

### 3 Month Training Plan Leading To Pier To Pub

Based on 4 sessions per week

Weeks To Competition	13	12	11	10	9	8	7	6	5	4	3	2	1	Pier To Pub
Monday's date	15/10/2012	22/10/2012	29/10/2012	5/11/2012	12/11/2012	19/11/2012	26/11/2012	3/12/2012	10/12/2012	17/12/2012	24/12/2012	31/12/2012	7/1/2013	12/1/2013
Km's	16	16	16.5	16.5	17	17	18	18	20	18	17	16	16	
Phase	AB	AB	AB	AB/LT	AB/LT	AB/LT	AB/LT	AB/LT	AB/LT	AB/LT/S	LT/S	LT/S	Preparation Week	
Monday (12x100 set)	Threshold speed test						Threshold speed test							
Wednesday														
Thursday	Kick and pull test set									Kick and pull test set				
Saturday							Mentone 1000 Race							RACE DAY!!!

Threshold based sets

Test Sets

AB= Aerobic Base

LT = Lactic Tolerance

S = Speed

Kick and pull test set: 400/300/200/100 with 100m recovery

Threshold speed test (also known as CSS):

<http://www.brianmac.co.uk/css.htm>