

Christmas Training Session Options

Monday	Runcorn Pool	Swim / Water run
	<p>10 minutes easy swim and 10 minutes easy run as warm up. Main set – SWIM: 50m catch up; 50m Free; 50m Finger drag; 50m Free. WATER RUN: 25m Long strides; 25m knees up; 25m Butt kicks; 25m easy pace. Repeat both swim and water run.</p>	
Tuesday AM	ANZ Stadium	Windtrainer / Run
Workout option 1	<p>Cycle 10 minutes warm up, run 10 minutes easy warm up. CYCLE: Max gear continuously for 10 minutes; RUN: 1klm or 500m. Repeat x 4 (Strength workout)</p>	
Workout option 2	<p>Cycle 10 minutes warm up, run 10 minutes easy warm up. CYCLE: (2 minutes cadence 90+, 1 min rest, 1 minute max cadence, 30 sec rest) x 4 repeats RUN: (400m fast) x 4 repeats Repeat the cycle and run x 3-4</p>	
Tuesday PM	Hibiscus Pool	Swim
Workout option 1	<p>Warm up – 8 x 25's medley 6-8 x 400/300/200 on 1 min rest. Rotate each set (eg 400) through free; paddles; paddles, pull and band; free, pull and band. Cool down – 8 x 25's medley</p> <p style="text-align: center;">NOTE: Long course athletes = 400's; Olympic distance athletes = 300's; Sprint course athletes = 200's</p>	
Workout option 2	<p>Warm up – 8 x 25's medley 6-8 x 500/400/300 on 1 min rest. Rotate each set though as previous workout option 1</p>	
Wednesday	ANZ Trails	Run
	<p>Run 60 – 90 minutes at E2. Group together with others of similar run pace.</p>	

Thursday AM	Murarrie	Ride
	Join the session at Murarrie. If unable to join the session ride for one hr – one lap fast, one lap easy. Run off bike 1 lap easy.	
Thursday PM	Runcorn Pool	Swim
Workout option 1	<p>Warm up – 4 x 25's medley. 8 x 25's building pace, 4 x 50's fast on 1 min rest – x 4 25 fast, 25 medium, 25 easy, 25 medium, 25 fast x 6 on 1 min rest. Cool down – 4 x 25's medley</p>	
Workout option 2	<p>Warm up – 4 x 25's medley 200 easy, 2 x 25's fast on 30 sec rest. 100 easy, 4 x 25's fast on 30 sec rest, 50 easy, 6 x 25's fast on 30 sec rest. 8 x 25's on 30, 25, 20, 15, 10, 5 & 5 sec rest. Repeat x 3</p>	
Friday AM	ANZ Stadium	Run
Workout option 1	<p>Warm up – easy run 400's x 12/16/20 on 1 minutes rest @ max pace. Cool down well</p>	
Workout option 2	<p>Warm up – easy run. 800 fast, 1 minute rest. 400 fast, 90 sec rest. Repeat x 3/4/5-6 Cool down well.</p>	