

DAVE SCOTT

Proven Results. Guaranteed.



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

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!