PERSONAL TRAINING DRAFT / 29 SEPTEMBER 2026

London 100 + Lakesman Full

38 weeks: 28 September 2026 to 20 June 2027. A provisional, dated programme based on your preferences and recent history. Review the load monthly and before each build; this is not a prediction of race readiness or a sub-12 result.

Event	Date
Heaton Park Half - 21.1 km	Sunday 11 October 2026, 09:30
London 100 - 100 km	Saturday 12 June 2027
Lakesman Full	Sunday 20 June 2027

Your fixed routine

Swim at 06:00 Monday-Friday. Cycle at 12:00 Monday-Saturday, mainly using ROUVY. Long run on Sunday. Strength on Tuesday and Thursday evenings. One optional reformer Pilates session on Monday evening is the initial placement. Recovery, taper and race weeks override the normal routine.

Starting information

You have completed three 50 km ultras, one full Ironman and three half Ironmans, with no current injuries or recurring pain reported. Your regular long run is around 20 km. You report about 6 cycling hours per week and a latest ride of 1 h 20 min; this is not assumed to be your longest ride. Tredict confirms established running and swimming, but is missing some cycling.

Time commitment - still to confirm

Normal re-entry weeks start near 11 hours and the largest future week approaches 20 hours, including optional Pilates and short recovery rides. Travel and changing are extra. Availability across seven days does not confirm this hour budget. Treat future weeks as ceilings until you have checked that the total is realistic.

Recovery comes first

After your 52.77 km run on 26 September, rest and optional gentle swimming come first. Your requested start is Sunday 4 October: an optional 30-60 minute easy run/walk, with no distance target, only if walking and stairs feel normal and soreness and fatigue have settled. Stop early for pain, altered stride or unusual fatigue. Heaton Park Half Marathon is Sunday 11 October at 09:30, conditional on recovery, and is that Sunday's run. Keep it controlled, then take a lighter week. In June, 13-19 June is rest with optional gentle swimming only; Lakesman depends on recovery.

HOW TO USE THE PLAN

Your weekly rhythm

Day	06:00 swim	12:00 bike	Other session
Monday	Easy	Short recovery	Optional reformer Pilates, evening
Tuesday	Technique	Aerobic	Strength A, evening
Wednesday	Steady	Short recovery	Easy run, flexible time
Thursday	Technique	Easy / steady intervals	Strength B or E, evening
Friday	Endurance	Short recovery	Easy run, flexible time
Saturday	-	Long endurance	Selected later weeks: 10 min easy brick
Sunday	-	-	Long run, flexible time

Effort, load and recovery

Easy running and endurance riding: RPE 2-3/10, comfortable conversation. Recovery rides: RPE 1-2/10. Selected Thursday bike sessions from January: 3 x 8 minutes at controlled RPE 4/10, with 4 minutes easy after each; warm-up and cool-down are included. These are not threshold sessions. Use easy riding instead if tired.

Sunday is the main run, but 20 km is not a minimum in recovery, easier or taper weeks. Longer runs stop at the distance ceiling or four hours, whichever comes first. Later bike-emphasis weeks have shorter Sunday runs; run-emphasis weeks have shorter Saturday rides. Ten-minute bricks replace ten minutes of Friday running.

If sleep, motivation, soreness or normal easy effort worsen, shorten or repeat the week. Omit recovery spins and optional Pilates first; a full rest day is allowed. Never make up missed sessions by stacking them later. Persistent pain or unusual symptoms need assessment, not a harder session.

What the hours mean

Planning estimates use 8 min/km for running and 2.5 min/100 m for swimming including short rests. Actual time will vary. Bike and strength durations are prescribed by time. Totals include optional recovery rides and Pilates, but exclude race duration. Weeks 1-2 and race weeks contain optional or time-based sessions: use the daily calendar rather than a zero distance total.

TREDICT / REVIEWED 29 SEPTEMBER

Recent training baseline

Across the four complete weeks 3-30 August: running averaged 35.3 km over three sessions/week; swimming averaged 6.7 km over 4.25 sessions/week. This is a historical reference, not an immediate post-ultra target.

Week from	Run km	Swim km	Recorded bike min
2026-08-03	40.10	8.000	0.0
2026-08-10	33.66	7.650	0.0
2026-08-17	29.68	6.300	0.0
2026-08-24	37.68	4.800	59.4
2026-08-31	27.56	7.850	75.9
2026-09-07	21.20	4.775	29.1
2026-09-14	0.00	2.800	0.0
2026-09-21	52.77	3.600	0.0

26 September: 52.77 km, recorded duration 7:14:28. The first two calendar weeks reflect recovery from this run. The routine resumes only as recovery permits.

