

# COOLANGATTA GOLD



Written by Phil Clayton



Department of  
Sport and Recreation

SURF LIFE SAVING  
**WESTERN AUSTRALIA**



## WEEKS 1-4 GOLD TRAINING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>AM SWIM 3 – 5KM ENDURANCE</p> <p>PM SKI 8KM – 10KM EASY</p>	<p>AM SWIM 5-6KM INTERVALS</p> <p>PM BOARD PADDLE BACK 5KM</p>	<p><u>AM MORNING OFF</u> PM SKI PADDLE BACK 12 KM</p> <hr/> <p>RUN 6KM EASY STRAIGHT AFTER SKI</p>	<p>AM SWIM 3-5KM INTERVALS</p> <p>PM BOARD 6KM FLAT WATER PADDLE 8MIN EASY 2MIN HARD CONT</p>	<p>AM SWIM <u>3-5KM ENDURANCE</u> AM RUN HILLS <u>40MIN AFTER SWIM</u> PM SKI 5 MIN W/UP 6 X 10 MIN DEC 1-3 5 MIN W/DOWN FLAT WATER</p>	<p>AM IRONS CONTINUOUS FOR 1:20MIN EASY</p>	<p>OFF</p>
<p>AM SWIM 3 – 5KM ENDURANCE</p> <p>PM SKI 10KM – 15KM EASY</p>	<p>AM SWIM 5-6KM INTERVALS</p> <p>PM BOARD PADDLE BACK 5KM</p>	<p><u>AM MORNING OFF</u> PM SKI PADDLE BACK 14 KM</p> <hr/> <p>RUN 6KM EASY STRAIGHT AFTER SKI</p>	<p>AM SWIM 3-5KM INTERVALS</p> <p>PM BOARD 6KM FLAT WATER PADDLE 6MIN EASY 4MIN HARD CONT</p>	<p>AM SWIM <u>3-5KM ENDURANCE</u> AM RUN HILLS <u>40MIN AFTER SWIM</u> PM SKI 5 MIN W/UP 8 X 8 MIN DEC 1-4 5 MIN W/DOWN FLAT WATER</p>	<p>AM IRONS CONTINUOUS FOR 1:40MIN BUILD</p>	<p>OFF</p>
<p>AM SWIM 3 – 5KM ENDURANCE</p> <p>PM SKI 12KM – 15KM EASY</p>	<p>AM SWIM 5-6KM INTERVALS</p> <p>PM BOARD PADDLE BACK 6KM</p>	<p><u>AM MORNING OFF</u> PM SKI PADDLE BACK 16 KM</p> <hr/> <p>RUN 8KM BUILD STRAIGHT AFTER SKI</p>	<p>AM SWIM 3-5KM INTERVALS</p> <p>PM BOARD 8KM FLAT WATER PADDLE 15MIN W/U REST HARD</p>	<p>AM SWIM <u>3- 5KM ENDURANCE</u> AM RUN HILLS <u>40MIN AFTER SWIM</u> PM SKI CANAL 5 MIN W/UP 12 X 6 MIN DECEND 1 -3 2 MIN W/DOWN</p>	<p>AM IRONS CONTINUOUS FOR 2:00HOURS EASY</p>	<p>OFF</p>
<p>AM SWIM 3 – 5KM ENDURANCE</p> <p>PM SKI 10KM EASY</p> <p>This is recovery week</p>	<p>AM SWIM 5-6KM INTERVALS</p> <p>PM BOARD 6KM</p>	<p><u>AM MORNING OFF</u> PM SKI PADDLE BACK 10 KM EASY/SLOW</p> <hr/> <p>RUN 8KM EASY/SLOW STRAIGHT AFTER SKI</p>	<p>AM SWIM 3-5KM INTERVALS</p> <p>PM BOARD 1:20 HOUR WAVES</p>	<p><u>AM SWIM 3KM EASY</u> AM RUN HILLS <u>40MIN AFTER SWIM</u></p> <p>PM SKI LONG EASY PADDLE FLAT WATER</p>	<p>AM IRONS CONTINUOUS FOR 1:30MIN EASY</p>	<p>OFF</p>

