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# 12-WEEK NATIONALS PREPARATION TRAINING PROGRAM

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MODERN PENTATHLON AUSTRALIA

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## GOALS

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Modern pentathlon is a unique sport and requires careful consideration when prescribing a training program. This 12-week training program is designed to be a template/guide for athletes and coaches to implement to adequately prepare them for competition. The goals of this program are as follows:

1. Increase competition specific fitness for the Modern Pentathlon Australia Nationals event.
2. Allow enough time to adequately prepare in each discipline
3. Provide an Adequate taper/rest before competition
4. Define two main categories of training (ie. fitness-based disciplines and skill-based disciplines)

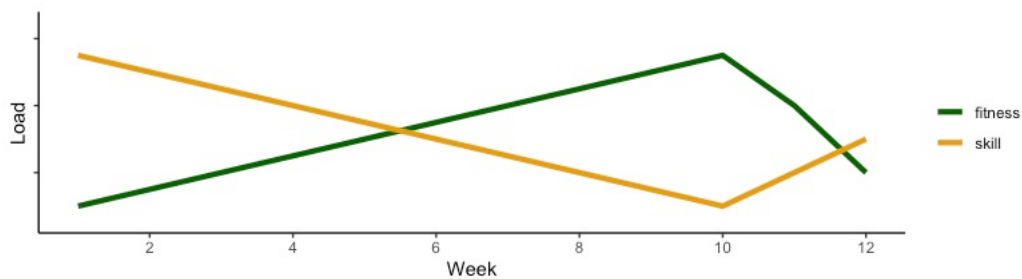
## TRAINING CATEGORIES

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There are five main disciplines within the sport of modern pentathlon, including running, swimming, shooting, fencing, and horse-riding. For this training program, the disciplines will be split into two main categories, fitness-based and skill-based. If a discipline can be manipulated to directly influence an athlete's physiology/fitness (ie. running, swimming, Laser-Run), it will be classified as fitness-based. All other events will be classified as skill-based (shooting, fencing, horse-riding).

The figure below indicates how training categories will be manipulated throughout the program to best prepare an athlete for competition. Skill-based disciplines will start with higher load and slowly regress, and fitness-based disciplines will build throughout the program. This structure will allow an athlete to adequately build fitness while still allowing enough volume to train skill-based disciplines.

### Training load and type across 12 weeks

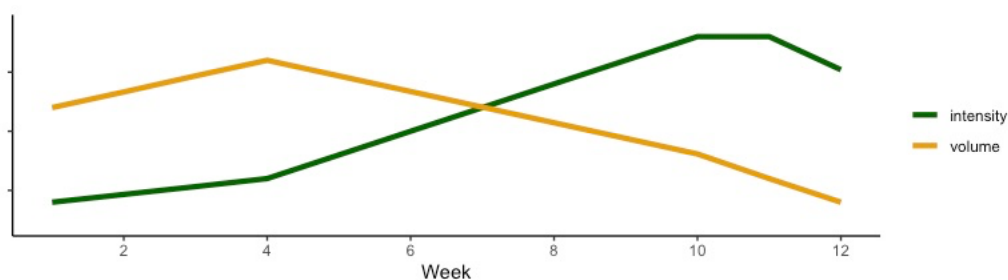


## TRAINING VOLUME & INTENSITY

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The figure below illustrates how volume and intensity will be manipulated throughout the training program. Volume can be described as the time spent training, and intensity as the difficulty of the training. It is vital that intensity increases as competition approaches, this will allow an athlete to increase competition specific fitness closer to competition. Volume will decrease to accommodate the increase in intensity.

### Volume vs. Intensity across 12 weeks



## RATING OF PERCEIVED EXERTION

Rate of perceived exertion (RPE) measures the intensity of an exercise; it uses a score of how difficult a particular exercise feels while you're doing it. RPE is a subjective rating based on how you feel physically and mentally during the exercise. It uses a scale of 1-10 as a guide, where 1 is the least difficult and 10 is the most difficult. Rating your exertion this way enables you to self-regulate your training intensity during a workout, without needing an external monitor or fitness tracker. This is how intensity will be measured through this program.

Attached is a chart giving you an indication of how each RPE level should feel.

RPE SCALE	RATE OF PERCEIVED EXERTION
<b>10</b> /	<b>MAX EFFORT ACTIVITY</b> Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain for more than a very short time
<b>9</b> /	<b>VERY HARD ACTIVITY</b> Very difficult to maintain exercise intensity. Can barely breathe and speak only a few words
<b>7-8</b> /	<b>VIGOROUS ACTIVITY</b> Borderline uncomfortable. Short of breath, can speak a sentence
<b>4-6</b> /	<b>MODERATE ACTIVITY</b> Breathing heavily, can hold a short conversation. Still somewhat comfortable, but becoming noticeably more challenging
<b>2-3</b> /	<b>LIGHT ACTIVITY</b> Feels like you can maintain for hours. Easy to breathe and carry a conversation
<b>1</b> /	<b>VERY LIGHT ACTIVITY</b> Hardly any exertion, but more than sleeping, watching TV, etc

## TRAINING SESSIONS

The training sessions outlined below are the ones that you will be utilised throughout the program.

