



Beer's Masterclass

Joe Beer is Scott Neyedli's coach, and has been training triathletes for nearly 20 years

12-WEEK TRAINING PLAN PART 4 OF 4

Use this training plan in conjunction with Beer's Masterclass, published every month in *220 Triathlon*

Welcome to the final instalment of your exclusive year-long training plan aimed at sprint- and Olympic-distance athletes training for around 4-6hrs per week. Many of the sessions listed here are explained further in *Beer's Masterclass*, featured monthly in *220*, with more info at www.coachjoebeer.com.

This plan is broken into three segments representing build phase, tapering into a race, and mid-season

maintenance. Depending on where you are in your season means each four-week block could be relevant (see Summer Training, issue 259, for more). For example, if you have no immediate races, build a month with hard workouts to stimulate race speed. Additionally, if you have a race in a month, start the taper month.

If you miss a session, replace missed sessions with ones that you're weaker in. Also note that swims exclude 400m warm-up and 200m cool-down. →

JARGON BUSTER

MASTERS SWIM

Organised group swim with older athletes with a no-nonsense, 'get work done' attitude.

FITNESS SWIM

Loosely organised small group swim built around key stamina sets such as 15 x 100m.

TRI SWIM

Tri club or tri group swim session with mixture of skill and stamina work.

TURBO TRAINER

A frame that clamps onto your back wheel to transform your bike into a stationary bike.

ROLLERS

A metal frame that comprises three rollers, on which the bike sits. You ride on the rollers.

Trickier than using a turbo but better for core stability and a more accurate representation of real-world riding conditions.

TAPER

Tapering refers to the practice of reducing your training in the days and/or weeks leading up to your race.

SELF MESSAGE

Massage yourself before exercise for energising purposes or post-exertion for a warm-down. Feel free to use oils if doing it on bare skin.

CADENCE

The number of revolutions of the crank per minute (rpm). Basically, how fast the cyclist is turning the pedals.



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Pre-season build block

Build your fitness with a mixture of endurance, high-intensity and triathlon-specific sessions. Great for spring training as the race season looms into view.

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON	Swim. Speed session 3. See www. CoachJoeBeer.com for more info. One day this week take your weight measurement	Swim. Speed session 5. See www. coachjoebeer.com for more info. Add 15min deep-water run	Swim. Speed session 7. Your choice of what option. See www. CoachJoeBeer.com for more info. Add 15min deep-water run	Swim. Technique work. Ideally with coaching advice and feedback to get stroke tips and new drill ideas
TUE	Bike and run. Turbo: warm up 15mins then 3 x 8min race pace in race position with 4mins easy recovery between. Quick T2 and run tempo 20min effort. Spin 10mins cool down	Bike. 60mins on the road. After warm-up include 8 x 8sec smooth bursts with 2mins test between. (see issue 255's 'Boost Bike Power' for more)	Bike and run. 40mins steady on road or rollers. Then run 20mins including 30secs acceleration every 4mins	No training. Work on identifying negative self talk, bad habits and diet tweaks. Make an action list to work on
WED	Run. 40mins including one of the key workouts from issue 257's 'Boost your run speed'	Run. 40mins including one of the key workouts from issue 257's 'Boost your run speed'. Weights, if applicable	Run. After 10min warm-up, run previous 30min course nose breathing. Note and compare time and heart-rate to previous data	Bike and run and bike. 20mins turbo/rollers plus 20mins run plus 20min turbo/rollers. Transitions: 10mins practice and refining
THURS	Swim. 1hr Masters or tri coached swim. Aim for a hard workout so lane seed accordingly. Weights, if applicable	Admin for 1hr. Update training diary, check race entries, download and analyse anything relevant. Adjust training plan if more recovery required	Swim. 1hr Masters or tri coached swim. Aim for a hard workout so lane seed accordingly. Weights, if applicable	No training day. Sports or self massage for 30-60mins
FRI	Kit logistics for 1hr. Launder, sort and if need be update training gear. Check bike gears, brakes, tyres, emergency spares and clean it	Swim. 45mins. Every relevant drill you can muster up done at least 10 times. Look to challenge yourself to do things right or do them again	No training day. Sports or self massage for 30-60mins	Swim. Solo session. Work on all bad habits, in each case spending 10mins focused practice to break them down. Aquajog 15mins steady
SAT	Bike. 1hr rolling course. After warm-up, ride climbs seated and over-gear (50-60rpm)	Bike. 60mins-90mins using race bike over varying terrain but controlled smooth zone 1 riding	Bike. Warm-up 30mins steady then either hill test on tri bike (see issue 251) or race a local 10-mile TT course. Check against previous times	Bike. 1hr rolling course: seated climbs (50-60rpm, bigger gear) and soft pedalling flat/descents
SUN	Run. Off-road for 30-45mins including a 10min hard effort mid-run	Bike and run. 1hr flat terrain (cadence 90-95rpm). Zone 1 with 3 x 5min fast riding included plus run 20mins as first 10mins flat out then relaxed running zone 1. Transitions: 10mins practice and refining	Bike. 90mins on flat terrain (cadence 85-95rpm). Focus on riding relaxed, ideally with others looking for a zone 1 ride	Run. 30mins including 8 x 20secs relaxed 'pick ups' or fast tempo bursts

