Supplemental Plan
VO2 & BUILD
Supplemental Training Plan: VO2 and Build Program

The main set of this program is ideal if you are building up before your 12 week program or coming off an injury and need a break. The build program or off season has a parallel warm up, plus a first-set and quite often the final set. Total volume is indicated at the top of the work out and this can be the same.

This schedule is designed to kickstart your performance and get you back on track in just a few weeks. The full four weeks is available online for Dave Scott Tri Club members. If you have any questions, please send me a note in the forum and I'll gladly steer you in the right direction.

-Dave
Workout Acronyms and Abbreviations

- **WU**: warm up
- **A**: Aerobic
- **AE**: Anaerobic endurance
- **HR**: Heart Rate
- **PE**: Perceived Exertion
- **K**: kick
- **TTG**: Time Trial Gear
- **BG**: Big Gear
- **BK**: backstroke
- **FR**: freestyle
- **FLY**: butterfly
- **BR**: breast stroke
- **CH**: choice
- ‘ = minute
- “ = second

Week 1: Monday Workouts

**SWIM**

**Marker VO2 Set**
Duration: 1:00:00
Distance: 3100

**WU:**
400 (Repeat 2x: 50 FR offside breathing, 50 FR regular breathing, 50 BR, 50 BK)

**1st Set:**
Faster tempo than WU, RI 10”:
50 FR offside breathing
50 FR regular breathing
50 FR alternate side breathing
50 FR regular breathing

**Main/ Marker Set**
Repeat 3x:
250 (A), RI 20"
3 x 100 VO2, RI 20"
then 2 x 50 (A), RI 10"
Stretch 100 choice
### BUILD PROGRAM

**Repeat 2x:**

- **300 (A) + 6 x 50 RI 15”** build each 50 + 200 (A) alt. lengths FR and BK

**3rd Set VERY HARD:**

- 2 x 75 FR, RI 45"
- 1 x 50 FR, RI 45"
- 1 x 200 K flutter w/ FINS, RI 45"
- 2 x 50 (25 BK, 25 FR), RI 45"

**Cool down:** 100 easy CH

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### Week 1: Tuesday Workouts

#### BIKE

**Duration:** 1:30:00

**WU:** 20' to (A) include 8 x35" LG pick ups (104+ rpm), RI 25"

**Main Set** (Aerobic):
10' Time Trial Gear or Choice Gear rpms 88-94

Repeat 3x:
- 2' TTG Standing
- 2' BG Standing
- 5' LG
- 6' Big Gear standing 64-72 rpms
- 7' TTG seated

**Note:** if HR, PE or wattage creeps up while standing then sit down until it comes back down. We brought up the standing segments – how are you doing on these?

**VERY HARD set in TTG w/ last 30” of each BG:** 6 x 75", RI 75"

**Finish easy**
RUN

Main/Marker VO2
Track
Duration: 1:10:00

WU 10' to (A)
4 x 300m build up to L2 over last 50m, RI 100m jog

Main set:
Repeat 3x:
  5' L2, RI 30"
  4' VO2, RI 30"
  3' (A), RI 90"

BUILD PROGRAM
Repeat 2x
10' (A) + 6 x 25" RI 95" build to (AE). Cool down to the end of the workout.

2nd Set:
15' (A)
You'll feel fatigue after L2 VO2 set.
Compare your (A) speed with previous workouts.

Notes: Compare pace, HR, PE on all levels (VO2, L2, L3).

Week 1: Wednesday Workouts

DAY OFF

Week 1: Thursday Workouts

RUN
Hills
Duration: 1:00:00
**WU:** 20' to (A) include 2 sets of 6 x 25" pickups (faster efforts) with 35" jog recovery 2' (A) between sets

**Main Set:**
5 x 70" (AE) uphill very hard with jog down + 30" RI 6' (A)

Rest 90"

9 x 45" (AE) uphill very hard with jog down + 30" RI

Note speed or distance covered on each repeat. If unable to match consecutive repeats then take more recovery.

Finish run session (A) for 60' total time.