### RUNNING

Session #	Type	Duration	Intensity	Structure	Notes
R1	Easy Run	~40 min	Low	<b>Warm Up:</b> - 5 min: Walk/light jog - 5 min: Dynamic stretching <b>Main:</b> - 25 min: Easy run <b>Cool down:</b> - 5 min: Walk	These first few sessions are all about slowly building your training volume and having a solid foundation to base your training. Aim to run at a low intensity for the whole 25 minutes, if you struggle with that intersperse some 2 min walks within the 25 minutes. Judge your effort on the RPE stated on the day.
R2	Easy Run	~45 min	Low	<b>Warm Up:</b> - 5 min: walk/light jog - 5 min: dynamic stretching <b>Main:</b> - 30 min: Easy run <b>Cool down:</b> - 5 min: Walk	Aim to run at a low intensity for the whole 30 minutes, if you struggle to maintain this amount of time, intersperse some 2 min walks within the 30 minutes.
R3	Easy Run	~50 min	Low	<b>Warm Up:</b> - 5 min: walk/light jog - 5 min: dynamic stretching <b>Main:</b> - 35 min: Easy run <b>Cool down:</b> - 5 min: Walk	Aim to run at a low intensity for the whole 35 minutes, if you struggle to maintain this amount of time, intersperse some 2 min walks within the 35 minutes.
R4	Steady Run	~40 min	Low/ Moderate	<b>Warm Up:</b> - 5 min: walk/light jog - 5 min: dynamic stretching <b>Main:</b> - 15-25 min: Steady run <b>Cool down:</b> - 5 min: Walk	This run is similar to the 'Easy Run' sessions, but the intensity should be higher. You should feel a slightly more exhaustion at the end of a run like this. Judge RPE from that stated in the weekly template.
R5	Steady Run	~60 min	Moderate	<b>Warm Up:</b> - 5 min: walk/light jog <b>Main:</b> ~ 50 min: Tempo run <b>Cool down:</b> - 5 min: Walk	Long moderate paced tempo run. You should feel a reasonable amount of exhaustion at the end of a run like this. Judge RPE from that stated in the weekly template.

## RUNNING CONT.....

R6	Intervals (6 mins)	~30 min	Moderate/ High	<p><b>Warm Up:</b></p> <ul style="list-style-type: none"> <li>- 3 min: walk/light jog</li> <li>- 3 min: dynamic stretching</li> <li>- 3 min: Run throughs (50%,70%,85%,95%)</li> </ul> <p><b>Main:</b></p> <ul style="list-style-type: none"> <li>- 6 min: Interval</li> <li>- 3 min rest: Light jog</li> <li>- (Repeat x2)</li> </ul> <p><b>Cool down:</b></p> <ul style="list-style-type: none"> <li>- 5 min: Walk</li> <li>- 3 min: Static stretching &amp; foam rolling</li> </ul>	<p>Complete your run throughs across a distance of 20m, increasing your velocity each time.</p> <p>Judge RPE of 6 min intervals from the RPE stated in the weekly template.</p>
R7	Intervals (3 mins)	~30 min	Moderate/ High	<p><b>Warm Up:</b></p> <ul style="list-style-type: none"> <li>- 3 min: walk/light jog</li> <li>- 3 min: dynamic stretching</li> <li>- 3 min: Run throughs (50%,70%,85%,95%)</li> </ul> <p><b>Main:</b></p> <ul style="list-style-type: none"> <li>- 3 min: Interval</li> <li>- 1 min rest: Light jog</li> <li>- (Repeat x4)</li> </ul> <p><b>Cool down:</b></p> <ul style="list-style-type: none"> <li>- 5 min: Walk</li> <li>- 3 min: Static stretching &amp; foam rolling</li> </ul>	<p>Complete your run throughs across a distance of 20m, increasing your velocity each time.</p> <p>Judge RPE of 3 min intervals from the RPE stated in the weekly template.</p>
R8	Interval (Tabata)	~25-30 min	High	<p><b>Warm Up:</b></p> <ul style="list-style-type: none"> <li>- 3 min: walk/light jog</li> <li>- 3 min: dynamic stretching</li> <li>- 3 min: Run throughs (50%,70%,85%,95%)</li> </ul> <p><b>Main:</b></p> <ul style="list-style-type: none"> <li>- <b>Block 1</b></li> <li>- 20s: Run</li> <li>- 10s: Walk</li> <li>- (Repeat x8)</li> <li>- 2 min: Rest</li> <li>- <b>Block 2</b></li> <li>- 20s: Run</li> <li>- 10s: Walk</li> <li>- (Repeat x8)</li> </ul> <p><b>Cool down:</b></p> <ul style="list-style-type: none"> <li>- 5 min: Walk</li> <li>- 3 min: Static stretching &amp; foam rolling</li> </ul>	<p>For each block, complete without rest (ie. 20s run, 10s walk, 20s run, ... etc), after repeating the run/walk cycle 8 times, rest for 2 minutes before starting the second block.</p> <p>The goal of the 20s run is to cover as much ground as possible in the 20 seconds.</p>

## LASER-RUN

Session #	Type	Structure	Notes
LR1	Time Trial	<p><b>Warm Up:</b></p> <ul style="list-style-type: none"> <li>- 5 min: walk/light jog</li> <li>- 5 min: dynamic stretching</li> <li>- 3 min: Run throughs (50%,70%,85%,95%)</li> </ul> <p><b>Main:</b></p> <ul style="list-style-type: none"> <li>- <b>Laser-run</b> (5 x 600m, interspersed by 4 x shooting stations) ~15 min</li> </ul> <p><b>Cool down:</b></p> <ul style="list-style-type: none"> <li>- 5 min: Walk</li> <li>- 3 min: Static stretching &amp; foam rolling</li> </ul>	<p>Aim to complete the time trial as fast as possible. It is a great measure of how your training is progressing, and a great way to supplement your training with specific training?</p> <p>The distance stated is for under 19's and older. If you are younger than this adjust your time trial accordingly.            Under 11/13 = 3 x 400 + 2 x Shooting            Under 15 = 3 x 600 + 2 x Shooting            Under 17 = 4 x 600 + 3 x Shooting</p>
LR2	Interval	<p><b>Warm Up:</b></p> <ul style="list-style-type: none"> <li>- 5 min: walk/light jog</li> <li>- 5 min: dynamic stretching</li> </ul> <p><b>Main:</b></p> <ul style="list-style-type: none"> <li>- 5 Greens</li> <li>- 200m run</li> <li>- (Repeat x15-20)</li> </ul> <p><b>Cool down:</b></p> <ul style="list-style-type: none"> <li>- 5 min: Walk</li> <li>- 3 min: Static stretching &amp; foam rolling</li> </ul>	<p>Focus on your shooting technique, particularly during the last few intervals when you will experience accumulated fatigue.            Managing your fatigue in order to shoot effectively is key for success in the laser-run.</p>
LR3	Interval	<p><b>Warm Up:</b></p> <ul style="list-style-type: none"> <li>- 5 min: walk/light jog</li> <li>- 5 min: dynamic stretching</li> </ul> <p><b>Main:</b></p> <ul style="list-style-type: none"> <li>- 10 Greens</li> <li>- 400m run</li> <li>- (Repeat x10)</li> </ul> <p><b>Cool down:</b></p> <ul style="list-style-type: none"> <li>- 5 min: Walk</li> <li>- 3 min: Static stretching &amp; foam rolling</li> </ul>	<p>Focus on your shooting technique, particularly during the last few intervals when you will experience accumulated fatigue.            Managing your fatigue in order to shoot effectively is key for success in this.</p>
LR4	Modified	<p><b>Warm Up:</b></p> <ul style="list-style-type: none"> <li>- 5 min: walk/light jog</li> <li>- 5 min: dynamic stretching</li> </ul> <p><b>Main:</b></p> <ul style="list-style-type: none"> <li>- 10 Greens</li> <li>- 15 sec: Bodyweight squats</li> <li>- 10 Greens</li> <li>- 30 sec: Bodyweight squats</li> <li>- 10 Greens</li> <li>- 45 sec: Bodyweight squats</li> <li>- 10 Greens</li> <li>- 60 sec: Bodyweight squats</li> <li>- 10 Greens</li> <li>- 45 sec: Bodyweight squats</li> <li>- 10 Greens</li> <li>- 30 sec: Bodyweight squats</li> <li>- 10 Greens</li> <li>- 15 sec: Bodyweight squats</li> <li>- 2 min: Rest</li> <li>- (Repeat x 2)</li> </ul>	<p>Incorporating minor strength training is another great way to ensure you are practicing shooting under a fatigued state.</p>

