

CPT Six week training plan

Session	WK 1 30/12	WK 2 06/01	WK 3 13/01	WK 4 20/01	WK 5 27/01	WK 6 03/02
1. TUES	NO SWIM  Carl's Run / Steady 7.30-8.30pm @ CP	NO SWIM Coached Track session 6.30-7.30pm @ C.P.	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	NO RUN	Carl's Run/Road 9k Fartlek  7.30-8.30pm @ CP	Carl's Run/Road Long Hills  7.30-8.30pm @ CP	Carl's Run/Road 10k Fartlek  7.30-8.30pm @ CP	Carl's Run/Road 10k Fartlek  7.30-8.30pm @ CP	Carl's Run/Road Long Hills  7.30-8.30pm @ CP
3. THUR	"Happy New Year"  NO SWIM	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	NO SWIM	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			<b>Coached Run</b> 8.30-10am @ C.P. <b>Track &amp; Technique</b>		<b>Coached Turbo / Run</b> 8.30-10am @ C.P. Track	
6. SUN	Tadworth 10 mile  Sun Club Ride 8.30am Faster Group COACH LED	Sun Club Ride 8.30am Faster Group  9.30am Improvers	Sun Club Ride 8.30am Faster Group  9.30am Improvers	Sun Club Ride 8.30am Faster Group  9.30am Improvers COACH LED	Sun Club Ride 8.30am Faster Group  9.30am Improvers	Sun Club Ride 8.30am Faster Group  9.30am Improvers