# Long Distance Training Plan

## Month 1

<table>
<thead>
<tr>
<th>Week</th>
<th>Tues</th>
<th>Weds</th>
<th>Thurs</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Wk 1</strong></td>
<td><strong>INTERVAL SWIM</strong>&lt;br&gt;Total = 2,500m&lt;br&gt;MS = 3 x 15mins steady seated climb @ PE 7-9; 5mins @ PE 5</td>
<td><strong>INTERVAL BIKE</strong>&lt;br&gt;120hr&lt;br&gt;MS = 8 x 4mins big gear high speed @ PE 8-9; 90secs complete rest</td>
<td><strong>AEROBIC RUN</strong>&lt;br&gt;16km @ PE 6-8&lt;br&gt;Aim for consistent pacing &amp; fuelling</td>
<td><strong>AEROBIC SWIM</strong>&lt;br&gt;4 x 600m @ PE 6-8&lt;br&gt;Increase speed in final 150m of each set</td>
<td><strong>RACE PACE BIKE</strong>&lt;br&gt;50km&lt;br&gt;MS = 2 x 10km efforts at desired IM race pace</td>
<td><strong>BRICK - DUATHLON</strong>&lt;br&gt;55km, MS = 2 x 10km @ PE 7; Bike 40km @ PE 8; Run 5km @ PE 8</td>
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<td><strong>Wk 2</strong></td>
<td><strong>INTERVAL SWIM</strong>&lt;br&gt;Total = 2,100m&lt;br&gt;MS = 4 x 200m @ PE 8&lt;br&gt;4 x 150m @ PE 8&lt;br&gt;4 x 50m @ PE 8</td>
<td><strong>INTERVAL BIKE</strong>&lt;br&gt;120hr&lt;br&gt;MS = 8 x 4mins big gear high speed @ PE 8-9; 90secs complete rest</td>
<td><strong>INTERVAL RUN</strong>&lt;br&gt;10km&lt;br&gt;MS = 4 x 1km @ PE 8; 90secs complete rest</td>
<td><strong>INTERVAL BIKE</strong>&lt;br&gt;4 x (300m + PB @ PE 7 / 200m @ PE 8)</td>
<td><strong>INTERVAL BIKE</strong>&lt;br&gt;4 x (200m @ PE 8)</td>
<td><strong>AEROBIC RUN</strong>&lt;br&gt;16km @ PE 5-8&lt;br&gt;Aim to include 1 x 15km effort at desired IM race pace</td>
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<tr>
<td><strong>Wk 3</strong></td>
<td><strong>INTERVAL SWIM</strong>&lt;br&gt;Total = 2,500m&lt;br&gt;MS = 2 x 200m + KICK @ PE 7; 200m + PB @ PE 7; 6 x 50m @ PE 8</td>
<td><strong>INTERVAL BIKE</strong>&lt;br&gt;120hr&lt;br&gt;MS = 8 x 4mins big gear high speed @ PE 8-9; 90secs complete rest</td>
<td><strong>INTERVAL RUN</strong>&lt;br&gt;10km&lt;br&gt;MS = 9 x 1km @ PE 8-9; 90secs complete rest</td>
<td><strong>INTERVAL BIKE</strong>&lt;br&gt;MS = 8 x 1km @ PE 8-9; 90secs complete rest</td>
<td><strong>INTERVAL BIKE</strong>&lt;br&gt;MS = 8 x 1km @ PE 8-9; 90secs complete rest</td>
<td><strong>AEROBIC SWIM</strong>&lt;br&gt;5 x 500m @ PE 6-8&lt;br&gt;Increase speed in final 150m of each set</td>
</tr>
<tr>
<td><strong>Wk 4</strong></td>
<td><strong>INTERVAL SWIM</strong>&lt;br&gt;Total = 2,500m&lt;br&gt;MS = 4 x 200m @ PE 8&lt;br&gt;4 x 150m @ PE 8&lt;br&gt;4 x 50m @ PE 8</td>
<td><strong>INTERVAL BIKE</strong>&lt;br&gt;120hr&lt;br&gt;MS = 8 x 4mins big gear high speed @ PE 8-9; 90secs complete rest</td>
<td><strong>INTERVAL RUN</strong>&lt;br&gt;10km&lt;br&gt;MS = 10 x 1km @ PE 8-9; 90secs complete rest</td>
<td><strong>INTERVAL BIKE</strong>&lt;br&gt;MS = 8 x 1km @ PE 8-9; 90secs complete rest</td>
<td><strong>INTERVAL BIKE</strong>&lt;br&gt;MS = 8 x 1km @ PE 8-9; 90secs complete rest</td>
<td><strong>AEROBIC BIKE + RUN</strong>&lt;br&gt;5 x 500m @ PE 6-8</td>
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</tbody>
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*Monday is a rest day for long-course. KPH = kilo-metres per hour; MS = main set; PE = perceived exertion; RI = rest interval between sets; RP = race pace; TT = time trial; PB = Pull buoy.*
### Month 3