		<b>Cool down:</b> - 5 min: Walk - 3 min: Static stretching & foam rolling	
<b>LASER-RUN CONT.....</b>			
LR5	Modified	<b>Warm Up:</b> - 5 min: walk/light jog - 5 min: dynamic stretching <b>Main:</b> - 10 Push ups - 10 Bodyweight squats - 10 Jumping jacks - 10 Greens - (Repeat x10) <b>Cool down:</b> - 5 min: Walk - 3 min: Static stretching & foam rolling	Incorporating minor strength training is another great way to ensure you are practicing shooting under a fatigued state.
LR6	Intervals (10 mins)	<b>Warm Up:</b> - 5 min: walk/light jog - 3 min: dynamic stretching - 3 min: Run throughs (50%,70%,85%,95%) <b>Main:</b> - 10min: Interval - 3 min rest: Hit 5 greens - (Repeat x4) <b>Cool down:</b> - 5 min: Walk - 3 min: Static stretching & foam rolling	The goal of these intervals is to push your aerobic energy systems and maintain aerobic fitness.
LR7	Intervals (2 mins)	<b>Warm Up:</b> - 3 min: walk/light jog - 3 min: dynamic stretching - 3 min: Run throughs (50%,70%,85%,95%) <b>Main:</b> - 2 min: Interval - 1 min rest: Hit 5 greens - (Repeat x6) <b>Cool down:</b> - 5 min: Walk - 3 min: Static stretching & foam rolling	These shorter intervals are great for mimicking the intensity and duration that can be expected during the laser-run. The rest period is currently set at 1 minutes, which is typically longer than you would spend at each shooting station. Take your time with shooting and ensure your technique is sound, aim to hit 5 greens in a row.
LR8	Intervals (2 mins)	<b>Warm Up:</b> - 3 min: walk/light jog - 3 min: dynamic stretching - 3 min: Run throughs (50%,70%,85%,95%) <b>Main:</b> - 400m: Interval - 30s rest: Hit 5 greens - (Repeat x6) <b>Cool down:</b> - 5 min: Walk - 3 min: Static stretching & foam rolling	These intervals are the most representative of the type of intensity and effort you can expect during the laser-run. After each interval approach the shooting stations you would in competition, you have got 30s to hit 5 greens.

## STRENGTH & CONDITIONING

Session #	Type	Structure	Notes
S&C1	Whole Body	<p><b>Warm Up:</b> - 5 min: Exercise bike, jog, skipping (other light cardio of choice)</p> <p><b>Main:</b> - Prepare a circuit of 5 bodyweight/resistance exercises, 2 upper body + 2 lower body + 1 core (e.g. Push ups, resistance band bent over rows, squats, hip thrusts, plank). – feel free to add in your own exercises - 30 seconds on each exercise performed consecutively (2:30 min of work), 1:30 rest. repeat 5 times.</p> <p><b>Cool down:</b> - 5 min: Static stretching &amp; foam rolling</p>	
S&C 2	Whole Body	<p><b>Warm Up:</b> -5 min: Exercise bike, jog, skipping (other light cardio of choice)</p> <p><b>Main:</b> - Prepare a circuit of 5 bodyweight/resistance exercises, 2 upper body + 2 lower body + 1 core (e.g. Shoulder press, inverted row, deadlifts, crab walks with band, bicycle crunches). - 30 seconds on each exercise performed consecutively (2:30 min of work), 1:30 rest. repeat 5 times.</p> <p><b>Cool down:</b> - 5 min: Static stretching &amp; foam rolling</p>	
S&C 3	Recovery	<p><b>Warm Up:</b> -5 min: Exercise bike, jog, skipping (other light cardio of choice)</p> <p><b>Main:</b> - 15 min: dynamic stretching - 10 min: Foam rolling</p> <p><b>Cool down:</b> -N/A</p>	