**SWIM**

**Duration:** 1:00:00
**Distance:** 3100

**WU:**
2x (50 FR, 50 FR Offside Breathing, 50 BK)

**Main/ Marker Set**
Repeat 2x:
400 FR (A), RI 10"
4x75 (V02) RI 10" + 50 stretch.

Build Program

Repeat 2x:
400 FR (A), RI 10"
4x75 (V02) RI 10" + 50 stretch.

**2nd Set:**
2x 50 flutter K VERY HARD, RI 20"
4x 25 swim MODERATE (alternate FLY, BK), RI 20"
2x 50 BK dolphin K VERY HARD, RI 20"
4x 25 swim MODERATE (alternate FLY, BK), RI 20"
2 x 50 flutter K no board VERY HARD, RI 20'
8 x 25 FR VERY HARD (alternate FR, head up BR), RI 30"
Cool Down

Week 1: Friday Workouts

RUN
Hills

**Duration:** 1:00:00

WU 20' to (A) include 2 sets of 6 x 25" pickups (faster efforts) with 35" jog recovery 2' (A) between sets

**Main Set:**
5 x 70" (AE) uphill very hard with jog down + 30" RI 6’ (A)
Rest 90"
9 x 45" (AE) uphill very hard with jog down + 30" RI

Note speed or distance covered on each repeat. If unable to match consecutive repeats then take more recovery.

Finish run session (A) for 60' total time.

SWIM

**Duration:** 1:00:00

**Distance:** 3100

**WU:**
2x (50 FR, 50 FR Offside Breathing, 50 BK)

**Main/ Marker Set**
Repeat 2x:
400 FR (A), RI 10"
4x75 (V02) RI 10” + 50 stretch.

Build Program

Repeat 2x:
400 FR (A), RI 10"
4x75 (V02) RI 10” + 50 stretch.
2nd Set:
2x 50 flutter K VERY HARD, RI 20"
4x 25 swim MODERATE (alternate FLY, BK), RI 20"
2x 50 BK dolphin K VERY HARD, RI 20"
4x 25 swim MODERATE (alternate FLY, BK), RI 20"
2 x 50 flutter K no board VERY HARD, RI 20'
8 x 25 FR VERY HARD (alternate FR, head up BR), RI 30"

Cool Down

Week 1: Saturday Workouts

SWIM

Duration: 1:20:00
Distance: 4000

WU:
2x (200 FR count strokes on last length + 50 BK + 50 Flutter K no board)

1st Set:
16 x 25 build up, RI 10"
(ODD offside breathing,
EVEN alternate breathing), RI 10"

2nd Set:
Repeat 2x:
3 x 75 FR L3, RI 15"
300 FR (A), RI 30"
3 x 125 L3, RI 40" then 250 FR at L3 w/ PADS (most athletes are faster with paddles so swim with flawless technique)

3rd Set:
4 x 75 FR (35 VERY HARD, 40 Easy), RI 30"
Rest 1'
4 x 50 FR w/ FINS (35m VERY HARD, 15m Easy), RI 30"

4th Set:
500 choice (A) w/ PADS (include at least 150 back)

Cool down: 50 easy CH

Note: Compare this week with the previous week. How did you do with L2, L3 and VO2 efforts? Also your top end anaerobic endurance and anaerobic power efforts should be faster, higher and bursting with speed!

Week 1: Sunday Workouts

BRICK: RUN/ BIKE

Run Duration: 3:30:00

RUN

(55' total):
WU 10' to (A)
Repeat 3x: 6' (A) + 5' L2 + 3' Race Pace

BIKE

(120'):
WU 15' to (A)
Repeat 4x: 6' (A) LG + 6' L2 TTG + 6' Race Pace
Finish session (A)

RUN

(35' total)
Repeat 2x: 10' (A) + 3' L2 + 2' Race Pace

BUILD PROGRAM

RUN

35' WU 15' (A) + 8 x 20" (AE) RI 1'. cool down to end
BIKE
(75’)

WU 12’
Repeat 3x:
6’ LG + 12’ TTG + 3’ BG alt 30” stand and 30” seated.

RUN
(25’) Steady (A)

Note: These workouts should be done back to back. Try to minimize transition time. Have fun and good luck!