

# TRAINING PLAN - WEEKS 1 TO 4

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

## WEEK 1 - TIME TO GET STARTED WITH THE KEY TEST PACE (TP) SESSION TO FIND YOUR AVERAGE 100M PACE

### SWIM TEST

**Sprint athletes**  
5 x 100m with 20secs rest

•

**Olympic/70.3**  
5 x 200m w/30secs RI

•

**Ironman**  
5 x 250m w/30secs RI

### RUN

**3-4 x 2km**  
Build intensity with a hard final 500m

•

Aim to repeat consistent times

•

2mins recovery walk between sets

### SWIM

300m @ 10sec slower than TP; 100m pull

•

300m @ 10sec slower than TP; 100m kick

•

300m @ 10sec slower than TP; 100m catch-up

### REST DAY

### SWIM

Complete the session as provided by swim expert on p90

### BIKE

**2-3hrs**  
moderate, on the road

•

Include a variety of climbs, focusing on staying efficient

### RUN

**40-60mins**  
moderate, off-road

•

Choose an undulating route

•

Include 2 x 1km @ race pace

## WEEK 2 - AS PER WEEK 1, INCLUDE THE TECHNIQUE SESSION FROM P90 IN YOUR WEEKLY SCHEDULE

### SWIM

350m @ 10sec slower than TP; 100m pull

•

350m @ 10sec slower than TP; 100m kick

•

350m @ 10sec slower than TP; 100m catch-up

### BIKE

**3-4 x 8mins**  
increasing intensity with gear changes each 2mins. Maintain consistent RPM

•

2mins recovery between sets

•

Alternatively, try a spin class

### SWIM

1 x 300m @ 5sec slower than TP; 3 x 100m @ TP; 6 x 50m @ 5sec faster than TP, 150m easy; 1 x 300m @ 5sec slower than TP; 3 x 100m @ TP; 6 x 50m @ 5sec faster than TP

### REST DAY

### SWIM

Complete the session as provided by swim expert on p90

### RUN

**40-60mins**  
moderate, off-road

•

Choose an undulating route and a duration dependent on racing distance

### BIKE

**2-3hrs**  
moderate, on the road

•

Include 2-3 x 15mins @ race pace, focusing on body position and power

## WEEK 3 - THE WEEKS CONTINUE WITH A MIX OF ENDURANCE, SPEED & DRILL SETS, TO PRODUCE BETTER RESULTS MORE QUICKLY

### SWIM

400m @ 10sec slower than TP; 100m pull

•

400m @ 10secs slower than TP; 100m kick

•

400m @ 10secs slower than TP; 100m catch-up

### RUN

**3-4 x 2km**  
building in intensity with a hard final 500m

•

Aim to repeat consistent times

•

2mins recovery walk between sets

### SWIM

1 x 300m @ 5secs slower than TP; 2 x 150m @ TP; 6 x 50m @ 5sec faster than TP, 150m easy; 1 x 300m @ 5sec slower than TP; 2 x 150m @ TP; 6 x 50m @ 5secs faster than TP

### REST DAY

### SWIM

Complete the session as provided by swim expert on p90

### BIKE

**2-3hrs**  
moderate, on the road

•

Include a variety of climbs focusing of staying efficient

### RUN

**40-60mins**  
moderate, off-road

•

Choose an undulating route

•

Include 3 x 1km @ race pace

## WEEK 4 - THE SESSIONS GRADUALLY INCREASE IN DURATION AND INTENSITY AS THE EIGHT WEEKS PROGRESS

### SWIM TEST

**Sprint athletes**  
5 x 100m with 20secs rest

•

**Olympic/70.3**  
5 x 200m w/30secs RI

•

**Ironman**  
5 x 250m w/30secs RI

### BIKE

**3-4 x 8mins**  
increasing intensity with gear changes each 2mins

•

2mins recovery between sets

•

Alternatively try a spin class

### SWIM

1 x 300m @ 5secs slower than TP; 3 x 100m @ TP; 8 x 50m @ 5secs faster than T, 150m easy; 1 x 300m @ 5secs slower than TP; 3 x 100m @ TP; 8 x 50m @ 5secs faster than TP

