

SHORT COURSE TRAINING PLAN

Month 1

	Day 1	Day 2	Day 3	Day 4
Wk 1	TEMPO RUN 6km MS = 4 x 1.5km @ PE8	AEROBIC BIKE - HILL REPS 40km Focus on different body positions for climbing - sit and stand	INTERVAL SWIM Total = 1,500m MS = 8 x 100m @ PE8 8 x 50m @ PE8	BRICK - AQUATHLON 7km MS = Swim 2 x 400m @ PE7; Run 2 x 3km @ PE7 Include warm-up & cool-down
Wk 2	AEROBIC RUN 10km @ PE6-8 Make it an undulating run but steady	TEMPO BIKE 45km @ PE5-8 Include 2 x 12km @ PE8	AEROBIC SWIM 400m/300m/200m/100m all @ PE7 4 x 50m @ PE8	BRICK - AQUATHLON 7km MS = Swim 4 x (200m @ PE7); Run 3 x (2km @ PE8) Include warm-up & cool-down
Wk 3	TEMPO RUN 7.5km MS = 3 x 2.5km @ PE8	AEROBIC BIKE - HILL REPS 40km Focus on different body positions for climbing - sit and stand	INTERVAL SWIM Total = 1,500m MS = 8 x 100m @ PE8 8 x 50m @ PE8	BRICK - ROAD 25km MS = 2 x (Bike 10km @ PE7-8; Run 2.5km @ PE8) Include warm-up & cool-down
Wk 4	AEROBIC RUN 10km @ PE6-8 Make it an undulating run but steady	TEMPO BIKE 45km @ PE5-8 Include 2 x 12km @ PE8	AEROBIC SWIM 400m/350m/300m/250m/200 all @ PE7	BRICK - ROAD 25km MS = Bike 20km @ PE7-8; Run 5km @ PE8 Include warm-up & cool-down

Month 2

	Day 1	Day 2	Day 3	Day 4
Wk 1	TEMPO RUN 8km MS = 4 x 2km @ PE8	TEMPO BIKE 40km @ PE5-8 Include 1 x 20km @ PE8	INTERVAL SWIM Total = 1,700m MS = 2 sets 200m + PB @ PE7 200m @ PE8 6 x 50m @ PE8-9	TIME TRIAL BIKE 20km Include warm-up & cool-down
Wk 2	TIME TRIAL RUN 5km Include warm-up & cool-down	TEMPO BIKE 45km @ PE5-9 Include 4 x 5km @ PE8-9	TIME TRIAL SWIM 750m Include warm-up & cool-down	BRICK - DUATHLON 27.5km MS = Run 5km @ PE7; Bike 20km @ PE8; Run 2.5km @ PE8 Include warm-up & cool-down
Wk 3	TEMPO RUN 8km MS = 8 x 1km @ PE8-9	TEMPO BIKE 40km @ PE5-8 Include 1 x 20km @ PE8	INTERVAL SWIM Total = 1,700m MS = 2 x (200m + PB @ PE7; 200m @ PE8; 6 x 50m @ PE8-9)	BRICK - AQUATHLON 7km MS = Swim 800m @ PE7 / Run 6km @ PE8 Include warm-up & cool-down
Wk 4	AEROBIC RUN 10km @ PE6-8 Make it an undulating run but steady	TEMPO BIKE 45km @ PE5-9 Include 4 x 5km @ PE8-9	AEROBIC SWIM Total = 1,800m 3 x 500m @ PE6-7 Aim for consistent times	BRICK - DUATHLON 33km MS = Run 3km @ PE7; Bike 25km @ PE8; Run 5km @ PE8 Include warm-up & cool-down

*Monday is a rest day for long-course; KEY: km/h = kilometres per hour; MS = main set; PE = perceived exertion; RI = rest interval between sets; RP = race pace; TT = time trial; PB = Pull buoy