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Race taper block

Being ready for a good race means quality training and recovery have to be blended seamlessly together. Tapering is an art that requires confidence in your methods and ability.

	WEEK 5	WEEK 6	WEEK 7	WEEK 8
MON	Swim. Triathlon swim distance against the clock after 15-20min skills warm-up. Keep stroke controlled and note your time. Add additional drills to pad total swim to 1hr	Swim. 1hr masters or tri coached swim. Aim for a hard workout so lane seed accordingly	Swim. 1hr masters or tri coached swim. Aim for a hard workout so lane seed accordingly	Swim. Taper 3 session (see www.CoachJoeBeer.com). Add additional swim work: haul outs, wetsuit testing, wetsuit removal and goggle checking
TUE	Bike and run. 40mins on race bike – smooth pedalling and practise handling the bike. Plus run for 12mins alternating 1min fast, 1min jog. Transitions: 8mins practice and refining	Bike and run. Turbo: warm-up of 15mins then 2 x 8min race pace in race position with 4mins easy recovery between. Quick T2 and run fast for 10mins. Spin 10mins cool down	Bike and run. Turbo: warm-up of 15mins then 3 x 8min race pace in race position with 4mins easy recovery between. Quick T2 and run fast for 10mins. Spin 15mins cool down. Transitions: 10mins practice and refining	Bike. 40mins on race bike on road – zone 1 cruise holding back. Potentially a pre-race sports massage
WED	Bike. 1hr flat terrain (cadence 85-95rpm). Focus on riding relaxed, ideally with others. Look for a zone 1 ride	Bike. 90mins on flat terrain (cadence 85-95rpm). Focus on riding relaxed, ideally with others. Look for a zone 1 ride	1hr kit logistics. Launder, sort and if need be update racing gear. Check bike gears, brakes, tyres, emergency spares and clean it	Run 30mins. Start easy and focus on smooth arm action, quiet 'soft' footfall and relaxed breathing. Include 1 x 8mins at race pace
THURS	Swim. 1hr masters or tri coached swim. Aim for a 50% as a hard workout. Weights, if applicable	Swim. 1hr focus on skill sessions from coaches and feedback. Plus aquajog for 20mins	Swim. 1hr masters or tri coached swim. Aim for 75% of session as hard workout. Weights, if applicable, at a reduced resistance	Bike. 60mins including 10 x 10sec smooth bursts with 2mins rest between and 1 x 6min race-pace effort
FRI	No training day	No training. Update training diary and check race details, ideally adjusting sessions to replicate race-day details	Time trial. Your choice of sport and distance. After a 20min warm-up, race hard but efficiently. Rehearse the race-day mindset	Race logistics. Pack race gear, check bike, run through transitions, run through race info, plan journey and accommodation (if applicable)
SAT	Bike. 90mins. After warm-up, 30mins riding climbs seated and over-gear (50-60rpm) then 10mins at race pace in aero position in zone 1 riding with focus on handling	Bike. 90mins. After warm-up, 20mins riding climbs seated and over-gear (50-60rpm) then 20mins race pace in aero position in zone 1 riding with focus on handling	Bike. 90mins. After warm up, 30mins riding climbs seated and over-gear (50-60rpm) then 20mins race pace in aero position in zone 1 riding with focus on handling. Follow with easy run of 10mins	Swim and bike and run. Ideally 20-30mins of each, mostly zone 1 technique work but including a few 20-30sec pick-ups. Resist going hard or using your spare energy in other activities
SUN	Run. Off-road for 45mins including a 10min hard effort mid-run	Bike and run. 1hr on flat terrain (cadence 90-95rpm) in Zone 1 with 3 x 5mins fast riding included plus 20min run as first 10mins flat out before a relaxed 10mins. Transitions: 10mins practise and refining	Run. 30min effort from 'Boost Run Speed', issue 257	Race day. Ensure adequate warm-up. This could include 20mins turbo in car park plus swim warm-up of 10mins