## WEEKS 5-8 GOLD TRAINING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>AM SWIM 6 - 7KM ENDURANCE <u>45MIN EASY RUN AFTER SWIM</u></p> <p>PM SKI 12KM – 14KM EASY OPEN WATER</p>	<p>AM SWIM 5-6KM INTERVALS</p> <p>PM BOARD PADDLE BACK 6KM</p>	<p><u>AM MORNING OFF</u> PM SKI PADDLE BACK 16 KM</p> <hr/> <p>RUN 8KM EASY STRAIGHT AFTER SKI</p>	<p>AM SWIM 6KM INTERVALS</p> <p>PM BOARD 8KM FLAT WATER PADDLE 4MIN EASY 2MIN HARD CONT</p>	<p>AM SWIM <u>6 - 7KM ENDURANCE</u> AM RUN HILLS <u>1HOUR AFTER SWIM</u> PM SKI 5 MIN W/UP 12 X 1000MTR EFFORTS 2:30 REST IN BETWEEN FLAT WATER</p>	<p>AM SWIM <u>1HOUR EASY</u></p> <p>AM IRONS CONTINUOUS FOR 2:30MIN EASY</p>	OFF
<p>AM SWIM 6 - 7KM ENDURANCE <u>40MIN MOD RUN AFTER SWIM</u></p> <p>PM SKI 14KM – 16KM BUILD OPEN WATER</p>	<p>AM SWIM 5-6KM INTERVALS</p> <p>PM BOARD PADDLE BACK 6KM</p>	<p><u>AM MORNING OFF</u> PM SKI PADDLE BACK 18 KM</p> <hr/> <p>RUN 8KM 4KM EASY 4KM HARD STRAIGHT AFTER SKI</p>	<p>AM SWIM 6KM INTERVALS</p> <p>PM BOARD 8KM FLAT WATER 4MIN EASY 2MIN MOD 1MIN MAX WHOLE SET X 3 2MIN REST AND REPEAT FOR 8KM</p>	<p>AM SWIM <u>6 - 7KM ENDURANCE</u> AM RUN HILLS <u>1HOUR AFTER SWIM</u> PM SKI 5 MIN W/UP 18 X 4 MIN DEC 1-3 1MIN REST 5 MIN W/DOWN</p>	<p>AM SWIM <u>1HOUR EASY</u></p> <p>AM IRONS CONTINUOUS FOR 3:00HOURS BUILD</p>	OFF
<p>AM SWIM 6 - 7KM ENDURANCE <u>30MIN HARD RUN AFTER SWIM</u></p> <p>PM SKI 16KM – 18KM BUILD OPEN WATER</p>	<p>AM SWIM 5-6KM INTERVALS</p> <p>PM BOARD PADDLE BACK 8KM</p>	<p><u>AM MORNING OFF</u> PM SKI PADDLE BACK 20 KM TAKE CAMEL PACK</p> <hr/> <p>RUN 8KM BUILD STRAIGHT AFTER SKI</p>	<p>AM SWIM 6KM INTERVALS</p> <p>PM BOARD 7KM PADDLE INTO THE WIND 15MIN W/U REST HARD</p>	<p>AM SWIM <u>6 - 7KM ENDURANCE</u> AM RUN HILLS <u>1HOUR AFTER SWIM</u> PM SKI 5 MIN W/UP 15 X 1000MTR EFFORTS 2:30 REST IN BETWEEN 1 X EASY 2 X HARD X 5</p>	<p>AM SWIM <u>1HOUR EASY</u></p> <p>AM IRONS CONTINUOUS FOR 3:30MIN MODERATE PACE</p>	OFF