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## SHOOTING

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Session #	Name	Activity
S1	Technique	Main focusses: <ul style="list-style-type: none"><li>- Handling of the pistol</li><li>- Position</li><li>- Aiming</li><li>- Breathing</li><li>- Stability of the position</li><li>- Body position</li><li>- Movement</li><li>- Make Corrections</li></ul>
S2	Transitions	Start 2-m behind the shooting position go to the range find your position one shot and go back. Repeat that as long you are satisfied with the result. Complete the same exercise with the aim to hit five green. Then walk or run smoothly for a certain distance and shoot.  Take your time with these exercises. If there are problems go back to the point where you make mistakes and start again from that developing position.  Progress this by adding longer run-in transitions.
S3	Metronome 100's	Set metronome to 40bpm (1.5s intervals) and shoot 100 consecutive shots. If the intervals are too quick, start at 30bpm (2.0s intervals) and work your way down from there, but aim to achieve 40bpm. (Repeat x2)  This exercise will help with consistency in your cadence.
S4	Other	Shooting exercise of your choice

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## SWIMMING, RIDING & FENCING

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Seek advice from your coaches in each of these disciplines as to the training session that would be of most benefit for each week. I have given a guide each week to the RPE recommendations for the swimming session, but the structure of the session can be dictated by the coach. For riding and fencing, once again, seek advice from your respective coach and focus on the areas that need the largest improvement. Considering the current nature of lockdowns, if you find yourself not having access to a pool, please contact Hannah Every-Hall regarding access to dryland swimming training (Swimnastics), which is run online. Similar online sessions are run for fencing, please get in touch with your local fencing coach if you're found in this position.

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## PLAN MODIFICATION

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I understand that this plan will not suite everyone's schedule. It is completely okay to rearrange the sessions to suite your schedule. If you are rearranging the session, keep in mind it is a good idea to allow for adequate rest and spread-out higher intensity sessions unless scheduled otherwise (ie. try not to change it so you are completing two RPE=>8 sessions in one day).

This training program was designed with a moderate to experienced modern pentathlete in mind. If you are starting from scratch consider decreasing the load within the program to accommodate your level of fitness. Take particular note of the RPE guides and ensure you are not pushing yourself too hard too early, but rather are gradually increasing your training load over the duration of the program.

## WEEK 1

### AIM

Welcome to the 12-week nationals training program. The first few weeks start off at a relatively light intensity and will build slightly, volume is the main thing that will increase across the first 4 weeks (ie. number of training sessions will increase opposed to the intensity of sessions). The plan starts with relatively low intensity, but don't worry, there is lots of intensity to come in the second half of the program. It's very important not to go too hard early, make sure to take into account the suggested RPE's for every session.

### WEEKLY BREAKDOWN

Week	Details	Run	Swim	Fencing	Shooting	Laser-Run	Ride	Strength
1	Number of sessions	1	1	2	1	1	2	1
	General Intensity (RPE)/ Focus	3	3	Technique	Technique	n/a	Technique	Strength and Maintenance

### WEEKLY TEMPLATE

		Monday 27 <sup>th</sup>	Tuesday 28 <sup>th</sup>	Wednesday 29 <sup>th</sup>	Thursday 30 <sup>th</sup>	Friday 1 <sup>st</sup>	Saturday 2 <sup>nd</sup>	Sunday 3 <sup>rd</sup>
am	Activity	Run	Strength	Swim	Ride	Laser-Run	Ride	Rest
	Description	<b>Session:</b> R1 <b>RPE:</b> 3 <b>Notes:</b> Low intensity, should feel like you can go for hours. Aim is to build your running base.	<b>Session:</b> St1 <b>Notes:</b> Strength is important for injury prevention, increased running economy, better bone health.	<b>RPE:</b> 3 <b>Notes:</b> Easy swim. Consult swimming coach for best approach for training within the RPE.	Consult your coach on areas that need to be worked on.	<b>Session:</b> LR3 <b>RPE:</b> 3 <b>Notes:</b> Low intensity, should feel like you can go for hours. Aim is to build your running base and <b>accuracy</b> in approaching the table and setting yourself up	Consult your coach on areas that need to be worked on.	
pm	Activity	Shooting	Fencing	Rest	Fencing	Shooting	Rest	Rest
	Description	Choose any of the shooting exercises listed in the workout list. Alternatively, consult coach.	Consult your coach on areas that need to be worked on.		Consult your coach on areas that need to be worked on.	Choose any of the shooting exercises listed in the workout list. Alternatively, consult coach.		

## WEEK 2

### AIM

Week 2 will be adding more sessions (ie. running, swimming, and shooting). This increase in volume is to ensure that you are building a solid base of fitness. You will also notice that intensity (RPE) has increased slightly, but still should be relatively easy to complete.

### WEEKLY BREAKDOWN

Week	Details	Run	Swim	Fencing	Shooting	Laser-Run	Ride	Strength
2	Number of sessions	1	2 ↑	2 –	2 ↑	2 ↑	2 –	1 –
	General Intensity (RPE)/ Focus	3.5	3.5	Technique	Technique	n/a	Technique	Strength and Maintenance

### WEEKLY TEMPLATE

		Monday 4 <sup>th</sup>	Tuesday 5 <sup>th</sup>	Wednesday 6 <sup>th</sup>	Thursday 7 <sup>th</sup>	Friday 8 <sup>th</sup>	Saturday 9 <sup>th</sup>	Sunday 10 <sup>th</sup>
am	Activity	Shooting	Swim	Rest	Swim	Laser-Run	Ride	Rest
	Description	Choose any of the shooting exercises listed in the workout list. Alternatively, consult coach.	RPE: 3.5 Goals: Easy swim. Consult swimming coach for best approach for training within the RPE.		RPE: 3.5 Goals: Easy swim. Consult swimming coach for best approach for training within the RPE.	Session: LR6 RPE: 3.5 Notes: Low intensity, should feel like you can go for hours. Aim is to build your running base, and consistency in how you set yourself up to shoot	Notes: Consult your coach on areas that need to be worked on.	
pm	Activity	Laser-Run	Fencing	Strength	Fencing	Shooting	Rest	Rest
	Description	Session: LR8 RPE: 4 Notes: Low intensity, should feel like you can go for hours. Aim is to build your running base and shooting accuracy as approach the table after the run.	Notes: Consult your coach on areas that need to be worked on.	Session: St2 Notes: Strength is important for injury prevention, increased running economy, better bone health.	Notes: Consult your coach on areas that need to be worked on.	Choose any of the shooting exercises listed in the workout list. Alternatively, consult coach.		

