

BRIC ONLINE TRAINING PLAN



Here's a six week training plan designed to get you race ready

If you can fit a third session in aim for at least 30 minutes steady state cardio of any form you like

If using the rowing machine for this, row at 20 SPM

Week 1

Session 1:

3km
250m light : 500m sprint

Session 2:

1000m row, 2mins rest
750m row, 90s rest
500m row, 1min rest
250m row

Week 2

Session 1:

4km
250m light : 500m sprint

Session 2:

500m row, 2mins rest
400m row, 2mins rest
300m row, 1min rest
200m row, 1min rest
100m row
2mins rest and repeat

Week 3

Session 1:

3 x 2km @ 24 SPM
3:30s rest between

Session 2:

100m sprint
Every Minute On the Minute
x 15

Week 4

Session 1:

4.5km
250m light : 500m sprint

Session 2:

3 x 1km @ 24, 26, 28 SPM
2:30s rest between

Week 5

Session 1:

3 x 3km @ 18 SPM
90s rest between

Session 2:

100m - 500m - 100m
rest as per week 2 above

Week 6

Session 1:

2 x 2km @ 24 SPM
4mins rest between

Session 2:

3 x 1km @ 2km race pace
2mins rest between
aim for consistency between sets

Don't forget to include a suitable warm up and cool down in each session

Example warm up: 5-10 mins of cardio (any format) followed by some dynamic stretching

Example cool down: 3 mins of light rowing followed by some static stretching

GOOD LUCK AT BRIC ONLINE!