<p>AM SWIM 3 – 5KM ENDURANCE <u>30MIN EASY RUN AFTER SWIM</u></p> <p>PM SKI 12 - 14KM EASY FLAT WATER This is recovery week</p>	<p>AM SWIM 5-6KM INTERVALS</p> <p>PM BOARD 8KM EASY FLAT WATER PADDLE TALKING PACE</p>	<p><u>AM MORNING OFF</u> PM SKI PADDLE BACK 16KM EASY/SLOW</p> <hr/> <p>RUN 10KM EASY/SLOW STRAIGHT AFTER SKI</p>	<p>AM SWIM 6KM INTERVALS</p> <p>PM BOARD 1HOUR EASY BOARD PADDLE FLAT WATER</p>	<p><u>AM SWIM 4KM EASY</u> AM RUN HILLS <u>40MIN AFTER SWIM</u></p> <p>PM SKI LONG EASY PADDLE OPEN WATER PADDLE DISTANCE YOUR CHOICE</p>	<p>AM SWIM <u>1HOUR EASY</u></p> <p>AM IRONS CONTINUOUS FOR 4:30MIN EASY DIVIDE DECIPLINES ACCORDINGLY</p>	OFF



## WEEKS 9-12 GOLD TRAINING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>AM SWIM 6 - 7KM ENDURANCE RUN TRACK AFTER SWIM 10 X 100MTR ON 30SEC <u>SET X 4</u></p> <p>PM SKI 14KM – 16KM OPEN WATER</p>	<p>AM SWIM 5-6KM INTERVALS</p> <p>PM BOARD(INTO WIND) 3 X 3MIN 30SEC REST- EASY 3 X 2MIN 30SEC REST- MOD 3X 1MIN 30SEC REST- HARD 3 X 30SEC REST- MAX RACE HOME(WITH WIND) WHOLE SET X 3 TIMES</p>	<p>AM SWIM 5-6KM SHORT REST</p> <p>PM SKI PADDLE BACK 20 KM</p> <hr/> <p>RUN 8KM HARD STRAIGHT AFTER SKI USE GELS</p>	<p>AM SWIM 6KM INTERVALS</p> <p>PM BOARD 8KM FLAT WATER PADDLE 3MIN EASY 1MIN HARD CONT</p>	<p>AM SWIM <u>6 - 7KM ENDURANCE</u> AM RUN HILLS SHORT SPRINT HILL <u>AFTER SWIM</u> PM SKI FLAT WATER 5 MIN W/UP 20 X 500MTR EFFORTS 2 X EASY, 2 X HARD SETX 5 2:00 REST IN BETWEEN</p>	<p>AM IRONS CONTINUOUS FOR 3:30MIN EASY</p>	OFF
<p>AM SWIM 6 - 7KM ENDURANCE AM RUN TRACK 2 X 400MTR 4 X 200MTR 6 X 100MTR SET X 3 <u>TRY AND INCREASE SPEED</u></p> <p>PM SKI 16KM – 18KM BUILD OPEN WATER</p>	<p>AM SWIM 5-6KM INTERVALS</p> <p>PM BOARD 40MIN INTO WIND MODERATE RACE HOME HARD</p>	<p>5-6KM SHORT REST</p> <p>PM SKI PADDLE BACK 22 KM</p> <hr/> <p>RUN 10KM 5KM EASY 5KM HARD STRAIGHT AFTER SKI USE GELS</p>	<p>AM SWIM 6KM INTERVALS</p> <p>PM BOARD BEACH 4 X 4MIN EFFORT OUT RACE HOME 5 X 2MIN EFFORT OUT RACE HOME 6 X 1MIN EFFORT OUT RACE HOME WHOLE SET X 2 TAKE OUT 4MIN SET SECOND TIME THROUGH</p>	<p>AM SWIM <u>6 - 7KM ENDURANCE</u> AM RUN HILLS SHORT SPRINT HILL <u>AFTER SWIM</u></p> <p>PM SKI 5 MIN W/UP 16 X 5MIN DEC 1- 4 1MIN REST 5 MIN W/DOWN</p>	<p>AM IRONS CONTINUOUS FOR 4:00HOURS BUILD Try and work on your transitions. Get moving straight away</p>	OFF