## WEEK 3

### AIM

Once again, week 3 will be adding more sessions (ie. running and fencing). This increase in volume in “fitness” based disciplines is to ensure that you are building a solid base of fitness. You will notice that intensity (RPE) has increased slightly also, but still should be relatively easy to complete.

### WEEKLY BREAKDOWN

Week	Details	Run	Swim	Fencing	Shooting	Laser-Run	Ride	Strength
3	Number of sessions	1 ↑	2 –	2 ↑	2 –	2	1 ↓	1 –
	General Intensity (RPE)/ Focus	4	4	Technique	Technique	n/a	Technique	Strength and Maintenance

### WEEKLY TEMPLATE

		Monday 11 <sup>th</sup>	Tuesday 12 <sup>th</sup>	Wednesday 13 <sup>th</sup>	Thursday 14 <sup>th</sup>	Friday 15 <sup>th</sup>	Saturday 16 <sup>th</sup>	Sunday 17 <sup>th</sup>
am	Activity	Laser-Run	Swim	Laser-Run	Swim	Run	Ride	Rest
	Description	<b>Session:</b> LR6 <b>RPE:</b> 3.5 <b>Notes:</b> Low intensity, should feel like you can go for hours. Aim is to build your running base. Accuracy and consistent stance as approach the table	<b>RPE:</b> 4 <b>Goals:</b> Easy/ moderate swim. Consult swimming coach for best approach for training within the RPE.	<b>Session:</b> LR5 <b>RPE:</b> 4-5 <b>Notes:</b> Slightly increased intensity. Still building a solid running/fitness base.	<b>RPE:</b> 4 <b>Goals:</b> Easy/ moderate swim. Consult swimming coach for best approach for training within the RPE.	<b>Session:</b> R1 <b>RPE:</b> 3.5 <b>Notes:</b> Low intensity, should feel like you can go for hours. Aim is to build your running base.	<b>Notes:</b> Consult your coach on areas that need to be worked on.	
pm	Activity	Shooting	Fencing	Strength	Fencing	Shooting	Rest	Rest
	Description	Choose any of the shooting exercises listed in the workout list. Alternatively, consult coach.	<b>Notes:</b> Consult your coach on areas that need to be worked on.	<b>Session:</b> St1 <b>Notes:</b> Strength is important for injury prevention, increased running economy, better bone health.	<b>Notes:</b> Consult your coach on areas that need to be worked on.	Choose any of the shooting exercises listed in the workout list. Alternatively, consult coach.		

## WEEK 4

### AIM

Same number of sessions as last week, but the volume and intensity within the sessions has slightly increased. Great work for getting this far in the training program, you will have started to build a solid base as we start to incorporate interval training into the program. Only one interval session this week (running), as far as interval sessions go it is not overly intense, but you should still be pushing harder than the runs you've completed so far. A laser-run time trial this week, treat this like a competition. Not only is it a great indication of your current fitness level, but it is also a great source of training stimulus.

### WEEKLY BREAKDOWN

Week	Details	Run	Swim	Fencing	Shooting	Laser-Run	Ride	Strength
4	Number of sessions	1 –	2 –	2 –	1–	3 –	1 –	1 –
	General Intensity (RPE)/ Focus	4	4	Technique	Technique	n/a	Technique	Strength and Maintenance

### WEEKLY TEMPLATE

		Monday 18 <sup>th</sup>	Tuesday 19 <sup>th</sup>	Wednesday 20 <sup>th</sup>	Thursday 21 <sup>st</sup>	Friday 22 <sup>nd</sup>	Saturday 23 <sup>rd</sup>	Sunday 24 <sup>th</sup>
am	Activity	Laser-Run	Swim	Laser-Run	Swim	Run	Laser-Run	Rest
	Description	<b>Session:</b> LR6 <b>RPE:</b> 4-5 <b>Notes:</b> Slightly increased intensity. Still building a solid running/fitness base.	<b>RPE:</b> 4 <b>Goals:</b> Easy/ moderate swim. Consult swimming coach for best approach for training within the RPE.	<b>Session:</b> LR8 <b>RPE:</b> 6 <b>Notes:</b> First interval session. Push yourself slightly harder in the min intervals (RPE 6). Intensity will ramp up over the next few weeks.	<b>RPE:</b> 4 <b>Goals:</b> Easy/ moderate swim. Consult swimming coach for best approach for training within the RPE.	<b>Session:</b> R1 <b>RPE:</b> 3.5 <b>Notes:</b> Low intensity, should feel like you can go for hours. Aim is to keep building your running base.	<b>Type:</b> Time Trial (LR1) <b>RPE:</b> 10 <b>Notes:</b> Competition Specific	
pm	Activity	Shooting	Fencing	Strength	Fencing	Rest	Ride	Rest
	Description	Choose any of the shooting exercises listed in the workout list. Alternatively, consult coach.	<b>Notes:</b> Consult your coach on areas that need to be worked on.	<b>Session:</b> St2 <b>Notes:</b> Strength is important for injury prevention, increased running economy, better bone health.	<b>Notes:</b> Consult your coach on areas that need to be worked on.		<b>Notes:</b> Consult your coach on areas that need to be worked on.	

## WEEK 5

### AIM

As the weeks progress from here, you will notice that the volume of session is either consistent or lowering, and that the intensity is increasing. This increase in intensity is to start mimicking the intensity you'll face in competition. Specificity is key when training for events like the laser-run and swimming event and exposure to similar intensities that you will face in competition is vital for preparation. You've built a solid base, now it's time to start increasing interval training and competition specificity.

