

# TRAINING PLAN - WEEKS 1 TO 4

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

## WEEK 1 - OUR SIX DAYS/WEEK PLAN BEGINS ON A MONDAY, BUT YOU CAN START ANY DAY OF THE WEEK

**SWIM**

500m @ RP  
(race pace)  
•  
5 x 100m hard  
off 15secs rest  
•  
500m @ RP  
•  
10 x 50m hard  
off 10secs rest

**BRICK**

3 x  
•  
10km bike  
hard  
•  
1.5km run  
@ RP  
•  
1min rest  
between sets

**RUN**

5 x [1km easy;  
1km @ 15secs/  
km faster  
than RP]

**BIKE**

8 x  
[3mins @ RP;  
1min recovery;  
1min @ full  
sprint; 3mins  
recovery]

**REST DAY**

**OW SWIM**

2km  
•  
Include 6 x  
150m, focus on  
simulating race  
starts

**RUN**

12km moderate  
•  
Choose a flat  
route, include  
4 x 1km @ RP

**BIKE**

50km  
moderate

## WEEK 2 - THE PLAN INCLUDES SEVERAL BRICKS TO ENSURE YOUR LEGS ARE READY FOR THE RUN STRAIGHT OFF THE BIKE

**SWIM**

800m; 600m;  
400m; 200m  
@ RP  
•  
Include a final  
hard 100m in  
each set  
•  
1min rest  
between sets

**BRICK**

3 x  
•  
10km bike  
hard  
•  
1.5km run  
@ RP  
•  
1min rest  
between sets

**RUN**

5 x [1km easy;  
1km @ 15secs/  
km faster  
than RP]

**BIKE**

8 x  
[3mins @ RP;  
1min recovery;  
1min @ full  
sprint;  
3mins  
recovery]

**REST DAY**

**OW SWIM**

2.5km  
•  
Include a  
timed 1.5km  
effort

**BRICK**

40km bike  
moderate  
•  
5km run  
@ estimated  
Olympic RP

## WEEK 3 - THIS WEEK SEES THE FIRST OF TWO OLYMPIC-DISTANCE RACES - SESSIONS ARE REDUCED TO MINIMISE FATIGUE

**SWIM**

500m @ RP  
•  
5 x 100m hard  
off 15secs rest  
•  
500m @ RP  
•  
10 x 50m hard  
off 10secs rest

**RUN**

4 x [1km easy;  
500m @  
15secs/km  
faster than RP]

**BRICK**

2 x  
•  
8km bike hard  
•  
1km run @ RP  
•  
1min rest  
between sets

**BIKE**

5 x  
[2mins @ RP;  
1min recovery;  
1min @ full  
sprint; 2mins  
recovery]

**REST DAY**

**RUN**

3km easy  
•  
Include 2 x  
500m @ RP

**OLYMPIC TRI**

1.5km swim  
•  
40km bike  
•  
10km run

## WEEK 4 - POST-RACE, SESSIONS THIS WEEK ARE ALSO REDUCED BY AROUND 15-30%

**SWIM**

500m; 400m;  
300m; 200m  
easy  
•  
1min rest  
between sets

**REST DAY**

**RUN**

5 x  
[1km easy; 1km  
@ 15secs/km  
faster than RP]

**BIKE**

8 x  
[3mins @ RP;  
1min recovery;  
1min @ full  
sprint; 3mins  
recovery]

**REST DAY**

**OW SWIM**

2km  
•  
Include 500m  
focus on  
drafting &  
500m @ RP

**BIKE**

60km easy  
to moderate

**RUN**

8km moderate  
Choose a flat  
route. Include  
2 x 2km @ RP

# TRAINING PLAN - WEEKS 5 TO 8

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

## WEEK 5 - MAKE YOUR OPEN-WATER SWIMS PRODUCTIVE BY INCLUDING A VARIETY OF DRILLS AND SPEED WORK

### SWIM

**200m** increasing pace; **3 x 200m** hard off 25secs rest; **4 x 150m** hard off 20secs rest; **6 x 100m** hard off 15secs rest; **200m** decreasing pace

### BRICK

**2 x**  
 .  
**15km** bike hard  
 .  
**2.5km** run @ RP  
 .  
 Run straight off the bike  
 .  
 1min rest between sets

### RUN

**8 x** [300m easy; 700m @ 15secs/km faster than RP]

### BIKE

**10 x** [1min sprint; 1:30mins easy recovery]  
 .  
**8mins** moderate  
 .  
**10 x** [30secs sprint; 1min easy recovery]

### REST DAY

### OW SWIM

**2km**  
 .  
 Include 6 x 150m, focus on simulating race starts

### BIKE

**50km** moderate

### BRICK

**40km** bike @ 2-3km/hour slower than RP  
 .  
**10km** run As 5 x 2km @ 20secs/km faster than RP off 45ses rest

## WEEK 6 - IN THE 2 WEEKS LEADING UP TO AN OD RACE, YOU MUST INCLUDE HIGH-INTENSITY EFFORTS IN TRAINING

### SWIM

**800m; 600m; 400m; 200m** @ RP  
 .  
 Include a final hard 100m in each set  
 .  
 1min rest between sets

### BIKE

**5 x** [6mins moderate; 1min sprint; 3mins easy recovery]

### RUN

**8 x** [300m easy; 700m 15secs/km @ faster than RP]

### BIKE

**10 x** [1min sprint; 1:30mins easy recovery]  
 .  
**8mins** moderate  
 .  
**10 x** [30secs sprint; 1min easy recovery]

### REST DAY

### OW SWIM

**2.5km**  
 .  
 Include 5 x 200m, focus on simulating race starts and practise exiting the water and wetsuit removal

### BRICK

**40km** bike @ RP  
 .  
**12km** run @ 20secs/km slower than RP

## WEEK 7 - DON'T FORGET TO WARM UP (5-8MINS FROM EASY TO VIGOROUS) AND COOL DOWN (3-5MINS EASY CARDIO & STRETCHES)

### SWIM

**200m** increasing pace; **3 x 200m** hard off 25secs rest; **4 x 150m** hard off 20secs rest; **6 x 100m** hard off 15secs rest; **200m** decreasing pace

### BRICK

**2 x**  
 .  
**15km** bike hard  
 .  
**2.5km** run @ RP  
 .  
 Run straight off the bike  
 .  
 1min rest between sets

### BIKE

**5 x** [6mins moderate; 1min sprint; 3mins easy recovery]

### RUN

**8 x** [300m easy; 700m @ 15secs/km faster than RP]

### REST DAY

### OW SWIM

**2.5km**  
 .  
 Include a timed 1.5km effort

### BRICK

**40km** bike moderate  
 .  
**5km** run @ estimated Olympic RP

## WEEK 8 - TWO REST DAYS THIS WEEK AS YOU LEAD UP TO THE SECOND OF TWO OD RACES - GET READY TO SMASH IT!

### SWIM

**100m** increasing pace  
 .  
**8 x 150m** hard off 30secs rest  
 .  
**100m** decreasing pace

### REST DAY

### BRICK

**2 x**  
 .  
**8km** bike hard  
 .  
**1km** run @ RP  
 .  
 Run straight off the bike  
 .  
 1min rest between sets

### BIKE

**5 x** [2mins @ RP; 1min recovery; 1min @ full sprint; 2mins recovery]

### REST DAY

### RUN

**3km** easy  
 .  
 Include 2 x 500m @ RP

### OLYMPIC TRI

**1.5km** swim  
 .  
**40km** bike  
 .  
**10km** run