You confirmed missing ROUVY/cycling sessions. Only three rides of at least two minutes appear in these eight weeks, so the imported bike totals must not be used as your full cycling volume. The draft instead uses your reported 6 h/week.

Method: full Monday-Sunday weeks, running includes treadmill and trail; five recordings under two minutes excluded. Displayed durations may be moving time. Swim session distance does not prove continuous distance. Current partial week excluded. No automatic account sync is configured.

38-WEEK OVERVIEW / 1 OF 2

Build, ease back, reassess

Week / from	Focus	Run km*	Swim km	Bike h	Sun km*	Sat bike	Hours**
1 / 28 Sep	Recovery	-	-	0.0	-	-	1.0
2 / 05 Oct	Half marathon 21.1 km	-	-	0.8	-	-	2.1
3 / 12 Oct	Post-half return	18	3.4	2.2	10	1:00	6.6
4 / 19 Oct	Re-entry	30	5.2	4.5	18	1:45	12.6
5 / 26 Oct	Foundation	34	5.6	5.0	20	2:00	13.8
6 / 02 Nov	Easier week	28	4.8	3.8	16	1:30	11.1
7 / 09 Nov	Foundation	34	6.0	5.8	20	2:15	14.7
8 / 16 Nov	Foundation	36	6.4	6.0	20	2:30	15.4
9 / 23 Nov	Foundation	38	6.4	5.8	22	2:15	15.4
10 / 30 Nov	Easier week	28	5.2	4.2	16	1:45	11.8
11 / 07 Dec	Foundation	38	6.4	6.0	22	2:30	15.6
12 / 14 Dec	Foundation	40	6.4	6.2	22	2:45	16.2
13 / 21 Dec	Maintenance	36	6.0	5.8	20	2:30	14.8
14 / 28 Dec	Easier week	28	5.2	4.0	16	1:45	11.5
15 / 04 Jan	Endurance build	40	6.4	6.5	22	3:00	16.4
16 / 11 Jan	Run emphasis	44	6.8	6.2	24	2:45	16.9
17 / 18 Jan	Bike emphasis	40	6.8	7.0	20	3:30	17.1
18 / 25 Jan	Easier week	32	5.6	4.8	16	2:15	12.9
19 / 01 Feb	Run emphasis	46	7.2	6.5	26	3:00	17.5

* Distances are ceilings. Sunday stops at the listed distance or four hours, whichever comes first. A dash in return/race weeks means use the daily time-based/optional instructions; race distance is excluded.

** Approximate training time, including optional Pilates/recovery spins. The largest week is about 20 hours. Check your available time and recovery before adopting future build weeks. Daily session instructions and exact swim sets are in the app and downloadable daily-sessions CSV.

38-WEEK OVERVIEW / 2 OF 2

Build, ease back, reassess

Week / from	Focus	Run km*	Swim km	Bike h	Sun km*	Sat bike	Hours**
20 / 08 Feb	Bike emphasis	44	7.2	7.2	22	3:45	18.0
21 / 15 Feb	Run emphasis	50	7.2	6.2	28	3:00	17.8
22 / 22 Feb	Easier week	34	6.0	5.0	18	2:15	13.6
23 / 01 Mar	Bike emphasis	46	7.6	7.5	24	4:00	18.5
24 / 08 Mar	Run emphasis	54	7.6	6.0	30	3:00	18.1
25 / 15 Mar	Bike emphasis	44	8.0	7.8	22	4:30	18.7
26 / 22 Mar	Easier week	34	6.4	5.2	18	2:30	13.9
27 / 29 Mar	Run emphasis	56	8.0	6.0	32	3:00	18.2
28 / 05 Apr	Bike emphasis	44	8.4	8.2	22	5:00	19.4
29 / 12 Apr	Run emphasis	54	8.4	6.5	30	3:30	18.9
30 / 19 Apr	Easier week	34	6.8	5.2	18	2:30	14.0
31 / 26 Apr	Run emphasis	58	8.8	6.0	34	3:00	18.4
32 / 03 May	Bike emphasis	44	9.0	8.8	22	5:30	19.9
33 / 10 May	Run emphasis	56	8.4	6.0	32	3:00	18.3
34 / 17 May	Bike rehearsal	40	8.4	7.8	20	5:00	18.0
35 / 24 May	Taper 1	34	7.2	5.5	18	3:00	13.5
36 / 31 May	Taper 2	24	5.6	3.0	12	1:30	8.6
37 / 07 Jun	London 100 race week	-	-	0.5	-	-	1.8
38 / 14 Jun	Recovery / Lakesman	-	-	0.0	-	-	0.0

* Distances are ceilings. Sunday stops at the listed distance or four hours, whichever comes first. A dash in return/race weeks means use the daily time-based/optional instructions; race distance is excluded.

