

TRAINING PLAN - WEEKS 1 TO 4

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

WEEK 1 - OUR WEEKLY PLAN BEGINS ON A MONDAY, BUT YOU CAN START ANY DAY OF THE WEEK

REST DAY

RUN

4 x 10mins as:
3mins easy;
3mins moderate;
3mins hard @ 2% gradient;
1min full recovery

BIKE

3 x 8mins as:
3mins moderate;
2mins standing climb; 1min seated sprint;
2mins recovery;
4mins easy
.
6 x 4mins as:
1min @80rpm;
1min @90rpm;
1min @100rpm;
1min recovery

REST DAY

SWIM

200m mod, 40secs RI;
250m mod, 40secs RI;
300m mod, 40secs RI; 5 x 100m hard, 15secs RI; 300m mod, 40secs RI;
250m mod, 40secs RI;
200m mod, 40secs RI

RUN

6 x 800m hard
.
All efforts 1% gradient
.
Increase speed every 2 efforts
.
1min RI between sets

BIKE

4 x 15mins as:
10mins moderate;
3mins hard @90rpm; 2mins recovery

WEEK 2 - RI = REST INTERVAL; PD = PADDLES; PB = PULL BUOY; RPM = REVS PER MIN

SWIM

200m PB; 8 x 50m hard, 15secs RI;
200m PB; 6 x 50m hard, 15secs RI;
200m PB; 4 x 50m hard, 20secs RI;
200m PB;
2 x 50m hard, 20secs RI

REST DAY

RUN

10km moderate as a negative split with 2nd 5km faster than 1st 5km

BRICK

4 x 12mins as:
.
9min bike in aero position building effort
.
3min run at 10km race pace
.
2mins full recovery between sets

REST DAY

RUN

3 x 15mins as:
.
3mins easy
.
8mins moderate @ 1% gradient
.
3mins hard @ 2% gradient
.
1min full recovery

BIKE

1:30hrs moderate
.
During middle 30mins inc. 3 x 5mins hard climbing efforts
.
Stick an inspiring movie on for company

WEEK 3 - ALWAYS INCLUDE A WARM-UP TO EACH SESSION - 5-8MINS, BUILDING INTENSITY FROM EASY TO VIGOROUS

REST DAY

RUN

4 x 10mins as:
.
3mins easy
.
3mins moderate
.
3mins hard @ 2% gradient
.
1min full recovery

BIKE

3 x 8mins as:
3mins moderate;
2mins standing climb; 1min seated sprint;
2mins recovery;
4mins easy
.
6 x 4mins as:
1min @80rpm;
1min @90rpm;
1min @100rpm;
1min recovery

REST DAY

SWIM

200m mod, 40secs RI;
250m mod, 40secs RI;
300m mod, 40secs RI; 5 x 100m hard, 15secs RI; 300m mod, 40secs RI;
250m mod, 40secs RI;
200m mod, 40secs RI

RUN

6 x 800m hard
.
All efforts 1% gradient
.
Increase speed every 2 efforts
.
1min RI between sets

BIKE

4 x 18mins as:
.
8mins moderate
.
2mins recovery
.
6mins building from 70-100rpm
.
2mins recovery

WEEK 4 - AND ALWAYS INCLUDE A COOL-DOWN TO EACH SESSION - 3-5MINS OF EASY CARDIO FOLLOWED BY STRETCHES

SWIM

200m PB; 8 x 50m hard, 15secs RI;
200m PB; 6 x 50m hard, 15secs RI;
200m PB; 4 x 50m hard, 20secs RI;
200m PB;
2 x 50m hard, 20secs RI

REST DAY

RUN

8km moderate as a negative split with 2nd 4km faster than 1st 4km

BRICK

4 x 12mins as:
.
9min bike in aero position building effort
.
3min run at 10km race pace
.
2mins full recovery between sets

REST DAY

RUN

3 x 12mins as:
.
2mins easy
.
7mins moderate @ 1% gradient
.
2mins hard @ 2% gradient
.
1min full recovery