### REST DAY

### SWIM

Complete the session as provided by swim expert on p90

### RUN

**40-50mins**  
moderate, off-road

•

Choose an undulating route and a duration dependent on racing distance

### BIKE

**90-120mins**  
moderate, on the road

•

Include 2-3 x 10mins @ race pace, focusing on body position and power

# TRAINING PLAN - WEEKS 5 TO 8

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

**WEEK 5** - IF YOU'RE BUILDING FOR A 2018 IRONMAN, ADD A FURTHER 20-25% DISTANCE TO THE SWIM WORKOUTS

**SWIM**

3 x 200m @ 5secs slower than TP, 100m pull; 3 x 150m @ 5secs slower than TP, 100m kick; 3 x 100m @ 5secs slower than TP, 100m catch-up

**RUN**

1km moderate  
 •  
**4-6 x 800m** @ race pace with 1min recovery between sets  
 •  
 1km moderate

**SWIM**

3-5 x 200m @ 3sec faster than TP  
 •  
 200m recovery pull  
 •  
 6-8 x 100m @ 3secs faster than TP

**REST DAY****SWIM**

Complete the winter swim session linked to in the intro

**BIKE**

**45-60mins** moderate, on the trails  
 •  
 Within the run, include 4-5 hill reps that last 1-3mins and really attack them hard

**RUN**

**45-70mins** moderate, off-road  
 •  
 Choose an undulating route  
 •  
 Include 4 x 1km @ race pace

**WEEK 6** - THE BIKE & RUN SESSIONS ARE DESIGNED TO COMPLEMENT THE SWIMS, PROMOTING GREATER AEROBIC STAMINA

**SWIM**

3 x 300m @ 5secs slower than TP, 100m pull; 3 x 200m @ 5secs slower than TP, 100m kick; 3 x 100m @ 5secs slower than TP, 100m catch-up

**BIKE**

**5-6 x 6mins** increasing intensity. Aim to increase gear and revs per min every 2mins, with 2mins recovery between sets  
 •  
 Alternatively, try a spin class

**SWIM**

**5-6 x 100m** @ 5secs faster than TP; 100m recovery pull  
 •  
**3 x 200m** @ TP; 100m recovery pull  
 •  
**5-6 x 100m** @ 3secs faster than TP

**REST DAY****SWIM**

Complete the winter swim session linked to in the intro

**RUN**

**40-60mins** moderate, off-road  
 •  
 Choose an undulating route and a duration dependent on racing distance

**BIKE**

**2-3.5hrs** moderate, on the road  
 •  
 Include 2-3 x 20mins @ race pace focusing on body position and power

**WEEK 7** - IF YOU WANT TO BUILD EVEN MORE AEROBIC FITNESS THEN GRADUALLY DECREASE THE RECOVERY TIME

**SWIM**

2 x 400m @ 5secs slower than TP, 100m pull; 2 x 300m @ 5secs slower than TP, 100m kick; 2 x 200m @ 5secs slower than TP, 100m catch-up

**RUN**

1km moderate  
 •  
**4-6 x 800m** @ race pace with 1min recovery between sets  
 •  
 1km moderate

**SWIM**

3-5 x 200m @ 3sec faster than TP  
 •  
 200m recovery pull  
 •  
 6-8 x 100m @ 5secs faster than TP

**REST DAY****SWIM**

Complete the winter swim session linked to in the intro

**BIKE**

**2-3hrs** moderate, on the road  
 •  
 Include a variety of climbs focusing of staying efficient

**RUN**

**45-70mins** moderate, off-road  
 •  
 Choose an undulating route  
 •  
 Include 4 x 1km @ race pace

**WEEK 8** - COMPLETE THE FINAL OF THREE SWIM TESTS THIS WEEK - YOU SHOULD HOPEFULLY SEE IMPROVEMENTS

**SWIM TEST**

**Sprint athletes**  
 5 x 100m with 20secs rest  
 •  
**Olympic/70.3**  
 5 x 200m w/30secs RI  
 •  
**Ironman**  
 5 x 250m w/30secs RI

**BIKE**

**5-6 x 6mins** increasing intensity. Aim to increase gear and revs per min each 2mins  
 •  
 2mins recovery between sets  
 •  
 Alternatively, try a spin class

**SWIM**

5-6 x 100m @ 5secs faster than TP; 100m recovery pull  
 •  
 3 x 200m @ TP; 100m recovery pull  
 •  
 5-6 x 100m @ 3secs faster than TP

**REST DAY****SWIM**

Complete the session as provided by swim expert on p90

**RUN**

**45mins** easy  
 •  
 Run at a conversational pace, keep the route quite flat and focus on consistent pacing

**BIKE**

**90-120mins** moderate, on the road  
 •  
 Include 2-3 x 10mins @ race pace focusing on body position and power