<p>AM SWIM 6 - 7KM ENDURANCE AM RUN TRACK 6 X 400MTR MAX 800MTR REC AFTER 400MTR</p> <p>PM SKI 18KM – 20KM BUILD OPEN WATER</p>	<p>AM SWIM 5-6KM INTERVALS</p> <p>PM BOARD 8MIN EASY OUT RACE HOME 6MIN BUILD OUT RACE HOME 4MIN HARD OUT RACE HOME 2MIN MAX OUT RACE HOME WHOLE SET X 2</p>	<p>5-6KM SHORT REST</p> <p>PM SKI PADDLE BACK <u>24 KM TAKE CAMEL PACK</u></p> <hr/> <p>RUN 8KM BUILD TO FAST PACE STRAIGHT AFTER SKI USE GELS</p>	<p>AM SWIM 6KM INTERVALS</p> <p>PM BOARD 6KM PADDLE EASY CANAL OR FLAT NO HARD WORK SEMI TAPER FOR WEEKEND RUN THROUGH</p>	<p>AM SWIM <u>5KM EASY (TAPER)</u> AM RUN 5KM EASY <u>AFTER SWIM</u> PM SKI HAVE THE AFTERNOON OFF BEFORE YOUR GOLD RUN THROUGH WORK ON HYDRATION AND MEAL PLAN</p>	<p>AM GOLD RUN THROUGH Try and do the correct distances. This is your last full race distance session so Practice all areas of the race Camel pack, gels, change over's etc.</p>	OFF
<p>AM SWIM 3 – 5KM ENDURANCE <u>30MIN EASY RUN AFTER SWIM</u></p> <p>PM SKI 12 KM EASY FLAT WATER This is recovery week</p>	<p>AM SWIM 5-6KM INTERVALS</p> <p>PM BOARD 8KM EASY FLAT WATER PADDLE TALKING PACE</p>	<p>5KM EASY (RECOVERY)</p> <p>PM SKI FLAT WATER PADDLE BACK 16KM EASY/SLOW</p> <hr/> <p>RUN 10KM EASY/SLOW STRAIGHT AFTER SKI</p>	<p>AM SWIM 6KM INTERVALS</p> <p>PM BOARD 1:20MIN EASY BOARD PADDLE FLAT WATER</p>	<p><u>AM SWIM 4KM EASY</u> AM RUN HILLS <u>40MIN AFTER SWIM</u></p> <p>PM SKI 12 – 14KM LONG EASY PADDLE OPEN WATER PADDLE DISTANCE YOUR CHOICE</p>	<p>AM IRONS CONTINUOUS FOR 4:00MIN EASY DIVIDE DISIPLINES ACCORDINGLY</p>	OFF

## WEEKS 13-16 GOLD TRAINING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>AM SWIM 6 - 7KM ENDURANCE RUN AFTER SWIM 40MIN - 10MIN EASY 30MIN STEADY</p> <p>PM SKI 18KM – 20KM OPEN WATER</p>	<p>AM SWIM 5-6KM INTERVALS</p> <p>PM BOARD 3MIN ON 2MIN OFF FOR 6 KM INTO WIND AND <u>THEN RACE HOME</u> RUN 10KM STEADY PACE STRAIGHT AFTER SKI USE GELS</p>	<p>AM SWIM 5-6KM SHORT REST</p> <p>PM SKI PADDLE BACK 25 KM USE CAMEL PACK AND GELS</p>	<p>AM SWIM 6KM INTERVALS</p> <p>PM BOARD 8KM FLAT WATER PADDLE 2MIN EASY 3MIN HARD CONT</p>	<p>AM SWIM <u>6 - 7KM ENDURANCE</u> AM RUN HILLS LONG SLOW HILLS <u>AFTER SWIM</u> PM SKI OPEN WATER 8 X 4MIN 1 X EASY 1 X HARD 8 X 2MIN 1 X EASY 1 X HARD 30MIN EASY PADDLE</p>	<p>AM IRONS CONTINUOUS FOR 3HOURS MODERATE