

# **5 WEEKS BEGINNERS TRAINING PLAN FOR THE EXSS MULTISPORT EVENT**

Presenting a Novice Training Program for the EXSS Multisport Event, tailor-made for individuals new to the world of athletics or those who've taken a hiatus from exercise. By committing to this 5-week regimen, you'll prepare yourself to successfully participate in the Bolt Event, whether it's within the realms of Triathlon, Duathlon, or Aquabike. The plan spans four days a week, granting you the freedom to choose your training days. It's a gradual approach, ensuring you build up your fitness so that come race day, you'll be fully prepared to conquer the entire event. This user-friendly program offers flexibility to accommodate your lifestyle. We anticipate your presence at the starting line of the EXSS Multisport Event, and we're excited to see you there!

<b>Weeks 1-5</b>		<b>TRAINING</b>
1	Week 1	<b>SWIMMING:</b> 10 x 50 metres easy pace with 30 seconds rest at each end
2		<b>CYCLING:</b> 20 mins easy pace <b>RUNNING:</b> after the bike 5 mins easy pace
3		
4		<b>SWIMMING:</b> 200 metres non stop, rest 1 min 2 x 100 metres, 30 secs rest between each 2 x 50 metres, 20 secs rest between each
5		
6		<b>CYCLING:</b> 20 mins easy pace <b>RUNNING:</b> after the bike 10 mins easy pace

7		
1	<b>Week 2</b>	<b>SWIMMING:</b> 10 x 50 metres easy pace with 25 seconds at each end
2		<b>CYCLING:</b> 20 mins easy pace <b>RUNNING:</b> after the bike 10 mins at an easy pace
3		
4		<b>SWIMMING:</b> 2 x 200 metres non stop, rest 1 minute 2 x 100 metres 30 secs rest between each 100 2 x 50 metres 20 secs rest between each 50
5		
6		<b>CYCLING:</b> 25 mins easy pace <b>RUNNING:</b> after the bike 10 mins easy pace
7		
1	<b>Week 3</b>	<b>SWIMMING:</b> 10 x 50 metres easy pace with 20 seconds rest at each end <b>RUNNING:</b> after swim 10 mins easy
2		<b>CYCLING:</b> 20 mins at a harder pace <b>RUNNING:</b> after the bike 5 minutes at a harder pace then 5 minutes at an easy pace
3		
4		<b>SWIMMING:</b> 3 x 200 metres non stop rest 1 minute in between
5		
6		<b>CYCLING:</b> 25 mins, 10 mins at a easy pace then 5 mins at a harder pace <b>RUNNING:</b> after the bike 5 minutes at a harder pace then 5 minutes at an easy pace
7		

1	<b>Week 4</b>	<b>SWIMMING:</b> 10 x 50 metres easy pace with 15 seconds rest at each end <b>RUNNING:</b> after swim 10 mins easy
2		<b>CYCLING:</b> 20 mins at a harder pace <b>RUNNING:</b> after the bike 10 minutes at a harder pace then 10 minutes at an easy pace
3		
4		<b>SWIMMING:</b> 2 x 300 metres non stop rest 1 minute in between
5		
6		<b>CYCLING:</b> 25 minutes at a harder pace <b>RUNNING:</b> after the bike, 10 minutes at a harder pace then 10 minutes at an easy pace
7		
1	<b>Week 5 RACE WEEK</b>	<b>SWIMMING:</b> 1 x 400 metres easy pace 1 minute rest then 2 x 100 metres with 15 secs rest <b>RUNNING:</b> after swim 10 mins easy
2		<b>CYCLING:</b> 20 mins at a harder pace <b>RUNNING:</b> after the bike 10 minutes at a harder pace then 5 minutes at an easy pace
3		
4		<b>SWIMMING:</b> 1 x 500 metres non stop rest 1 min then 100 metres
5		
6		Day before the event <b>CYCLING:</b> 10 minutes at a easy pace <b>RUNNING:</b> after the bike, 5 minutes at an easy pace
7		<b>RACE DAY:</b> EXSS Triathlon, Duathlon and AquaBike