### WEEKLY BREAKDOWN

Week	Details	Run	Swim	Fencing	Shooting	Laser-Run	Ride	Strength
5	Number of sessions	1↓	2 –	2 –	2↑	3 –	1 –	1 –
	General Intensity (RPE)/ Focus	5	5	Technique	Technique	5	Technique	Strength and Maintenance

### WEEKLY TEMPLATE

		Monday 25 <sup>th</sup>	Tuesday 26 <sup>th</sup>	Wednesday 27 <sup>th</sup>	Thursday 28 <sup>th</sup>	Friday 29 <sup>th</sup>	Saturday 30 <sup>th</sup>	Sunday 31 <sup>st</sup>
am	Activity	Run	Swim	Laser-Run	Swim	Laser-Run	Laser-Run	Rest
	Description	<b>Session:</b> R5 <b>RPE:</b> 5 <b>Notes:</b> Tempo run (~40-50 min)	<b>RPE:</b> 4 <b>Goals:</b> Easy/ moderate swim. Consult swimming coach for best approach for training within the RPE.	<b>Session:</b> LR5 <b>RPE:</b> 5 <b>Notes:</b> Great session for incorporating some strength into your shooting, and practice shooting under fatigue.	<b>RPE:</b> 5 <b>Goals:</b> Incorporate some intervals. Consult swimming coach for best approach for training within the RPE.	<b>Session:</b> R1 <b>RPE:</b> 3.5 <b>Notes:</b> Low intensity, should feel like you can go for hours. Aim is to keep building your running base.	<b>Session:</b> LR3 <b>RPE:</b> 5-6 <b>Notes:</b> What intensity can you hold to keep your accuracy. Mod intensity so you can maintain accuracy	
pm	Activity	Strength	Fencing	Shooting	Fencing	Shooting	Ride	Rest
	Description	<b>Session:</b> St1 <b>Notes:</b> Strength is important for injury prevention, increased running economy, better bone health.	<b>Notes:</b> Consult your coach on areas that need to be worked on.	Choose any of the shooting exercises listed in the workout list. Alternatively, consult coach.	<b>Notes:</b> Consult your coach on areas that need to be worked on.	Choose any of the shooting exercises listed in the workout list. Alternatively, consult coach.	<b>Notes:</b> Consult your coach on areas that need to be worked on.	

## WEEK 6

### AIM

Overall intensity is increasing week on week, keep remembering to monitor how you are feeling during the sessions and that it is lining up with the suggested RPE (Keep referring to the RPE chart). Training intensity is so important for the last half of the 12-week plan.

### WEEKLY BREAKDOWN

Week	Details	Run	Swim	Fencing	Shooting	Laser-Run	Ride	Strength
6	Number of sessions	1↑	2 –	2 –	1 –	3↓	1 –	1 –
	General Intensity (RPE)/ Focus	6	6	Technique	Technique	6	Technique	Strength and Maintenance

### WEEKLY TEMPLATE

		Monday 1 <sup>st</sup>	Tuesday 2 <sup>nd</sup>	Wednesday 3 <sup>rd</sup>	Thursday 4 <sup>th</sup>	Friday 5 <sup>th</sup>	Saturday 6 <sup>th</sup>	Sunday 7 <sup>th</sup>
am	Activity	Run	Swim	Laser-Run	Swim	Laser-Run	Ride	Rest
	Description	<b>Session:</b> R4 <b>RPE:</b> 6 <b>Notes:</b> Aim to complete 20 min of steady (RPE 6) running at modest intensity.	<b>RPE:</b> 4 <b>Goals:</b> Easy/ moderate swim. Consult swimming coach for best approach for training within the RPE.	<b>Session:</b> LR3 <b>RPE:</b> 7 <b>Notes:</b> First interval session. Push yourself slightly harder in the intervals (RPE 7).	<b>RPE:</b> 6 <b>Goals:</b> Incorporate some intervals. Consult swimming coach for best approach for training within the RPE.	<b>Session:</b> LR6 <b>RPE:</b> 4 <b>Notes:</b> Slightly increased intensity. Maintaining a solid running/fitness base.	<b>Notes:</b> Consult your coach on areas that need to be worked on.	
pm	Activity	Shooting	Fencing	Strength	Fencing	Rest	Laser-Run	Rest
	Description	Choose any of the shooting exercises listed in the workout list. Alternatively, consult coach.	<b>Notes:</b> Consult your coach on areas that need to be worked on.	<b>Session:</b> St2 <b>Notes:</b> Strength is important for injury prevention, increased running economy, better bone health.	<b>Notes:</b> Consult your coach on areas that need to be worked on.		<b>Session:</b> LR2 <b>RPE:</b> 6 <b>Notes:</b> Focus on your ability to shoot under fatigue	

## WEEK 7

### AIM

A variety of interval sessions this week, these are key for exposing yourself to competition specific intensity. Make sure to consult your swimming coach to incorporate intervals that are in line with the suggested RPE for the training sessions.

### WEEKLY BREAKDOWN

Week	Details	Run	Swim	Fencing	Shooting	Laser-Run	Ride	Strength
7	Number of sessions	1 –	2 –	2 –	1 –	3 –	1 –	1 –
	General Intensity (RPE)/ Focus	7	7	Comp Spec	Technique	7	Comp Spec	Strength and Maintenance

### WEEKLY TEMPLATE

		Monday 8 <sup>th</sup>	Tuesday 9 <sup>th</sup>	Wednesday 10 <sup>th</sup>	Thursday 11 <sup>th</sup>	Friday 12 <sup>th</sup>	Saturday 13 <sup>th</sup>	Sunday 14 <sup>th</sup>
am	Activity	Laser-Run	Swim	Laser-Run	Swim	Run	Ride	Rest
	Description	<b>Session:</b> LR6 <b>RPE:</b> 5 <b>Notes:</b> Tempo run drop the rest to 2minutes in between 10min intervals.	<b>RPE:</b> 4 <b>Goals:</b> Easy/ moderate swim. Consult swimming coach for best approach for training within the RPE.	<b>Session:</b> LR4 <b>RPE:</b> 5 <b>Notes:</b> Aim to be as accurate as possible after the 10 min of steady running. Lower intensity accuracy HIGH (RPE 5)	<b>RPE:</b> 7 <b>Goals:</b> Incorporate some intervals. Consult swimming coach for best approach for training within the RPE.	<b>Session:</b> R8 <b>RPE:</b> 9 <b>Notes:</b> First Tabata session. Intensity should be higher in this session than any of the previous sessions.	<b>Notes:</b> Consult your coach on areas that need to be worked on.	
pm	Activity	Shooting	Fencing	Strength	Fencing	Rest	Laser-Run	Rest
	Description	Choose any of the shooting exercises listed in the workout list. Alternatively, consult coach.	<b>Notes:</b> Consult your coach on areas that need to be worked on.	<b>Session:</b> St1 <b>Notes:</b> Strength is important for injury prevention, increased running economy, better bone health.	<b>Notes:</b> Consult your coach on areas that need to be worked on.		<b>Session:</b> LR2 <b>RPE:</b> 7 <b>Notes:</b> Repeat 200's x15.	



