

CPT Six week training plan

Session	WK 1 10/02	WK 2 17/02	WK 3 24/02	WK 4 03/03	WK 5 10/03	WK 6 17/03
1. TUES	Swim @ St Jo's 8 - 9.50pm Endurance/skills	Swim @ St Jo's 8 - 9.50pm Endurance/skills	Swim @ St Jo's 8 - 9.50pm Endurance/skills	Swim @ St Jo's 8 - 9.50pm Technique/aerobic	Swim @ St Jo's 8 - 9.50pm Aerobic Endurance	Swim @ St Jo's 8 - 9.50pm Technique/aerobic
2. WED	Carl's Run/Road 9k Fartlek 7.30-8.30pm @ CP	Carl's Run/Road 10k Fartlek 7.30-8.30pm @ CP	Carl's Run/Road Hill Reps 7.30-8.30pm @ CP	Carl's Run/Road T.B.C 7.30-8.30pm @ CP	Carl's Run/Road T.B.C 7.30-8.30pm @ CP	Carl's Run/Road T.B.C 7.30-8.30pm @ CP
3. THUR	Swim @ The Bridge 7.45 – 9 pm Aerobic Endurance	Swim @ The Bridge 7.45 – 9 pm Aerobic Endurance	Swim @ The Bridge 7.45 – 9 pm Technique based	Swim @ The Bridge 7.45 – 9 pm Aerobic/skills based	Swim @ The Bridge 7.45 – 9 pm Technique based	Swim @ The Bridge 7.45 – 9 pm Aerobic Endurance
4. FRI	Swim @ DCPS 7.45 – 8.45 pm “Winter of Sport” Technique based session	Swim @ DCPS 7.45 – 8.45 pm Technique based session	Swim @ DCPS 7.45 – 8.45 pm Technique based session	Swim @ DCPS 7.45 – 8.45 pm Technique based session	Swim @ DCPS 7.45 – 8.45 pm Technique based session	Swim @ DCPS 7.45 – 8.45 pm Technique based session
5. SAT	“WINTER OF SPORT” 9-10.30AM	Coached Turbo / Run 9-10.30am @ C.P. Track			Coached Turbo / Run/ Circuits 9-11am @ C.P. Track	Coached Conditioning / Run 9-10.30am @ C.P. Track
6. SUN	Sun Club Ride 8.30am Faster Group COACH LED 9.30am Improvers COACH LED	Sun Club Ride 8.30am Faster Group 9.30am Improvers COACH LED	Sun Club Ride 8.30am Faster Group COACH LED 9.30am Improvers COACH LED	Sun Club Ride 8.30am Faster Group 9.30am Improvers COACH LED	Sun Club Ride 8.30am Faster Group 9.30am Improvers COACH LED	Sun Club Ride 8.30am Faster Group 9.30am Improvers COACH LED