



XMan Sprint, WIMBLEBALL: 6 WEEK TRAINING PLAN

The template training programme below provides a base programme for the 6 weeks leading up to the XMan Sprint, Wimbleball. It assumes that athletes have a base of triathlon fitness and have around 2-5hrs a week to train. This programme is available in editable format (Numbers/Excel files) so that you can modify sessions to suit your training needs. For full event information visit www.xmanevents.com

| CODES: | Each session is coded with an XMAN EFFORT LEVEL (X#) Rated 1 to 5: 1 = minimal effort /recovery, 5 = maximum sustainable effort. | | Recovery Weeks = take it a bit easier | XMAN Event Specific Tips: SWIM: Open water swim sessions at Wimbleball Lake: May 21st & June 4th. | | | |
|---------|--|--|--|---|---|--|---|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Week 01 | Rest Day | Type: Swim Time: 15mins Instruction: Easy technique session (X1) | Type: Cycle Time: 30mins Instruction: Tempo Ride (X3) | Type: Run Time: 20mins Instruction: Tempo Run (X4) | Rest Day | Type: Cycle Time: 1hr Instruction: Easy Ride (X1) | Type: Brick Time: 1.5hrs Instruction: Bike 1hrs Easy spinning build to Moderate effort (X3) followed by 30min easy run. |
| Week 02 | Rest Day | Type: Swim Time: 15mins Instruction: Speed session 10min warm up (X1) + 16 x 100m (X4) + cool down | Type: Cycle Time: 45mins Instruction: Interval Session 10min warm up + 6 x (3min(X5) + 1min (X1) + 10(X3)) | Type: Run Time: 25min Instruction: Endurance Run (X3) | Rest Day | Type: Cycle Time: 1.5hrs Instruction: Tempo Ride (X3) | Type: Brick Time: 1.25hrs Instruction: Bike 1hrs Easy spinning build to Moderate effort (X3) followed by 25min easy run (X2). |
| Week 03 | 1 | Type: Swim Time: 20mins Instruction: Speed session warm up + 20 x 100m (X5) + 20s rest, + cool down | Type: Cycle Time: 45mins Instruction: Tempo Ride (X3) | Type: Run Time: 30mins Instruction: interval session - 10 minute warm up, 8 x (4 mins (X4), 1 min recovery (X1)), 10 minute cool down | Type: Swim Time: 30mins Instruction: Tempo / Endurance swim warm up + 5x400m (X3toX4) + 30s rest, + cool down | Type: Run Time: 35mins Instruction: Steady Run (X2) | Type: Cycle Time: 2hrs Instruction: Easy Ride (X2) |
| Week 04 | Rest Day | Type: Swim Time: 20mins Instruction: Easy technique session (X1 to X2) | Type: Cycle Time: 30mins Instruction: easy Ride (X2) | Type: Run Time: 20mins Instruction: Steady Run (X3) | Rest Day or Easy Swim (X1) | Type: Run Time: 30mins Instruction: Steady Run (X2) | Type: Cycle Time: 1hrs Instruction: Easy Ride (X2) |
| Week 05 | Rest Day | Type: Swim Time: 30mins Instruction: Tempo / Endurance warm up + 5x400m (X3to X4) + 30s rest,+ cool down | Type: Cycle Time: 50mins Instruction: Tempo ride (X3) | Type: Run Time: 35mins Instruction: Endurance Run (X2) | Type: Swim Time: 35mins Instruction: Easy technique session (X1 to X2) | Type: Cycle Time: 1hr Instruction: Interval session 10min warm up, 5 x (8mins (X4), 2 mins (X1)), 10 mins cool down (X1) | Type: Brick Time: 1.5hr Instruction: Bike 1hr (X2) followed by Run 30 min (X2) + 30min (X3). |
| Week 06 | Rest Day | Type: Swim Time: 20mins Instruction: Easy technique session (X1 to X2) | Type: Cycle Time: 35min instruction: Easy ride (X2) | Type: Run Time: 15mins Instruction: easy Run (X2) | Rest Day | Type: Cycle Time: 30mins Instruction: Steady Ride (X2) | XMan Sprint |

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