## WEEK 8

### AIM

Intensity it starting to ramp up a bit now. Its important that you are allowing some solid rest periods and fuelling your body correctly to ensure your body can cope with the higher intensity. Another laser-run time trial this week, once again, treat this like a competition. Not only is it a great indication of your current fitness level, but it is also a great source of training stimulus.

### WEEKLY BREAKDOWN

Week	Details	Run	Swim	Fencing	Shooting	Laser-Run	Ride	Strength
8	Number of sessions	2 –	3 –	2 –	1 –	3 ↑	0 ↓	1 –
	General Intensity (RPE)/ Focus	8	8	Comp Spec	Technique	8	n/a	Strength and Maintenance

### WEEKLY TEMPLATE

		Monday 15 <sup>th</sup>	Tuesday 16 <sup>th</sup>	Wednesday 17 <sup>th</sup>	Thursday 18 <sup>th</sup>	Friday 19 <sup>th</sup>	Saturday 20 <sup>th</sup>	Sunday 21 <sup>st</sup>
am	Activity	Swim	Run	Laser-Run	Swim	Run	Swim	Ride
	Description	RPE: 8 Goals: Incorporate some intervals. Consult swimming coach for best approach for training within the RPE.	Session: R7 RPE: 8 Notes: During the rest, focus on how your body is responding to the fatigue, and imagine if you had to shoot in this state.	Session: LR5 RPE: 5 Notes: Great session for incorporating some strength into your shooting, and practice shooting under fatigue.	RPE: 4 Goals: Easy/moderate swim. Consult swimming coach for best approach for training within the RPE.	Session: R8 RPE: 9 Notes: These types of intervals will make your body more efficient at managing fatigue. Really push yourself.	RPE: 5 Goals: Easy/moderate swim. Consult swimming coach for best approach for training within the RPE.	Notes: Consult your coach on areas that need to be worked on.
pm	Activity	Laser-Run	Fencing	Rest	Fencing	Shooting	Laser-Run	Rest
	Description	Session: LR5 RPE: 6 Notes: Great session for incorporating some strength into your shooting, and practice shooting under fatigue.	Notes: Consult your coach on areas that need to be worked on.		Notes: Consult your coach on areas that need to be worked on.	Choose any of the shooting exercises listed in the workout list. Alternatively, consult coach.	Type: Time Trial (LR1) RPE: 10 Notes: Competition Specific	

## WEEK 9

### AIM

Intervals will be very competition specific over the next couple weeks. Start to push yourself close to max in these intervals to get the most out of them. From this point on all running intervals will be Laser-run specific, really utilise these to get used to shooting under fatigue.

### WEEKLY BREAKDOWN

Week	Details	Run	Swim	Fencing	Shooting	Laser-Run	Ride	Strength
9	Number of sessions	0 ↓	3 –	2 –	0 ↓	4 ↑	1 ↑	1 –
	General Intensity (RPE)/ Focus	9	9	Comp Spec	n/a	9	Comp Spec	Strength and Maintenance

### WEEKLY TEMPLATE

		Monday 22 <sup>nd</sup>	Tuesday 23 <sup>rd</sup>	Wednesday 24 <sup>th</sup>	Thursday 25 <sup>th</sup>	Friday 26 <sup>th</sup>	Saturday 27 <sup>th</sup>	Sunday 28 <sup>th</sup>
am	Activity	Laser-Run	Swim	Strength	Swim	Laser-Run	Swim	Ride
	Description	<b>Session:</b> LR7 <b>RPE:</b> 9 <b>Notes:</b> (refer to notes in workout list)	<b>RPE:</b> 9 <b>Goals:</b> Incorporate some intervals. Consult swimming coach for best approach for training within the RPE.	<b>Session:</b> St1 <b>Notes:</b> Strength is important for injury prevention, increased running economy, better bone health.	<b>RPE:</b> 4 <b>Goals:</b> Easy/moderate swim. Consult swimming coach for best approach for training within the RPE.	<b>Session:</b> LR6 <b>RPE:</b> 6 <b>Notes:</b> Goal of this session is only to get the legs moving. Treat it as a recovery run with a little bit of intensity.	<b>RPE:</b> 5 <b>Goals:</b> Easy/moderate swim. Consult swimming coach for best approach for training within the RPE.	<b>Notes:</b> Consult your coach on areas that need to be worked on.
pm	Activity	Rest	Fencing	Laser-Run	Fencing	Rest	Laser-Run	Rest
	Description		<b>Notes:</b> Consult your coach on areas that need to be worked on.	<b>Session:</b> LR3 <b>RPE:</b> 9 <b>Notes:</b> Once again, focus on your shooting under fatigue	<b>Notes:</b> Consult your coach on areas that need to be worked on.		<b>Session:</b> LR3 <b>RPE:</b> 9 <b>Notes:</b> Once again, focus on your shooting under fatigue	

## WEEK 10

### AIM

This will be the hardest week of the training plan, really push yourself in these sessions knowing that we will be starting to taper for competition soon. If done correctly this is where most of the training adaptation will come from.