** Approximate training time, including optional Pilates/recovery spins. The largest week is about 20 hours. Check your available time and recovery before adopting future build weeks. Daily session instructions and exact swim sets are in the app and downloadable daily-sessions CSV.

EVENING STRENGTH & PILATES

Adapt the strength block

The calendar schedules two strength evenings. The following adaptation replaces the original high-set build wave for scheduled sessions. The complete original source remains on later pages for reference.

Session	Scheduled adaptation
Tuesday A	Front squat 2 x 6-8; Bulgarian split squat 2 x 6-8 each leg; good morning 2 x 8; cable crunch 2 x 10-12.
Thursday B	Overhead press 2 x 6-8; chin-up or pulldown 2 x 6-8; single-arm row 2 x 8 each side; incline press 2 x 8; face pull 2 x 12.
Thursday E (alternate weeks)	Bench 2 x 6-8; barbell row 2 x 8; incline press 2 x 8; face pull 2 x 12; crunch 2 x 10.

Start with 1-2 sets and leave 3-4 repetitions in reserve, about RPE 6-7/10. Use the source rest periods and familiar, controlled technique. End when the calendar time is reached; omit the last accessory rather than rush. Do not pursue peak sets immediately after the ultra.

During easier and spring peak weeks, reduce to one set or fewer exercises. The 15-minute post-half and taper slots are gentle mobility/activation only. No heavy testing or new exercises close to racing. Sessions C and D are available in the source reference but are not extra scheduled sessions.

Progress strength only when all prescribed sets are comfortable with the intended reserve and endurance recovery remains good. Choose a small increment appropriate to the equipment and units; do not automatically apply the source 5 lb jumps or earned-set ceilings.

Reformer Pilates

Start with one optional 45-minute Monday evening session, already included in the hour estimate. Keep it controlled and low stress after Sunday. Tell the instructor about your endurance training. Shorten or skip when sore or fatigued; additional classes would add to the load and are not included.

ORIGINAL STRENGTH SOURCE

The six-week wave

Source reference only. These are the supplied programme rules, not the prescription for the two adapted evening sessions above.

Week	Original build-lift instruction
1	Build to ONE heavy peak set at the listed reps, RPE 7-8. Log the peak weight.
2	5 reps @ 80% of the Week 1 peak. Start with 3 sets; after any set at 1-2 RIR or easier, add a set. Max 5 sets.
3	3 reps @ Week 2 load + 5. Same add-a-set rule. Max 8 sets.
4	Week 3 load + 5. Hit 10 TOTAL reps in as few sets as possible. Log reps per set - the sheet counts the total.
5	Week 4 load - 5. Back to 5 reps. Same add-a-set rule. Max 5 sets.
6	Re-test: build to a new peak at the same reps as Week 1. Log it - the sheet shows the gain over Week 1.

Accessories and units

Original accessories: Week 1 uses 3 reps in reserve; later source weeks increase weight if any set reached the upper rep limit. Defaults are pounds, 2.5 lb rounding and 5 lb build/accessory jumps. A unit label change does not convert increments. Maximum sets are ceilings, not automatic targets.

Use the original workbook for weights and reps. Its export summary warns that Numbers-to-Excel formula behaviour may differ. The original file is unchanged and has not been independently recalculated.

ORIGINAL SOURCE / SESSION A

Session A - Lower (main)

Original timing: Monday / 45 min

Reference only: the scheduled endurance adaptation is on page 6.

01 Clean grip front squat

Build lift: Weeks 1 and 6 peak set of 2 reps. Week 1 source effort RPE 7-8. Weeks 2-5 follow the source wave on page 7. Rest: 3 min.

The KPI lift. Clean grip, elbows up, torso vertical. Cross-arm if wrists won't allow; box squat or trap bar DL if that fails.

02 Bulgarian split squat

3 sets x 6-8 reps. Rest: 2 min.

03 Good morning

3 sets x 8-10 reps. Rest: 2 min.

Light. Teaching hamstrings to hold tension at length.

04 Weighted cable crunch

3 sets x 10-12 reps. Rest: 60 sec.

ORIGINAL SOURCE / SESSION B

Session B - Upper (main)

Original timing: Wednesday / 40 min

Reference only: the scheduled endurance adaptation is on page 6.

01 Clean grip overhead press

Build lift: Weeks 1 and 6 peak set of 5 reps. Week 1 source effort RPE 7-8. Weeks 2-5 follow the source wave on page 7. Rest: 2-3 min.