PACE TRY AND FOCUS ON YOUR BREATHING AND NOT ZONING OUT USE GELS AND CAMEL PACK</p>	OFF
<p>AM SWIM 6 - 7KM ENDURANCE RUN AFTER SWIM 50MIN - 10MIN EASY 40MIN STEADY</p> <p>PM SKI 20KM – 22KM BUILD OPEN WATER</p>	<p>AM SWIM 5-6KM INTERVALS</p> <p>PM BOARD 4 X 10MIN INTO WIND EASY HARD X 2 <u>RACE HOME HARD</u> RUN 8KM STEADY PACE STRAIGHT AFTER SKI USE GELS</p>	<p>AM SWIM 5-6KM SHORT REST</p> <p>PM SKI PADDLE BACK 30 KM USE CAMEL PACK AND GELS</p>	<p>AM SWIM 6KM INTERVALS</p> <p>PM BOARD 4 X 4MIN EASY 4 X 3MIN MOD 4 X 2MIN HARD 4 X 1MIN MAX WHOLE SET X 2</p>	<p>AM SWIM <u>6 - 7KM ENDURANCE</u> AM RUN HILLS SHORT SPRINT HILL <u>AFTER SWIM</u></p> <p>PM SKI 5 MIN W/UP 14KM FLAT WATER 5 MIN W/DOWN</p>	<p>AM 1HOUR SKI LAST 10MIN HARD 40MIN BOARD LAST 10MIN HARD 20MIN SWIM IN OCEAN 30MIN RUN LAST 10MIN HARD (YOUR LAST HARD SESSION)</p>	OFF
<p>AM SWIM 6 - 7KM ENDURANCE RUN AFTER SWIM 40MIN - 10MIN EASY 20MIN HARD 10MIN EASY</p> <p>PM SKI 14KM – 16KM BUILD OPEN WATER</p>	<p>AM SWIM 5-6KM INTERVALS</p> <p>PM BOARD 8KM PADDLE BACK ALL HARD</p>	<p>AM SWIM 5-6KM SHORT REST</p> <p>PM SKI PADDLE BACK <u>20 KM TAKE CAMEL PACK</u> RUN 8KM EASY STRAIGHT AFTER SKI USE GELS</p>	<p>AM SWIM 6KM INTERVALS</p> <p>PM BOARD 6KM PADDLE EASY CANAL OR FLAT FINISH WITH 10 X 30SEC EFFORTS MAX + EASY PADDLE</p>	<p>AM SWIM <u>5KM EASY</u> AM RUN 5KM EASY AFTER SWIM</p> <p>PM SKI 10KM EASY FLAT WATER</p>	<p>AM IRONS 1HOUR SKI 40:00MIN BOARD 20MIN SWIM 40:00MIN RUN ALL EASY TALKING PACE BUT CONTINUOUS</p>	OFF
<p>AM SWIM 3 – 5KM ENDURANCE <u>30MIN EASY RUN AFTER SWIM</u> PM SKI 12 KM EASY FLAT WATER This is TAPER week</p>	<p>AM SWIM 5KM INTERVALS</p> <p>PM BOARD 6KM EASY FLAT WATER PADDLE TALKING PACE “TIME TO START CARBO LOADING”</p>	<p>MORNING OFF</p> <p>PM SKI FLAT WATER PADDLE BACK <u>12KM EASY/SLOW</u> RUN 5KM EASY/SLOW STRAIGHT AFTER SKI</p>	<p>AM SWIM 3KM EASY</p> <p>REST OF THE DAY OFF</p> <p>YOU SHOULD BE EATING PLENTY OF CARBS AND HYDRATING</p>	<p>AM SWIM 2KM EASY</p> <p>SKI OPEN WATER PADDLE DISTANCE YOUR CHOICE FINISH WITH 4 X 30SEC EFFORTS</p>	<p>LIGHT FLOAT ON ALL CRAFT MORNING BEFORE BREIFING AFTERNOON OFF WITH YOUR LEGS UP DOING NOTHING BUT HYDRATATING</p>	COOLANGATTA GOLD RACE DAY