

Beleira, Shop 1, 61 Keira St Wollongong NSW 2500 (02) 4228 9299 info@phyxit.com.au www.phyxit.com.au

Long Aquathon – 6 week training program

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Run: - 5min warm up - 3 x 2min run/1min walk - 5min cool down	Swim: (400m) - 100m swim Main set: - 2 x 100m – 30 sec rest - Easy 100m	Long Run: - 4km	Swim:(400m) - 100m swim Main set: -2 x 100m – 30 sec rest -Easy 100m	Day Off	Aquathon (combine swim and Run): Swim: 400m Run: - 5min warm up - 3 x 2min run/1min walk - 5min cool down	Day Off

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Run: - 5min warm up - 5 x 2min run/1min walk - 5min cool down	Swim: (500m) - 100m swim Main set: - 3 x 100m – 25 sec rest - Easy 100m	Long Run: - 5km	Swim: (500m) - 100m swim Main set: - 3 x 100m – 25 sec rest - Easy 100m	Day Off	Aquathon (combine swim and Run): Swim: 500m Run: - 5min warm up - 5 x 2min run/1min walk - 5min cool down	Day Off



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Week 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Run: - 5min warm up - 4 x 3min run/1min walk - 5min cool down	Swim: (600m) - 200m swim Main set: - 200m – 30 sec rest - 2 x 100m – 25 sec rest - Easy 200m	Long Run: - 6km	Swim: (500m) - 100m swim Main set: - 3 x 100m – 25 sec rest - Easy 100m	Day Off	Aquathon (combine swim and Run): Swim: 500m Run: - 5min warm up - 4 x 3min run/1min walk - 5min cool down	Day Off

Week 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Run: - 5min warm up - 4 x 4min run/90sec walk - 5min cool down	Swim: (800m) - 200m swim Main set: - 200m – 30 sec rest - 1 x 100m – 25 sec rest - 2 x 50m – 20 sec rest - Easy 200m	Long Run: - 7km	Swim: (600m) - 200m swim Main set: - 200m – 30 sec rest - 2 x 100m – 25 sec rest - Easy 200m	Day Off	Aquathon (combine swim and Run): Swim: 600m Run: - 5min warm up - 4 x 4min run/90sec walk - 5min cool down	Day Off



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Week 5

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Run: - 5min warm up - 4 x 5min run/2min walk - 5min cool down	Swim: (1000m) - 200m swim Main set: - 200m – 30 sec rest - 2 x 100m – 25 sec rest - 4 x 50m – 20 sec rest - Easy 200m	Long Run: - 8km	Swim: (700m) 200m swim Main set: -200m – 30 sec rest - 2 x 100m – 25 sec rest - 2 x 50m - 20 sec rest - Easy 200m	Day Off	Aquathon (combine swim and Run): Swim: 700m Run: - 5min warm up - 4 x 5min run/2min walk - 5min cool down	Day Off

Week 6

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Run: - 5min warm up	Swim: (1200m)	Long Run: 9km	Swim: (900m)	Day Off	Aquathon (combine swim and Run):	Day Off
- 5 x 5min run/2min walk	200m swim		200m swim		Swim: 900m	
- 5min cool down	Main set: -200m – 30 sec rest		Main set: -2 x 200m – 30 sec rest		Run: - 5min warm up	
	- 4 x 100m – 25 sec rest - 4 x 50m – 20 sec rest		- 1 x 100m – 25 sec rest		- 5 x 5min run/2min walk - 5min cool down	
	- Easy 200m		- Easy 200m			