 4 sets of 20 strokes max x 10 strokes easy	15min stretching	**2000m bay or ocean swim:** Sight each 6 strokes and do 4 sets of 30 strokes max x 10 strokes easy	15min stretching	
Sat	1h30 road or trainer ride inc 10x1min max x2min easy and 30min hard TT	45min full body	1h50 road or trainer ride inc 10x2min max x2min easy and 30min hard TT	45min full body	
Sun	60min easy trail run in undulations	30min stretching	75min easy trails run in hills	30min stretching	

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Week ten					
Day	**SRPINT TRI**	**S & C**	**LD TRI**	**S & C**	**Comment**
Mon	**2000m pool swim:** 500m snorkel easy free 10x100m Steady R:30” N1,6,8 No aid N2,4,9 Pad + PullB N3,5,7,10 paddles only 500m easy IM fins (1 arm fly)	30min upper body	**2500m pool swim:** 400 fins as 25 skull belly + 25 fist Cruise 1000 include 800 Free tempo 200 Free max and rest 2min Kick set: 8 x 25 dolphin kick on BK R 10” 16 x 25 alternating 25 Kick + 25 FR max! R 30” 500m WD as 25 kick + skull, 25 doggy, 25 1 arm and 25 the other arm	30min upper body	
Tue	Easy 60min trail run	15min stretching	Easy 75min trail run	15min stretching	
Wed	1h15 easy Mountain bike ride in trails or on the course	30min lower body	1h30 easy Mountain bike ride in trails or on the course	30min lower body	
Thu	60min easy jog inc 10x400m hard x200m easy. Can be done on track or trails	15min stretching	75min easy jog inc 10x600m hard x200m easy. Can be done on track or trails	15min stretchin g	
Fri	**1500m bay or ocean swim:** Sight each 6 strokes and do 5 sets of 20 strokes max x 10 strokes easy	15min stretching	**2000m bay or ocean swim:** Sight each 6 strokes and do 5 sets of 30 strokes max x 10 strokes easy	15min stretching	
Sat	1h40 road or trainer ride inc 10x2min max x2min easy and 30min hard TT	45min full body	2h00 road or trainer ride inc 10x2min max x1min easy and 45min hard TT	45min full body	
Sun	60min easy trail run in undulations	30min stretching	75min easy trails run in hills	30min stretching	

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Week eleven					
Day	**SRPINT TRI**	**S & C**	**LD TRI**	**S & C**	**Comment**
Mon	**2000m pool swim:** 4x100 R20" 25 one arm + 50 free + 25 one arm 16x 25 accel. pace pull B rest 15sec 400 max TT and rest 2min 400 alt. 50 free max + 50 choice strokes 400 as 25 fist drill + 75 steady free	30min upper body	**2500m pool swim:** 6x100 as 25 one arm + 50 free + 25 one arm and rest 20sec 6x50 build paddles and rest 15sec 16x25 accel. pace Pull Buoy rest 10sec 400 max TT and rest 2min 300m 80% TT 200m 90% TT 100m all out 200m free easy	30min upper body	
Tue	Easy 60min trail run	15min stretching	Easy 75min trail run	15min stretching	
Wed	1h15 easy Mountain bike ride in trails or on the course	30min lower body	1h30 easy Mountain bike ride in trails or on the course	30min lower body	
Thu	60min easy jog inc 10x500m hard x100m easy. Can be done on track or trails	15min stretching	75min easy jog inc 10x800m hard x200m easy. Can be done on track or trails	15min stretchin g	
Fri	**1500m bay or ocean swim:** Sight each 6 strokes and do 5 sets of 30 strokes max x 10 strokes easy	15min stretching	**2000m bay or ocean swim:** Sight each 6 strokes and do 5 sets of 40 strokes max x 10 strokes easy	15min stretching	
Sat	1h45 road or trainer ride inc 10x3min max x1min easy and 30min hard TT	45min full body	2h00 road or trainer ride inc 10x4min max x2min easy and 30min hard TT	45min full body	
Sun	60min easy trail run in undulations	30min stretching	75min easy trails run in hills	30min stretching	

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Week twelve is RECOVERY WEEK					
Day	**SRPINT TRI**	**S & C**	**LD TRI**	**S & C**	**Comment**
Mon	**1000m pool swim:** 5x200m as 25 kick with PB in hands, 75m free finger drag, 25 drills and 75m free fist closed swim R 1min	30min upper body	**1500m pool swim:** 5x100 as 25 fist drill + 50 steady + 25 finger drag R20" 5x100 build in last 50m only and rest 30sec 5x100 easy choice strokes recovery and try different strokes please in each 100m. Fins OK	30min upper body	
Tue	Easy 30min trail run	15min stretching	Easy 45min trail run	15min stretching	
Wed	45min easy Mountain bike ride in trails or on the course	30min lower body	1h easy Mountain bike ride in trails or on the course	30min lower body	
Thu	30min easy jog inc 10x30sec build x90sec easy	15min stretching	40min easy jog inc 10x30sec build x90sec easy	15min stretching	
Fri	**Full day off**	15min stretching	**Full day off**	15min stretching	
Sat	**Race prep:** 40min MTB inc 10x15sec hard at 110RPM x45sec easy 10min run off the bike easy 5min ocean swim easy	15min stretching	**Race prep:** 40min MTB inc 10x15sec hard at 110RPM x45sec easy 20min run off the bike inc 5x10sec build x50sec easy 10min ocean swim inc 5x10 strokes max x20 strokes easy	15min stretching	
Sun	**Xterra race day:** Wup is 8min easy jog and 4min easy ocean swim inc 5x10sec accel in each sport Wdown is 10min walk	30min stretching	**Xterra race day:** Wup is 10min easy jog and 5min easy ocean swim inc 5x10sec accel in each sport Wdown is 10min jog	30min stretching	