

TRAINING PLAN  
COACH DERMOTTHAY



# SMASH THE SPRINT

## IN 8 WEEKS!

Turn to p99 for four easy meal recipes designed to fuel you to the finish line

Attempting to improve your PB at any tri distance is tough, but doing it over the sprint distance really requires a level of commitment and the acceptance that it might be a little uncomfortable. Over a 14hr Ironman race you can make an improvement of 30mins without having to increase training significantly, but trying to improve your sprint distance PB by 8-10mins really does take a lot of effort. It is doable though, and with the training plan overleaf you will be on the right path to reach the finish line faster.

The plan is designed for those who already have some triathlon experience and are able to commit to six days training per week. You should have a decent base level of fitness and an understanding of working at differing levels of intensity. One key element is that each week has a number of 'double days' where there are two training sessions – these don't need to be done in succession and, in fact, it's better to recover between training sessions and be ready to execute each session as strongly as possible. Consider how best to

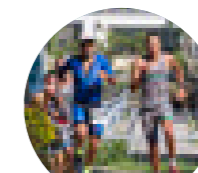
refuel between sessions on double days with the right hydration and nutrition.

After week 1, when you'll have completed a time trial in each discipline, you'll use the results to set the intensity of many of the proceeding interval sessions, so it's important to record the data and have a way of monitoring speed/pace.

As we're heading into summer now there's no excuse to not get in some open-water swim practice – it really will be crucial to your overall performance to spend some time in your wetsuit. Focus on practising the finer details of open-water swimming such as sighting, swimming in groups and getting used to physical contact.

Always include a warm-up and cool-down. Warm-up = 4-5mins gradually building the intensity from moderate to vigorous and includes 2-3 bursts of hard efforts for 30secs each. Cool-down = 3-5mins easy cardio followed by stretches. For the TT pace, calculate the average pace from your time trials and use that in the relevant sessions. Swim TT pace = pace per 100m; bike TT pace = kmph; run TT pace = kmph. ▶

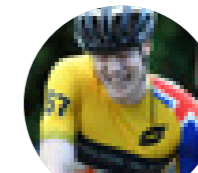
### COACH'S TIPS SPRINT PREP



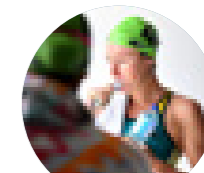
**focus on time-saving**  
Practise the race skills that will save time, such as body position on the bike, overtaking and hill running. Use each person in front of you as an opportunity to gain places.



**head outdoors**  
Get in open water as much as you can. You also want to practise swimming in close contact with other swimmers, so it can't faze you or disrupt your swim.



**train to sprint**  
Sprint racing is at the top end of the comfort scale so train your body to operate better at that level. You will adapt and get stronger with each tough session.



**practise fuelling**  
Practise your nutrition plan for a sprint tri. You'll need to take on fuel and fluids and work out the best timing and quantities for you.

Racing sprint distance in 2017? Want to smash your PB? Then follow our eight-week plan to reach the finish line faster

CHRIS HITCHCOCK



# TRAINING PLAN - WEEKS 1 TO 4

MONDAY ● TUESDAY ● WEDNESDAY ● THURSDAY ● FRIDAY ● SATURDAY ● SUNDAY

WEEK1-TIMETOGETSTARTED.OURPLANBEGINSONAMONDAY,BUTYOUCANSTARTONANYDAYOFTHEWEEK

<b>SWIM</b> 750m time trial • Swim as hard as sustainably possible for the distance • Record time	<b>BIKE</b> 20km time trial • Bike as hard as sustainably possible • Record time	<b>RUN</b> 6 x 1km vigorous; 45secs rest  <b>SWIM</b> 1 x 300m moderate; 2 x 150m hard; 3 x 100m vigorous; 6 x 50m hard; 40secs rest between reps	<b>BIKE</b> Repeat 5 x • 3km vigorous 1km easy • No rest between sets	<b>REST DAY</b>	<b>SWIM</b> 200m moderate; 5 x 200m TT pace; 30secs rest; 200m moderate  <b>RUN TT</b> 5km time trial; run as hard as possible; record time	<b>BIKE</b> 30-40km moderate on a flat route
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WEEK2-HAVINGCOMPLETEDTIMETRIALSINWEEK1,USEHERESULTSTOSETTHEINTENSITYFORALLFUTUREINTERVALS

<b>SWIM</b> 10 x 100m TT pace; 30secs rest between each rep  <b>RUN</b> 6-7km easy; treat like a recovery run	<b>BIKE</b> 4 x [4mins TT pace/1min easy] • 2mins easy • 3 x [3mins TT pace/1min easy] • 2mins easy • 2 x [2mins TT pace/1min easy]	<b>RUN</b> 8 x 800m TT pace; 40secs rest between reps  <b>SWIM</b> 4 x 300m moderate; increase pace for final 100m; 20secs rest between reps	<b>BRICK</b> Repeat 3 x • 10min bike vigorous • 4min run moderate • 90secs rest between reps	<b>REST DAY</b>	<b>SWIM</b> 200m moderate; 5 x 200m TT pace; 30secs rest between reps; 200m moderate  <b>RUN</b> 3 x [1km easy/1km TT pace]	<b>BIKE</b> 40km moderate on a flat route • Include 2 x 8km efforts TT pace
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WEEK3-DOUBLEDAYSCONTINUEANDSHOULDBECOMPLETEDWITHPLENTYOFRECOVERYINBETWEEN

