

Nathan Smith
 - November / December 2002 -

WEEK 1

4th – 10th November

	A.M	P.M
Monday	Swim (aerobic)	Ski: 10mins x easy 3 x 2mins (80%) – 30secs rest 3 x 15mins (1 x med pace/1 x wash leads/1 x chop chase) – 2mins rest 3 x 2mins (80%) – 1min rest Run: 20mins x easy
Tuesday	Swim (hard)	Board: 10mins x easy (warm up) 6 x 6mins (80 – 90%) 60secs rest 12 x 20secs (90%+) – 10secs rest <u>only</u> (treat like doing 25m sprints in pool) Weights: (With Langy)
Wednesday	OFF	Ski: 5km x easy – med. 1000m Time Trial (record time for later reference) 1500m x easy 500m Time Trial (record time for later reference) 1000m x easy 200m Race (all together)
Thursday	Swim (aerobic)	Ironman: 3 x Doubles (5mins rest between) Weights: (With Langy if not going to be done Sat morning)
Friday	Swim (recovery)	OFF
Saturday	Swim (hard)	Board (Bay session): 5-10mins x easy Ferry Chase (Compare if done previously)
	Ski + Run / Weights (depends on conditions)	Ski / Run / Ironman (depends on conditions)
Sunday	OFF	OFF

Dr Grant Wilkinson D.C, B.Sc, M.Sc

SurfElite Coaching & Consultancy Services

Surf The Net To Sporting Excellence!

www.surfelite.com.au

Nathan Smith
 - November / December 2002 -

WEEK 2
 11th – 17th November

	A.M	P.M
Monday	Swim (aerobic)	Ski: 10 – 15mins x easy 3 x 20min Wash Leads (Change every 50/40/30strokes) 10 – 15mins x easy (paddle to elouera) Run: 20mins x easy
Tuesday	Swim (hard)	Board: 10mins x easy (warm up) 12 x 3mins (do at constant pace of 90% with small surge every minute) Weights: (With Langy)
Wednesday	OFF	Ski: 2 ½ km x easy / 2 ½ km x med (wash leads) / 16 x 200m sprints (done as 4 x (4 x 200m)) - 1 x 75% - 1 x 100m Hard / 100m easy - 1 x Build - 1 x Race Pace 2000m x easy warm down
Thursday	Swim (aerobic)	Ironman: 6 x 6 Ironman Session Weights: (With Langy if not going to be done Sat morning)
Friday	Swim (recovery) Board (Bay session): 5-10mins x easy 6 x 8mins (continuously IN & OUT in break)	OFF
Saturday	Swim (hard) Ski + Run / Weights (depends on conditions)	Ski / Run / Ironman (depends on conditions)
Sunday	OFF	OFF

Dr Grant Wilkinson D.C, B.Sc, M.Sc
SurfElite Coaching & Consultancy Services
Surf The Net To Sporting Excellence!
www.surfelite.com.au

Nathan Smith
 - November / December 2002 -
WEEK 3
 18th – 24th November

	A.M	P.M
Monday	Swim (aerobic)	Ski: 10 – 15mins x easy (warm up) 3 x 2mins (75%) – 1min rest 8 x 1 st Pine Trees (OUT & IN = 1) (80 – 90%) 10mins x easy 4 x 30stroke starts Run: 20mins x easy
Tuesday	Swim (hard)	Board: 10mins x easy (warm up) 10 x (90% to 1 st P.Tree → 75% to Shelley → 40strokes MAX / HARD Chop Chase back to beach) ~ 60 – 90secs rest Weights: (With Langy)
Wednesday	OFF	Ski: 12 x 1000m – 6 x sub 4.45 pace On 5.30 – 6 x sub 5.15 pace on 7.00 (occy strap)
Thursday	Swim (aerobic)	Ironman: 6 x Singles (5mins rest between) Weights: (With Langy if not going to be done Sat morning)
Friday	Swim (recovery)	Board (Bay session): 5-10mins x easy 8 x 5mins (1 to 4 intensity): 30secs - 1min rest OFF
Saturday	Swim (hard)	Ski + Run / Weights (depends on conditions) Ski / Run / Ironman (depends on conditions)
Sunday	OFF	OFF

Dr Grant Wilkinson D.C, B.Sc, M.Sc
SurfElite Coaching & Consultancy Services
Surf The Net To Sporting Excellence!
www.surfelite.com.au

Nathan Smith
 - November / December 2002 -
WEEK 4
 24th – 1st December

	A.M	P.M
Monday	Swim (aerobic)	Ski: 1 hr x easy – med / waves / skills Run: 20mins x easy
Tuesday	Swim (hard)	Board: 10mins x easy (warm up) 24 x 2mins (1 to 4 intensity). 30secs - 1min rest (FLAT WATER) Weights: (With Langy)
Wednesday	OFF	Ski: 10mins x easy 15secs ON (90%) / 45secs OFF (75%) 30secs ON (90%) / 90secs OFF (75%) 45secs ON (90%) / 2.15mins OFF (75%) 1min ON (90%) / 3mins OFF (75%) 10mins x easy *Same as in Week 4 of last program - Compare* } x 3
Thursday	Swim (aerobic)	Ironman: 6 x 6 Ironman Session (3mins rest between) Weights: (With Langy if not going to be done Sat morning)
Friday	Swim (recovery) Board (SURF): 5-10mins x easy 1 – 1 ½ hrs x skills session / waves	OFF
Saturday	Swim (hard) Ski + Run / Weights (depends on conditions)	Ski / Run / Ironman (depends on conditions)
Sunday	OFF	OFF

Dr Grant Wilkinson D.C, B.Sc, M.Sc
SurfElite Coaching & Consultancy Services
Surf The Net To Sporting Excellence!
www.surfelite.com.au