Month 3

	Day 1	Day 2	Day 3	Day 4
Wk 1	TEMPO RUN 8km MS = 4 x 2km @ PE8	TEMPO BIKE 40km @ PE5-8 Include 1 x 20km @ PE8	OPEN WATER SWIM Total = 1,500m Aim to include at least 2 x 400m continuous swim, plus focus on using the buoyancy in the wetsuit. Make your stroke long & strong.	BRICK - DUATHLON 32km MS = Run 3km @ PE7; Bike 25km @ PE8; Run 4km @ PE8 Include warm-up & cool-down
Wk 2	AEROBIC RUN 10km @ PE6-8 Make it an undulating run but steady	TEMPO BIKE 45km @ PE5-9 Include 6 x 4km @ PE8-9	OPEN WATER SWIM Total = 1,500m Aim to include at least 1 x 500m continuous swim, plus focus on 'sighting' on the marker buoys	BRICK - AQUATHLON 7km MS = Swim 800m @ PE7; Run 6km @ PE8 Include warm-up & cool-down
Wk 3	TEMPO RUN 6km MS = 6 x 1km @ PE8-9	BRICK - GYM 22.5km MS = 3 x (Bike 6km @ PE7; Run 1.5km @ PE8)	OPEN WATER SWIM Total = 1,500m Aim to include 1 x 750m continuous swim, plus focus on swimming in a group	BRICK 27.5km MS = Bike 15km @ PE8; Run 5km @ PE8 Include warm-up & cool-down
Wk 4	RECOVERY RUN 4km @ PE4-8 Very easy run to include 3 x (800m @ PE7-8)	RECOVERY BIKE 20km @ PE5-9 Very easy ride to include 3 x (3km @ PE8)	OPEN WATER SWIM Total = 1,500m Aim to include at least 1 x 500m continuous swim, plus focus on race starts	RACE - SPRINT TRIATHLON* Swim 750m Bike 20km Run 5km Execute a race plan and be consistent in pacing throughout the race

Month 4

	Day 1	Day 2	Day 3	Day 4
Wk 1	AEROBIC RUN 10km @ PE6-8 Make it an undulating run but steady	INTERVAL BIKE 1hr MS = 8 x (2mins @ PE8-9 high speed; 4mins @ PE5 recovery)	INTERVAL SWIM Total = 2,000m MS = 3 sets 300m @ PE7 200m + PB @ PE8 100m @ PE9	TEMPO BIKE 40km @ PE5-9 Include 4 x 7km @ PE8-9
Wk 2	INTERVAL RUN 50mins MS = 6 x (2mins @ PE8-9; 1min @ walk) 6 x (2mins @ PE8-9; 1min @ complete rest)	AEROBIC BIKE 50km Aim to hold steady pace through ride	OPEN WATER SWIM Total = 2,000m Aim to include 2 x 500m continuous swim, plus focus on 'sighting' on the marker buoys	BRICK 38km MS = Bike 30km @ PE8; Run 8km @ PE7-8 Include warm-up & cool-down
Wk 3	AEROBIC RUN 12km @ PE6-8 Make it an undulating run but steady	INTERVAL BIKE 1hr MS = 8 x 4mins @ PE8 race pace; 2mins @ PE5 recovery	INTERVAL SWIM Total = 2,000m MS = 3 sets 300m @ PE7 200m + PB @ PE8 100m @ PE9	TEMPO RUN 9km MS = 3 x 3km @ PE8
Wk 4	INTERVAL RUN 50mins MS = 6 x (2mins @ PE8-9; 1min @ walk) 6 x (2mins @ PE8-9; 1min @ complete rest)	AEROBIC BIKE 50km Aim to hold steady pace through ride	OPEN WATER SWIM Total = 2,000m Aim to include 4 x 250m hard efforts to simulate race starts	BRICK - DUATHLON 33km MS = Run 5km @ PE7; Bike 30km @ PE8; Run 5km @ PE8 Include warm-up & cool-down