#### Week 1
- **Monday**
  - **Interval Swim**
    - Total = 3,000m
    - MS = 5 x 200m @ PE 8
    - 5 x 150m @ PE 8
    - 5 x 100m @ PE 8
    - 5 x 50m @ PE 8
  - **Interval Bike**
    - 120hr
    - MS = 8 x 6mins aero position @ PE 7-8; 2mins @ PE 5
  - **Open Water Swim**
    - Total = 2,400m
    - Aim to include at least 3 x 400m that include changes in pace
  - **Race Pace Run**
    - 10km @ PE 5-8
    - Include 3 x 2km efforts at desired IM race pace
  - **Race Pace Bike**
    - 120-130km
    - MS = 3 x 25km efforts at desired IM race pace
  - **Aerobic Run**
    - 25km @ PE 6-8
    - Aim for consistent pacing & fuelling

#### Week 2
- **Monday**
  - **Aerobic Swim**
    - 3 x 800m @ PE 6-8
    - Increase speed in final 200m of each set
  - **Interval Run**
    - 10km
    - MS = 8 x 1km @ PE 8-9; 45secs complete rest
  - **Interval Bike**
    - 120hr
    - MS = 5 x 10mins aero position @ PE 7-8; 2mins @ PE 5
  - **Open Water Swim**
    - Total = 2,400m
    - Aim to include at least 8 x 200m hard swims with 60secs complete rest
  - **Interval Run**
    - 10km
    - MS = 8 x 1km @ PE 8-9; 45secs complete rest
  - **Race Pace Bike**
    - 120-130km
    - MS = 3 x 25km efforts at desired IM race pace
  - **Aerobic Run**
    - 25km @ PE 6-8
    - Aim for consistent pacing & fuelling

#### Week 3
- **Monday**
  - **Interval Swim**
    - Total = 3,000m
    - MS = 5 x 200m @ PE 8
    - 5 x 150m @ PE 8
    - 5 x 100m @ PE 8
    - 5 x 50m @ PE 8
  - **Interval Bike**
    - 120hr
    - MS = 8 x 6mins aero position @ PE 7-8; 2mins @ PE 5
  - **Open Water Swim**
    - Total = 2,400m
    - Aim to include at least 8 x 200m hard swims with 60secs complete rest
  - **Interval Run**
    - 10km
    - MS = 8 x 1km @ PE 8-9; 45secs complete rest
  - **Race Pace Bike**
    - 120-130km
    - MS = 3 x 25km efforts at desired IM race pace
  - **Aerobic Bike**
    - 180km @ PE 6-8
    - Focus on your nutrition strategy & pacing

#### Week 4
- **Monday**
  - **Aerobic Swim**
    - 3 x 800m @ PE 6-8
    - Increase speed in final 200m of each set
  - **Recovery Bike**
    - 50mins @ PE 6
    - Just simply spin your legs, No hard efforts.
  - **Open Water Swim**
    - Total = 2,400m
    - Aim to include at least 8 x 200m hard swims with 60secs complete rest
  - **Recovery Run**
    - 60secs complete rest
  - **Race Pace Run**
    - 5km @ PE 6
    - Must be a steady run, Forget fast.
  - **Race Pace Bike**
    - 200km @ IM race pace
    - Recovery Run
    - 10km @ PE 5-8
    - Include 3 x 2km efforts at desired IM race pace
  - **Recovery Run**
    - 1,000m @ IM race pace
    - OPEN WATER SWIM
  - **Rest**
  - **Race Pace Run**
    - 6km @ PE 5-8
    - Include 3 x 2km efforts at desired IM race pace
  - **Race Pace Bike**
    - 200km @ IM race pace
    - Recovery Run
    - 10km @ PE 5-8
    - Include 3 x 2km efforts at desired IM race pace
  - **Aerobic Bike**
    - 180km @ PE 6-8
    - Focus on your nutrition strategy & pacing
  - **Race – Olympic-Distance Triathlon**
    - Swim 1.500m
    - Bike 40km
    - Run 10km
    - Execute IM race pace.
    - This is a training session.

