

Pete Plan 24-Week Beginner Training (Half Volume)

3 Core Workouts + 2 Optional Per Week | Focus: Technique, Consistency, Progressive Overload

Workout Types:

Day 1 - Endurance: Build aerobic base, focus on technique (aim for 24 spm or below)

Day 2 - Speed: High intensity intervals, develop race pace power

Day 3 - Speed Endurance: Bridge between distance and speed training

Optional 4 & 5: Additional training when time/motivation permits [shown in brackets]

Week	Day 1 (Endurance)	Day 2 (Speed)	Day 3 (Speed End.)	Optional 4	Optional 5
1	2500m	3 × 500m / 2min	2500m	[10min]	[10min / 2min]
2	2750m	2 × 750m / 2min	2750m	[10min]	[2 × 4min / 2min]
3	3000m	1 × 2000m	3000m	[2500m]	[3 × 500m / 2min]
4	3250m	2 × 1000m / 3min	3250m	[3000m]	[2500m / 2min]
5	3500m	2 × 800m / 2min	3500m	[10min]	[10min / 2min]
6	3750m	2 × 2000m / 4min	3750m	[2500m]	[3 × 500m / 2min]
7	4000m	4 × 500m / 2min	4000m	[3000m]	[2 × 1500m / 3min]
8	4250m	2 × 1500m / 3min	4000m	[12min]	[2 × 1k / 3min]
9	4500m	2 × 800m / 2min	4000m	[4000m]	[10min / 2min]
10	4750m	2 × 2000m / 4min	4000m	[4000m]	[4 × 500m / 2min]
11	5000m	4 × 500m / 2min	4000m	[12min]	[2 × 1500m / 3min]
12	5000m	2 × 1500m / 3min	2 × 10min / 2min	[4000m]	[2 × 800m / 2min]
13	5000m	2 × 1k / 3min	15min / 2min	[4000m]	[2 × 2k / 4min]
14	5000m	2 × 2k / 4min	2 × 8min / 2min	[15min]	[4 × 500m / 2min]
15	5000m	3 × 750m / 2min	2 × 10min / 2min	[4000m]	[2 × 1500m / 3min]
16	5250m	3 × 1500m / 3min	15min	[5000m]	[2 × 1k / 3min]
17	5250m	4 × 500m / 2min	15min / 2min	[15min]	[2 × 8min / 2min]
18	5500m	2 × 2k / 4min	15min	[5000m]	[2 × 1k / 3min]
19	5000m	3 × 800m / 2min	2 × 10min / 2min	[15min]	[2 × 2k / 4min]
20	6000m	3 × 1500m / 3min	15min	[5000m]	[4 × 500m / 2min]
21	5000m	2 × 1k / 3min	2 × 8min / 2min	[6000m]	[3 × 1500m / 3min]
22	6000m	2 × 2k / 4min	15min	[2 × 10min / 2min]	[3 × 800m / 2min]
23	5000m	4 × 500m / 2min	15min / 2min	[5000m]	[2 × 2k / 4min]
24	6000m	3 × 1500m / 3min	15min	[15min / 2min]	[2 × 1k / 3min]

Training Notes:

- **Pacing:** Use previous sessions to set targets. Start conservatively, build gradually
- **Technique:** Priority 1 Aim for smooth, efficient strokes at 24 spm or below on distance work
- **Rest:** Stick to prescribed rest times between intervals. Use for hydration and refocusing
- **Progression:** Complete core sessions consistently before adding optionals. Log every workout
- **Recovery:** Rest days essential. If fatigued, reduce intensity rather than skip sessions
- **Volume:** This is half the original Pete Plan volume - perfect for beginners or time-constrained athletes