Month 5

	Day 1	Day 2	Day 3	Day 4
Wk 1	INTERVAL RUN 1hr MS = 5 x (4mins @ PE8-9; 1min @ walk) 5 x (3mins @ PE8-9; 1min @ complete rest)	TEMPO BIKE 50km @ PE5-8 Include 3 x (12km @ PE8)	TIME TRIAL SWIM 750m Include warm-up & cool-down	TIME TRIAL BIKE 40km Include warm-up & cool-down
Wk 2	TIME TRIAL RUN 10km Include warm-up & cool-down	TEMPO BIKE 50km @ PE5-8 Include 3 x (12km @ PE8)	OPEN WATER SWIM Total = 2,200m Aim to include 3 x 500m continuous swim, plus focus on swimming in a group	BRICK - DUATHLON 50km MS = Run 3km @ PE7; Bike 40km @ PE8; Run 7km @ PE8 Include warm-up & cool-down
Wk 3	INTERVAL RUN 1hr MS = 5 x (4mins @ PE8-9; 1min @ walk) 5 x (3mins @ PE8-9; 1min @ complete rest)	AEROBIC BIKE 50km Aim to hold steady pace through ride	INTERVAL SWIM Total = 1,800m 10 x 150m @ PE8 Aim for consistent times	AEROBIC RUN 12km @ PE6-8 Make it a steady flat run
Wk 4	RECOVERY RUN 6km @ PE4-8 Very easy run to include 4 x 800m @ PE7-8	RECOVERY BIKE 20km @ PE5-9 Very easy ride to include 3 x 3km @ PE8	OPEN WATER SWIM Total = 1,500m Aim to include at least 1 x 500m continuous swim, plus focus on race starts	RACE - SPRINT TRIATHLON* Swim 750m Bike 20km Run 5km Execute a race plan and be consistent in pacing throughout the race

*Monday is a rest day for long-course; KEY: km/h = kilometres per hour; MS = main set; PE = perceived exertion; RI = rest interval between sets; RP = race pace; TT = time trial; PB = Pull buoy



Month 6

	Day 1	Day 2	Day 3	Day 4
Wk 1	INTERVAL RUN 8km MS = 6 x 1km @ PE8-9	INTERVAL BIKE 1hr MS = 4 x (8mins @ PE8 race pace; 2mins @ PE5 recovery)	OPEN WATER SWIM Total = 2,200m Aim to include 3 x 500m continuous swim, plus focus on swimming in a group	BRICK - AQUATHLON 7km MS = Swim 1,500m @ PE7; Run 8km @ PE8 Include warm-up & cool-down
Wk 2	INTERVAL RUN 10km MS = 8 x 1km @ PE8-9	INTERVAL BIKE 1hr MS = 4 x 8mins @ PE8 race pace; 2mins @ PE5 recovery	INTERVAL SWIM Total = 1,800m 15 x 100m @ PE8-9 Aim for consistent times	BRICK 40km MS = Bike 30km @ PE8; Run 10km @ PE7-8 Include warm-up & cool-down
Wk 3	TEMPO RUN 8km MS = 5 x 1km @ PE8	TEMPO BIKE 35km @ PE5-8 Include 2 x 12km @ PE8	OPEN WATER SWIM Total = 2,000m Aim to include 2 x 500m continuous swim, plus focus on 'sighting' on the marker buoys	BRICK - DUATHLON 33km MS = Run 3km @ PE7; Bike 25km @ PE8; Run 5km @ PE8 Include warm-up & cool-down
Wk 4	RECOVERY RUN 6km @ PE4-8 Very easy run to include 4 x 800m @ PE7-8	RECOVERY BIKE 25km @ PE5-9 Very easy ride to include 4 x 3km @ PE8	OPEN WATER SWIM Total = 1,200m Aim to include 4 x 150m hard efforts to simulate race starts and do some group swims	RACE - OLYMPIC TRIATHLON Swim 1,500m Bike 40km Run 10km Have a great race!

PERCEIVED EXERTION CHART

Follow the suggested 'perceived exertion' (PE) rating for each session to peg your training efforts correctly.

- 0** NOTHING
- 0.5** VERY, VERY LIGHT
- 1.0** VERY LIGHT
- 2** LIGHT
- 3** LIGHT TO EASY
- 4** EASY TO MODERATE
- 5** MODERATE
- 6** MODERATE TO MODERATELY UNCOMFORTABLE
- 7** MODERATELY UNCOMFORTABLE TO MODERATELY HARD
- 8** HARD
- 9** VERY HARD EFFORT
- 10** AT OR CLOSE TO MAX EFFORT