

www.theteamcore.com Session Description & Breakdown

Day	Time	Session	Breakdown	Description	How Hard?	Coaches (TBC)	Location
Monday	7.00 to 8.00am	Swim	50% technique, 40% endurance, 10% speed	Great way to start the week: a mix of 50m drills with some longer intervals of 2 to 400m at 75% effort.	Quite a cruisey set this one. No pressure on times etc, just feeling good with your stroke.	Paul Newsome & Ceinwen Williams	Claremont Pool
	9.30 to 10.30am	Swim	25% technique, 70% endurance, 5% speed	A blend of longer intervals from 300m to 1km with drill technique work ensuring a smooth stroke!	Intensity is relatively low, but if distance is not your thing, this will be a challenging set.	Paul Newsome & Ceinwen Williams	Claremont Pool
	6.00 to ~7.30pm	Run	Endurance development	Long, continuous run often with run-walk methodology rolled in.	Moderate intensity but the challenge is in the distance covered.	Glen Blackwell & Mike Bowles	UWA, Crawley
Tuesday	5.30 to 6.30am	Swim	25% technique, 70% endurance, 5% speed	Same session as Monday 9.30am (see above)	Same session as Monday 9.30am (see above)	Paul Newsome & Adam Young	Claremont Pool
	6.30 to 7.30am	Swim	25% technique, 70% endurance, 5% speed	Same session as Monday 9.30am (see above)	Same session as Monday 9.30am (see above)	Paul Newsome & Adam Young	Claremont Pool
	6.15 to 7.15pm	Swim	25% technique, 70% endurance, 5% speed	Same session as Monday 9.30am (see above)	Same session as Monday 9.30am (see above)	Adam Young & Sandy Burt	Claremont Pool
Wednesday	5.30 to 7.00am	Swim	15% technique, 50% endurance, 35% speed	Starts off with 15 mins of stretching or option to just swim for first 15 mins, then some solid training sets of between 200 and 500m.	This will be a good solid training set and very well suited to those wishing to get in 3.5 to 5.0km in a session.	Ceinwen Williams & Nikki Rogers	Claremont Pool
	5.50 to 7.30am	Cycle	Threshold development	Steady 25 mins warm-up then 45 to 60 mins worth of intervals focusing on time trial ability	Total distance will be ~55km and will be challenging but main set is all done at your OWN pace!	Paul Newsome	Mount St, Perth
	9.30 to 10.30am	Swim	20% technique, 15% endurance, 65% speed	This is where your swim-specific fitness gets a good going over. Intervals of 50 to 200m at best maintainable pace. The "technique" element is in how well you pace yourself!	This is probably the most challenging session of the week, but entirely necessary. Give it a try and you'll be glad you did. The word "virtuous" is often rallied around AFTER the session!	Paul Newsome & Adam Young	Claremont Pool
Thursday	6.00 to 7.00am	Ocean Swim	Specific openwater skills	If you need to develop your openwater skills, i.e. sighting, drafting, mass starts etc - this is for you! A bit of beach running is involved. Wetsuits optional.	Your heart will be in your mouth at various stages in this FUN swim session. You can't get more specific for triathlon than this one - enjoy!	Paul Newsome & Adam Mullens & Nikki Rogers	Cottesloe Beach
	6.00 to 7.15pm	Run	Threshold development	What is your maintainable speed like over a given distance? Use this session to find out. Intervals range from 400m to 5km at race pace.	A challenging session, made more so by inefficient pacing strategies. Work on this and this session will really help you!	Paul Newsome & Sandy Burt or Mike Bowles	McGilvray Oval

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Day	Time	Session	Breakdown	Description	How Hard?	Coaches (TBC)	Location
Friday	5.30 to 6.30am	Swim	20% technique, 15% endurance, 65% speed	Same session as Wednesday 9.30am (see above)	Same session as Wednesday 9.30am (see above)	Paul Newsome & Adam Young	Claremont Pool
	6.30 to 7.30am	Swim	20% technique, 15% endurance, 65% speed	Same session as Wednesday 9.30am (see above)	Same session as Wednesday 9.30am (see above)	Paul Newsome & Adam Young	Claremont Pool
	9.30 to 10.30am	Swim	50% technique, 40% endurance, 10% speed	Same session as Monday 7.00am (see above)	Same session as Monday 7.00am (see above)	Adam Young & Nicola Holmes	Claremont Pool
	4.30 to 7pm	Swim	10% technique, 85% endurance, 5% speed	What pace can you maintain to Rottnest? If you don't know you will after this one! Long intervals of between 500m and 5km (!) at Rotto Pace. Great with friends!!!	The challenge in this session is purely in the distance, not in the intensity. Develop perfect aerobic efficiency.	Uncoached but Paul Newsome will be there swimming with you or have at least informed you of the session to complete beforehand.	Claremont Pool
Saturday	6.30 to ~9.30am	Cycle / Brick	Endurance development	A long, steady group ride or the precursor to a run-off the bike for those doing TRIs this summer.	As easy or as hard as you want to make it given your various goals.	Glen Blackwell	Bell Tower
	8.00 to ~10.00am	Ocean Swim	Endurance development	Back up Friday afternoon's dedicated Rottnest session with a long, continuous openwater session.	Intensity and duration in most parts will be determined by how well you pull-up from yesterday. Think of it as a "loosen-up" in the ocean.	Uncoached but Ceinwen Williams will be there swimming with you or have at least informed you of the session to complete beforehand.	Varies each week
	1.00 to 2.00pm	Swim	10% technique, 10% endurance, 80% speed	If you need to develop your openwater skills, i.e. sighting, drafting, mass starts etc - this is for you! Similar in structure to Thursday morning, but pool based and more "controlled" environmentally.	Your heart will be in your mouth at various stages in this FUN swim session. You can't get more specific for triathlon than this one - enjoy!	A rotation of Paul Newsome, Adam Young and Ceinwen Williams with Shelley Taylor-Smith, Nikki Rogers and Sandy Burt	Claremont Pool
Sunday	Rest Day or Race						

Coaches	This coaching list is not yet confirmed and will be subject to various re-structure throughout the year in accordance with various commitments on each coaches behalf. It is provided purely as a guideline and will be confirmed shortly. ALL sessions will be written / advised by Paul Newsome for your reference.
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