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*Monday is a rest day for long-course; 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*
### Monthly Training Plan

#### Month 6

<table>
<thead>
<tr>
<th>Week</th>
<th>Days</th>
<th>Interval Swim</th>
<th>Interval Bike</th>
<th>Open Water Swim</th>
<th>Race Pace Run</th>
<th>Race Pace Bike</th>
<th>Aerobic Run</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wk 1</td>
<td>Tues</td>
<td>INTERVAL SWIM</td>
<td>INTERVAL BIKE</td>
<td>OPEN WATER SWIM</td>
<td>RACE PACE RUN</td>
<td>RACE PACE BIKE</td>
<td>AEROBIC RUN</td>
</tr>
<tr>
<td></td>
<td>Weds</td>
<td>Total = 1,800m</td>
<td>1:30hr</td>
<td>Total = 3,200m</td>
<td>8km @ PE 5-8</td>
<td>40km</td>
<td>32-34km @ PE 6-8</td>
</tr>
<tr>
<td></td>
<td>Thurs</td>
<td>MS = 4 x 200m @ PE 8</td>
<td>MS = 3 x 15mins aero position @ PE 7-3mins hard @ PE 8-9; 7mins @ PE 5</td>
<td>Aim to include at least 4 x 600m that include changes in pace</td>
<td>Include 3 x 1.5km efforts at desired IM race pace</td>
<td>MS = 2 x 10km efforts at desired IM race pace</td>
<td>Aim for consistent pacing &amp; fuelling</td>
</tr>
<tr>
<td></td>
<td>Fri</td>
<td>RACE PACE RUN</td>
<td>40km</td>
<td>RACE PACE BIKE</td>
<td>40km</td>
<td>40km</td>
<td>32-34km @ PE 6-8</td>
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<tr>
<td></td>
<td>Sat</td>
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<td>Sun</td>
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</tr>
</tbody>
</table>

#### Week 1:
- **Interval Swim**: Total = 1,800m
  - MS = 4 x 200m @ PE 8
  - 4 x 100m @ PE 8
- **Interval Bike**: 1:30hr
  - MS = 3 x 15mins aero position @ PE 7; 3mins hard @ PE 8-9; 7mins @ PE 5
- **Open Water Swim**: Total = 3,200m
  - Aim to include at least 4 x 600m that include changes in pace
  - MS = 2 x 10km efforts at desired IM race pace
- **Race Pace Run**: 8km @ PE 5-8
  - Include 3 x 1.5km efforts at desired IM race pace

#### Week 2:
- **Interval Swim**: Total = 3,000m
  - MS = 8 x 200m @ PE 7-8
  - 8 x 100m @ PE 8
- **Interval Bike**: 1:30hr
  - MS = 3 x 15mins aero position @ PE 7; 3mins hard @ PE 8-9; 7mins @ PE 5
- **Open Water Swim**: Total = 3,500m
  - Aim to swim continuous @ IM race pace
  - MS = 6 x 3km @ PE 8-9; 60sec complete rest
- **Race Pace Run**: 8km @ PE 5-8
  - Include 3 x 2km efforts at desired IM race pace

#### Week 3:
- **Interval Swim**: Total = 3,000m
  - MS = 8 x 200m @ PE 7-8
  - 8 x 100m @ PE 8
- **Interval Bike**: 1:30hr
  - MS = 3 x 15mins aero position @ PE 7; 3mins hard @ PE 8-9; 7mins @ PE 5
- **Open Water Swim**: Total = 3,500m
  - MS = 6 x 3km @ PE 8-9; 60sec complete rest
  - Total = 1,800m
- **Race Pace Run**: 8km @ PE 5-8
  - Include 3 x 2km efforts at desired IM race pace

#### Week 4:
- **Interval Swim**: Total = 2,400m
  - MS = 20 x 100m @ PE 8
- **Interval Bike**: 1:30hr
  - MS = 3 x 15mins aero position @ PE 7; 3mins hard @ PE 8-9; 7mins @ PE 5
- **Open Water Swim**: Total = 3,500m
  - MS = 2 x 15mins aero position @ PE 7; 3mins hard @ PE 8-9; 7mins @ PE 5
  - Total = 2,800m

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### 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
- **1.5** = Light
- **2.0** = Light to Easy
- **2.5** = Easy to Moderate
- **3.0** = Moderate
- **3.5** = Moderate to Moderately Uncomfortable
- **4.0** = Moderately Uncomfortable to Moderately Hard
- **4.5** = Hard
- **5.0** = Very Hard Effort
- **5.5** = At or Close to Max Effort

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