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In-season maintenance block

This plan is for rebuilding your fitness base mid-season or using a gap between races to do summer-specific training. What follows is a refreshing mixture of intensity, length and pace.

	WEEK 9	WEEK 10	WEEK 11	WEEK 12
MON	Swim. Masters or tri fitness-based session. Drop back if tired from previous block of training	Swim. Masters or tri fitness-based session	Swim. Solo drills session. Work on recently identified bad habits	Swim. Solo drills session. Work on recently identified bad habits. Plus aquajog for 20mins
TUE	Bike and run. 40mins on your road bike plus 20min run	Bike. 1hr including quality work cited in issue 255's 'Master Class'	Bike. 1hr including quality work cited in issue 255's 'Master Class'	Bike and run. 40mins race bike on road plus run 15mins in race shoes but at a steady effort
WED	Run. Relaxed running 15mins; 21mins as alternate 2mins fast, 1min jog; then easy 8 minutes to finish.	Bike and run. 40mins race bike on road plus run 15mins in race shoes but at a steady effort	Run. Relaxed running 12mins then 27mins as alternate 2mins fast, 1min jog. Finish off with an easy 6mins	Admin. Update training diary, check race entries, download and analyse anything relevant
THURS	Swim. 45-60mins. Include drills for 20-30mins then swim between 50% and 100% of your triathlon swim and race yourself against the clock. Keep stroke controlled and note your time. Finish with 15min aquajog	Swim. Masters or tri fitness-based session	Swim. Masters or tri fitness-based session. Drop back and work on efficiency not effort	No training day. Sports or self massage for 30-60mins
FRI	No training day. Sports or self massage for 30-60mins	Bike and run. 1hr as 4 x [10mins on race bike on turbo/rollers plus 5min run with fast leg turnover]	Extra session in the discipline that needs most work. Resist going hard; work on efficiency and confidence	Swim. 45min skill block plus aquajog for 20mins
SAT	Run. 40mins. Start easy and focus on smooth arm action, quiet 'soft' footfall and relaxed breathing. Include 1 x 8mins at race pace	No training day. Wash bike; check nutrition supplies; organise upcoming event details	Bike and run. 2hrs as 3 x [30mins on race bike on turbo/rollers plus 10min run with fast leg turnover]	Time trial. Your choice of sport and distance. After a 20min warm-up, race hard but efficiently. Rehearse the race-day mindset
SUN	Bike. Follow your favourite 2hr route but in reverse and at a relaxed pace. Enjoy playing with various gears and cadences	Time trial. Your choice of sport and distance. After a 20min warm-up, race hard but efficiently. Rehearse the race-day mindset	No training day	Bike and run. 1hr flat terrain (cadence 90-95rpm) in zone 1 including 3 x 5min fast riding plus 20min run as first 10mins flat out, followed by a relaxed 10min run. Transitions: 10mins practise and refining