02 Chin-up (or lat pulldown)

Build lift: Weeks 1 and 6 peak set of 8 reps. Week 1 source effort RPE 7-8. Weeks 2-5 follow the source wave on page 7. Rest: 2 min.

Log ADDED weight (0 = bodyweight). Pulldown: log stack weight.

03 Single-arm dumbbell row

3 sets x 8-10 reps. Rest: 90 sec.

Per side.

04 Incline dumbbell press

3 sets x 8-10 reps. Rest: 90 sec.

05 Face pull

3 sets x 12-15 reps. Rest: 60 sec.

ORIGINAL SOURCE / SESSION C

Session C - Add-on

Original timing: Tuesday & Friday / 15 min

Reference only: the scheduled endurance adaptation is on page 6.

01 Single-leg standing calf raise

3 sets x 12-15 reps. Rest: 60 sec.

3 sec up, 3 sec down. Full stretch at bottom. Per leg.

02 Seated calf raise

3 sets x 12-15 reps. Rest: 60 sec.

Knee bent - soleus.

03 Bicep curl

2 sets x 12-15 reps. Rest: 60 sec.

04 Tricep pushdown

2 sets x 12-15 reps. Rest: 60 sec.

ORIGINAL SOURCE / SESSION D

Session D - Lower (short)

Original timing: Thursday PM / 25 min

Reference only: the scheduled endurance adaptation is on page 6.

01 Trap bar deadlift (or RDL)

3 sets x 6-8 reps. Rest: 2-3 min.

Run first, lift later - 4+ hours apart if you can.

02 Step-up (knee-high box)

3 sets x 8-10 reps. Rest: 60 sec.

Per leg.

03 Standing calf raise, loaded

3 sets x 8-10 reps. Rest: 90 sec.

ORIGINAL SOURCE / SESSION E

Session E - Upper / Full (main)

Original timing: Saturday / 40 min

Reference only: the scheduled endurance adaptation is on page 6.

01 Bench press

Build lift: Weeks 1 and 6 peak set of 5 reps. Week 1 source effort RPE 7-8. Weeks 2-5 follow the source wave on page 7. Rest: 2-3 min.

02 Barbell row

3 sets x 8-10 reps. Rest: 2 min.

03 DB incline press

3 sets x 8-10 reps. Rest: 90 sec.

04 Face pull

3 sets x 12-15 reps. Rest: 60 sec.

05 Weighted cable crunch

3 sets x 10-12 reps. Rest: 60 sec.

Use the plan in practice

ROUVY: use a route or free ride for the calendar duration and effort. Virtual distance is not the target. Keep recovery spins very easy, and choose terrain that allows steady effort. Power-based sessions require an appropriate FTP; no FTP or threshold zones have been inferred from the history. ROUVY supports .zwo, .mrc and .erg imports, but no personalised power files or automatic sync are configured here.

Swimming: weekday sessions are at 06:00. The app gives warm-up, repeat sets and cool-down that add up to each planned distance. Endurance totals build gradually to one 3.8 km session in May; breaks are allowed, so this does not establish continuous open-water readiness. Supervised open-water practice can replace a pool session at a safe time when conditions permit.

Long sessions: practise familiar food, drink, equipment and pacing. Do not introduce a new fuelling strategy on race day. Review event cut-offs and specific course demands before the spring block; sub-12 at both events is a stretch target, not assessed here.

13-19 June: rest, with optional gentle swimming only if comfortable. No running, cycling, strength or Pilates. Lakesman on 20 June is a conditional start; review recovery with an experienced endurance coach and sports clinician. Eight days cannot guarantee readiness.

Sources and boundaries

Your supplied six-week hybrid programme (strength reference).

Your Tredict activity history, reviewed 29 September 2026; self-reported missing cycling, 6 h/week and latest ride 1 h 20 min. Heaton Park Half: Sunday 11 October at 09:30; undulating tarmac. Organiser: https://www.runthrough.co.uk/event/run-heaton-park-5k-10k-half-marathon-junior-race-october-2026. Total available hours, longest recent ride, continuous swim distance and FTP remain unconfirmed.

Event dates checked 29 September: https://www.london100km.com/ and https://thelakesman.com/

ROUVY workouts: https://support.rouvy.com/hc/en-us/articles/33398875835921-Workouts-in-ROUVY

IRONMAN Run Smart: https://www.ironman.com/resources/smart-program/run-smart

Millet et al. (2011), ultra recovery context: https://doi.org/10.1371/journal.pone.0017059. A 166 km mountain event, not a personalised readiness test for your 100 km / triathlon turnaround.

The dated volumes, session distribution and endurance strength adaptation are an author-created provisional plan, not prescribed by the source workbook or event organisers. The source heart-rate test was not adopted as a validated threshold assessment.