BIKE

1:30hrs moderate
.
During each 30mins inc. 1 x 8mins moderate climbing efforts
.
Watch some triathlon races for inspiration

TRAINING PLAN - WEEKS 5 TO 8

MONDAY • TUESDAY • WEDNESDAY • THURSDAY • FRIDAY • SATURDAY • SUNDAY

WEEK 5 - IF YOU'RE NEW TO THE GYM, TAKE SOME TIME GETTING FAMILIAR WITH THE EQUIPMENT

REST DAY

RUN
2 x 4km as:
500m easy
2.5km
moderate; 1km
hard

BIKE

5 x [60secs
sprint, 60secs
easy]; 2mins v
easy; 5 x
[50secs sprint,
70secs easy];
2mins v easy; 5
x [40secs sprint,
80secs easy];
2mins v easy; 5
x [30secs
spring, 90secs
easy]

REST DAY

SWIM

400m
moderate, focus
on posture;
400m
moderate, focus
on rotation;
400m
moderate, focus
on hand entry;
4 x 200m hard,
30secs RI

RUN

10 x 800m hard
•
All efforts on 1%
gradient
•
Increase speed
every 2 efforts
•
1min RI between
sets

BIKE

4 x 20mins as:
10mins
moderate;
2mins recovery;
3mins hard
@90rpm; 1min
recovery; 3mins
hard @80rpm;
1min recovery

WEEK 6 - DON'T FORGET TO WIPE THE EQUIPMENT DOWN AFTER YOU'VE USED IT!

SWIM

4 x 200m
negative split,
20secs RI;
200m easy;
8 x 100m hard,
10secs RI;
200m easy

REST DAY

RUN

10km as: 5 x
[1.5km
moderate,
500m hard]

BRICK

3 x 16mins as:
12min bike in
aero position
holding
consistent
power; 4min run
at 5km race
pace; 2mins full
recovery
between sets

REST DAY

RUN

4 x 12mins as:
7mins moderate
@ 1% gradient;
3mins hard @
2% gradient;
1min v hard @
2% gradient;
1min full
recovery

BIKE

1:45hrs
moderate
•
During middle
45mins inc. 5 x
5mins hard
climbing efforts
•
Watch some
cycling races to
help

WEEK 7 - RECORD AND REVIEW YOUR SESSION DATA TO HELP MONITOR YOUR PROGRESS

REST DAY

RUN
2 x 4km as:
500m easy;
2.5km
moderate; 1km
hard

BIKE

5 x [60secs
sprint, 60secs
easy]; 2mins v
easy; 5 x
[50secs sprint,
70secs easy];
2mins v easy; 5
x [40secs sprint,
80secs easy];
2mins v easy; 5
x [30secs
spring, 90secs
easy]

REST DAY

SWIM

400m
moderate, focus
on posture;
400m
moderate, focus
on rotation;
400m
moderate, focus
on hand entry;
4 x 200m hard,
30secs RI

RUN

10 x 800m hard
•
All efforts on 1%
gradient
•
Increase speed
every 2 efforts
•
1min RI between
sets

BIKE

3 x 30mins as:
15mins
moderate;
3mins recovery;
10mins building
effort @80-
100rpm; 2mins
recovery

WEEK 8 - USE YOUR REST DAYS FOR THE OCCASIONAL SPORTS MASSAGE AND UPDATING YOUR TRAINING DIARY

SWIM

4 x 200m
negative split,
20secs RI;
200m easy;
8 x 100m hard,
10secs RI;
200m easy

REST DAY

RUN

4km as: 5 x
[1.5km
moderate,
500m hard]

BRICK

3 x 16mins as:
12min bike in
aero position
holding
consistent
power; 4min run
at 5km race
pace; 2mins full
recovery
between sets

REST DAY

RUN

3 x 12mins as:
7mins moderate
@ 1% gradient;
3mins hard @
2% gradient;
1min v hard @
2% gradient;
1min full
recovery

BIKE

1:20hrs
moderate
•
During each
20mins inc. 1 x
4mins moderate
climbing efforts
•
Watch some
triathlon races
for inspiration