



Always ensure a thorough warm up for each training session involving the muscles that will be used in the session.
Complete the session with a cool down of combined stretches targeting specific muscles used.

To stay consistent find yourself a training buddy or join a group.
Training with others will have a positive affect on your performance and keep you accountable.

For assistance please contact Savvy Fitness on 42264480 or email at getfit@teamsavvy.com.au

	WEEK 1 16th Dec	WEEK 2 23rd Dec	WEEK 3 30th Dec	WEEK 4 6th Jan	WEEK 5 13th Jan	WEEK 6 20th Jan
Run 1 – Intervals Hard efforts followed by recovery. TIP: Always include a comprehensive warm up.	10 x 60sec hard efforts with 30sec recovery	2 x 200m, 400m, 600m hard efforts with Standing recovery	3 x 1km efforts with Standing recovery	10 x 60sec hard efforts with 30sec recovery	2 x 200m, 400m, 600m hard efforts with Standing recovery	3km on/off 60sec/60sec (early in the week)
Run 2 – Tempo Continuous run at an 'out of comfort zone' pace TIP: Although continuous the intensity should be moderate to high	3km (1k easy then 2k at tempo pace)	3km (1k easy then 2k at tempo pace)	4km (1k easy then 3k at tempo pace)	4km (1k easy then 3k at tempo pace)	5km (1k easy then 4k at tempo pace)	3km (easy)
Swim (Pool)	Warm Up 2 x 50m easy (stroke of your choice) 4 x 100m, no set pace, technique focus and getting the feel for the water.	Warm Up 2 x 50m (mod) 4 x 100m Build pace by 50m hard/50m easy with Rest 30sec between each 100m	Warm Up 100m easy (finger trail drill) 3 x 150m (100m hard, 50m easy)	Warm Up 100m easy 1 x 100m (mod) 1 x 50 (hard) 1 x 200m (mod) 1 x 50 (hard) 1 x 100m (mod) Rest 30 to 60sec between sets.	Warm Up 100m easy 1 x 50m (hard) 1 x 200m (mod) 1 x 50m (hard) 1 x 200m (mod) Rest 30 to 60sec between sets.	Warm Up 100m easy (finger trail drill) 1 x 200m continuous (easy) 1 x 100m easy (finger trail drill)

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<p>Run/Swim (Ocean, if possible)</p> <p>Practice transition and condition the muscles</p> <p>TIP: If you need company in the water, Savvy Fitness conduct Ocean swim sessions on</p>	<p>Short Course practice at Belmore Basin</p> <p>1 lap of harbour/3k run</p> <p>* Alternative Ocean pool 400m swim/3k run</p>	<p>Short Course practice at Belmore Basin</p> <p>1 lap of harbour/1k run Repeat for a total of 2-3 sets</p> <p>* Alternative Ocean pool 400m swim/3k run</p>	<p>Short Course practice at Belmore Basin</p> <p>2 laps of harbour/ 3k run</p> <p>* Alternative Ocean pool 2 x 400m swim/3k run</p>	<p>Short Course practice at Belmore Basin</p> <p>2 laps of harbour/ 5k run</p> <p>* Alternative Ocean pool 2 x 400m swim/5k</p>	<p>Short Course practice at Belmore Basin</p> <p>1 lap of harbour/ 3k run (easy)</p> <p>* Alternative Ocean pool 400m swim/3k run</p>	<p>The Australia Day Aquathon</p>
<p>Cross Training</p> <p>Cardiovascular conditioning whilst choosing activities that allow the running and swimming muscles to recover. This is an optional extra.</p> <p>TIP: Savvy Fitness sessions run everyday of the week and have multiple cross training options.</p>	Boxing or Cycling	Boxing or Cycling	Boxing or Cycling	Boxing or Cycling	Boxing or Cycling	Boxing or Cycling
<p>Supplementary Training</p> <p>Assisting in strengthening and conditioning muscles as well as preventing injury. This is an optional extra</p> <p>TIP: Savvy Fitness sessions run everyday of the week and have many classes that focus on supplementing your performance.</p>	Strength, flexibility & Core conditioning	Strength, flexibility & Core conditioning	Strength, flexibility & Core conditioning	Strength, flexibility & Core conditioning	Strength, flexibility & Core conditioning	Rest and Recovery
<p>Recovery/Rest</p>	1-2 days within the week	1-2 days within the week	1-2 days within the week	1-2 days within the week	1-2 days within the week	2 days before the event