### WEEKLY BREAKDOWN

Week	Details	Run	Swim	Fencing	Shooting	Laser-Run	Ride	Strength
10	Number of sessions	0 –	3 –	2 ↑	1 ↑	4 –	0 ↓	0 ↓
	General Intensity (RPE)/ Focus	10	10	Comp Spec	Technique	10	n/a	n/a

### WEEKLY TEMPLATE

		Monday 29 <sup>th</sup>	Tuesday 30 <sup>th</sup>	Wednesday 1 <sup>st</sup>	Thursday 2 <sup>nd</sup>	Friday 3 <sup>rd</sup>	Saturday 4 <sup>th</sup>	Sunday 5 <sup>th</sup>
am	Activity	Laser-Run	Swim	Shooting	Swim	Laser-Run	Swim	Rest
	Description	<b>Session:</b> LR4 <b>RPE:</b> 8 <b>Notes:</b> Great session for incorporating some strength into your shooting, and practice shooting under fatigue.	<b>RPE:</b> 10 <b>Goals:</b> Incorporate some intervals. Consult swimming coach for best approach for training within the RPE.	Choose any of the shooting exercises listed in the workout list. Alternatively, consult coach.	<b>RPE:</b> 8 <b>Goals:</b> Easy/ moderate swim. Consult swimming coach for best approach for training within the RPE.	<b>Session:</b> LR3 <b>RPE:</b> 10 <b>Notes:</b> Push yourself as hard as you can in this session. You have a few days of rest coming up, so don't be scared to push yourself.	<b>RPE:</b> 10 <b>Goals:</b> Incorporate some intervals. Consult swimming coach for best approach for training within the RPE.	
pm	Activity	Rest	Fencing	Laser-Run	Fencing	Rest	Laser-Run	Rest
	Description		<b>Notes:</b> Consult your coach on areas that need to be worked on.	<b>Session:</b> LR8 <b>RPE:</b> 10 <b>Notes:</b> (Refer to notes in workout list)	<b>Notes:</b> Consult your coach on areas that need to be worked on.		<b>Session:</b> LR6 <b>RPE:</b> 8 <b>Notes:</b> Get the legs moving in these longer intervals.	

## WEEK 11

### AIM

Intensity is still high at the start of this week, so push yourself as hard as you can. Towards the end of the week the training load will start to drop in preparation for competition. One last time trial to start this week, although you may be feeling slightly fatigued, really push yourself in this last time trial to see how you stand for competition. Next week will have quite a low training load, so make the most of this week's intensity.

### WEEKLY BREAKDOWN

Week	Details	Run	Swim	Fencing	Shooting	Laser-Run	Ride	Strength
11	Number of sessions	0 –	2 ↓	2 –	1 –	3 ↓	1 ↑	1 ↑
	General Intensity (RPE)/ Focus	10	10	Comp Spec	Technique	10	Comp Spec	n/a

### WEEKLY TEMPLATE

		Monday 6 <sup>th</sup>	Tuesday 7 <sup>th</sup>	Wednesday 8 <sup>th</sup>	Thursday 9 <sup>th</sup>	Friday 10 <sup>th</sup>	Saturday 11 <sup>th</sup>	Sunday 12 <sup>th</sup>
am	Activity	Laser-Run	Swim	Laser-Run	Swim	Laser-Run	Ride	Rest
	Description	Type: LR1, competition practice RPE: 10 Notes: Treat this session as you would in competition.	RPE: 10 Goals: Incorporate some intervals. Consult swimming coach for best approach for training within the RPE.	Session: LR8 RPE: 10 Notes: (Refer to notes in workout list)	RPE: 10 Goals: Incorporate some intervals. Consult swimming coach for best approach for training within the RPE.	Session: LR2 RPE: 6 Notes: Focus on shooting technique.	Notes: Consult your coach on areas that need to be worked on.	
pm	Activity	Rest	Fencing	Strength	Fencing	Rest	Shooting	Rest
	Description		Notes: Consult your coach on areas that need to be worked on.	Session: St3 Notes: This session is completely focussed on rehab and recovery.	Notes: Consult your coach on areas that need to be worked on.		Choose any of the shooting exercises listed in the workout list. Alternatively, consult coach.	

## WEEK 12

### AIM

Taper week. There will still be a little intensity this week, but the session will be shorter. Treat this as a preparation week where you still have a couple fitness sessions, but also focus on final touch ups in the skilled based disciplines in preparation for competition. Congratulations, you've done everything possible to prepare yourself for competition, all you need to do now is rest up, fuel your body, and go as hard as you can on competition day.

### WEEKLY BREAKDOWN

Week	Details	Run	Swim	Fencing	Shooting	Laser-Run	Ride	Strength
12	Number of sessions	0 –	1 ↓	1 ↓	1 ↓	2 ↓	0 ↓	1 ↑
	General Intensity (RPE)/ Focus	5	9	Comp Spec	Technique	9	n/a	Recovery

### WEEKLY TEMPLATE

		Monday 13 <sup>th</sup>	Tuesday 14 <sup>th</sup>	Wednesday 15 <sup>th</sup>	Thursday 16 <sup>th</sup>	Friday 17 <sup>th</sup>	Saturday 18 <sup>th</sup>	Sunday 19 <sup>th</sup>
am	Activity	Laser-Run	Swim	Laser-Run	Rest	Rest	Competition Competition	
	Description	<b>Session:</b> LR3 <b>RPE:</b> 6 <b>Notes:</b> Only repeat 400m <u>five times</u> . But keep intensity relatively high.	<b>RPE:</b> 4 <b>Goals:</b> Easy/ moderate swim, with only a couple higher intensity efforts. Consult swimming coach for best approach for training within the RPE.	<b>Session:</b> LR1 <b>RPE:</b> 3 <b>Notes:</b> Competition is just around the corner. Complete this session at a low intensity. Just aim to get the legs turning and practice your shooting				
pm	Activity	Shooting	Fencing	Strength/Recovery	Rest	Rest		
	Description	Choose any of the shooting exercises listed in the workout list. Alternatively, consult coach.	<b>Notes:</b> Consult your coach on areas that need to be worked on.	<b>Session:</b> St3 <b>Notes:</b> This session is completely focussed on rehab and recovery.				