<b>SWIM</b> 10 x 100m TT pace; take 25secs rest between reps  <b>RUN</b> 6-7km easy; treat like a recovery run	<b>BIKE</b> 4 x [4mins TT pace/1min easy] • 2mins easy • 3 x [3mins TT pace/1min easy] • 2mins easy • 2 x [2mins TT pace/1min easy]	<b>RUN</b> 8 x 800m TT pace; 30secs rest between sets  <b>SWIM</b> 4 x 350m moderate; increase pace for final 100m; 20secs rest between reps	<b>BRICK</b> Repeat 3 x • 12min bike vigorous • 5min run moderate • 90secs rest between reps	<b>REST DAY</b>	<b>SWIM</b> 200m moderate; 6 x 150m TT pace; 20secs rest between sets; 200m moderate  <b>RUN</b> 3 x [1km easy/1.2km TT pace]	<b>BIKE</b> 40km moderate on a flat route • Include 3 x 6km efforts TT pace
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WEEK4-WHEREPOSSIBLE,DO THESWIMSESSIONSINOPENWATERANDFOCUSONKEYSKILLS

<b>SWIM</b> 8 x 100m TT pace; 40secs rest between reps  <b>RUN</b> 4-5km easy; treat like a recovery run	<b>BIKE</b> 4 x [3mins TT pace/2mins easy]; 2mins easy • 3 x [2mins TT pace/2mins easy]; 2mins easy • 2 x [1min TT pace/2mins easy]	<b>RUN</b> 6 x 800m TT pace; 40secs rest between sets  <b>SWIM</b> 3 x 400m moderate; increase pace for final 100m; 20secs rest between reps	<b>BRICK</b> Repeat 3 x • 12min bike vigorous • 5min run moderate • 90secs rest between reps	<b>REST DAY</b>	<b>SWIM</b> 200m moderate; 6 x 150m TT pace; 20secs rest between reps; 200m moderate  <b>RUN</b> 3 x [1km easy/1.2km TT pace]	<b>BIKE</b> 30km moderate on a flat route • Include 1 x 10km effort TT pace
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# TRAINING PLAN - WEEKS 5 TO 8

MONDAY ● TUESDAY ● WEDNESDAY ● THURSDAY ● FRIDAY ● SATURDAY ● SUNDAY

WEEK5-DON'TFORGETTOREFUELPROPERLYINBETWEENTHE'DOUBLEDAY'SSESSIONS

<b>SWIM</b> 10 x 100m TT pace; 20secs rest between reps  <b>RUN</b> 6-7km easy; treat like a recovery run	<b>BIKE</b> Repeat 5 x • 6mins TT pace/1min easy • Practise riding in an aero position	<b>RUN</b> 1km moderate; 8 x 600m TT pace; 30secs rest between reps; 1km moderate  <b>SWIM</b> 1,500m; switch pace between vigorous and easy each 100	<b>BIKE</b> Repeat 3 x • 10mins moderate/2mins TT pace/3mins easy	<b>REST DAY</b>	<b>BRICK</b> 1km open-water swim • 6km run • Aim to swim at a moderate pace followed by a vigorous run	<b>BIKE</b> 40km moderate on a flat route. • Include 3 x 8km efforts TT Pace
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WEEK6-ALWAYSINCLUDEAGOOD4-5MINWARM-UPAND3-5MINCOOL-DOWNFORALLSESSIONS

<b>SWIM</b> 5 x 150m TT pace; 15secs rest between reps; 8 x 50m sprint; 15secs rest between reps  <b>RUN EASY</b> 6-7km easy; treat like a recovery run	<b>BIKE</b> Repeat 5 x • 7mins TT pace/1min easy • Practise riding in an aero position	<b>RUN</b> 1km moderate; 8 x 600m TT pace; 25secs rest btw reps; 1km moderate  <b>SWIM</b> 3 x 400m easy; increase pace for final 100m; 20secs rest btw reps	<b>BIKE</b> Repeat 3 x • 10mins moderate/2mins TT pace/3mins easy	<b>REST DAY</b>	<b>SWIM</b> 1,500m • Include 2 x 400m efforts at faster-than-race pace • Focus on improving 'sighting' by swimming with head up	<b>BRICK</b> 25km bike • 5km run • Bike moderate then run at desired race pace
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WEEK7-YOURFINALBIGTRAININGWEEK,WHICHALSOINCLUDESANALMOSTRACE-DISTANCEBRICKSESSION

<b>SWIM</b> 5 x 150m TT pace; 15secs rest between reps; repeat 8 x 50m sprint; 15secs rest between reps  <b>RUN</b> 6-7km easy; treat like a recovery run	<b>BIKE</b> Repeat 5 x • 7mins TT pace/1min easy • Practise riding in an aero position	<b>RUN</b> 1km moderate; 8 x 600m TT pace; 20secs rest between reps; 1km moderate  <b>SWIM</b> 1,600m; switch pace between vigorous and easy each 100	<b>BIKE</b> Repeat 3 x • 10mins moderate/2mins TT pace/3mins easy	<b>REST DAY</b>	<b>RUN</b> 3-4km easy • Treat like a recovery run	<b>BRICK</b> 750m open-water swim; 20km bike; 2km run • Swim at desired race pace then bike as hard as possible followed by a short run
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WEEK8-THISWEEKINCLUDESTWORESTDAYSASYOUTAPERTOWARDSTHEALL-IMPORTANTTRACE!

<b>SWIM</b> Repeat 6 x • 100m TT pace • 40secs rest between reps  <b>RUN</b> 4-5km easy	<b>REST</b>	<b>BRICK</b> Repeat 3 x • 7mins bike vigorous • 3min run moderate	<b>BIKE</b> Repeat 3 x • 6mins moderate/1min TT pace/3mins easy	<b>REST DAY</b>	<b>RUN</b> 2-3km easy • Treat like a recovery run	<b>RACE DAY!</b> 750m swim • 20km bike • 5km run
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