

TRAINING PLAN - WEEKS 1 TO 4

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

WEEK 1 - TIME TO GET STARTED! OUR PLAN BEGINS ON A MONDAY, BUT YOU CAN START ON ANY DAY OF THE WEEK

RUN

6-7 x 1km
vigorous
•
45secs rest
between reps

SWIM

6 x 250m
moderate;
increasing pace
in final 50m
•
45secs rest
between reps

BIKE

1 x [8min
moderate/
2min easy]
•
8 x [1min
hard/3mins
moderate]
•
1 x [8mins
moderate
/2mins easy]

RUN

8km
moderate, on a
flat route, aim
for consistent
pace per km

REST DAY

OW SWIM

1,500m
Focus on
improving
sighting,
swimming with
head up and
turning at
marker buoys

BIKE

40km
moderate, on
an undulating
route

WEEK 2 - A KEY SESSION NOT TO MISS IS THE MULTI-BRICK - A GREAT WORKOUT TO REALLY GET YOU RACE READY

RUN

4 x 1.5k
moderate
•
30secs rest
between reps

BIKE

4 x [8mins
moderate
/2mins easy]

SWIM

1 x 300m
moderate
•
5 x 200m
vigorous
•
1 x 300m
moderate
•
40secs rest
between reps

MULTI-BRICK

3 x
•
10mins bike
vigorous
•
1km run
moderate
•
90secs rest
between reps

REST DAY

OW SWIM

1,500m
Include 2 x
300m efforts
at faster than
Olympic tri
race pace

BRICK

40km bike
moderate
•
2km run
at estimated
Olympic tri
race pace

WEEK 3 - TO MANAGE THIS PLAN SUCCESSFULLY, TREAT THE SESSIONS LIKE APPOINTMENTS THAT CAN'T BE MISSED

RUN

7-8 x 1km
vigorous
•
45secs rest
between reps

SWIM

6 x 250m
moderate;
increasing
pace in final
50m
•
45secs rest
between reps

BIKE

1 x [8mins
moderate/
2mins easy]
•
8 x [2mins
hard/2mins
moderate]
•
1 x [8mins
moderate
/2mins easy]

RUN

10km
moderate, on a
flat route, aim
for consistent
pace per km

REST DAY

OW SWIM

1,700m
Include some
changes in
pace to vary
the intensity

BRICK

35km bike
moderate
•
5km run
at estimated
Olympic tri
race pace

WEEK 4 - AS THE SESSIONS ARE SHORT, FOCUS MORE ON THE INTENSITY, MAKING THEM MORE VIGOROUS AND CHALLENGING

SWIM

1 x 300m
moderate
•
5 x 200m
vigorous
•
1 x 300m
moderate
•
40secs rest
between reps

RUN

4 x 1.5km
moderate
•
30secs rest
between reps

BIKE

4 x [8mins
moderate
/2mins easy]

MULTI-BRICK

4 x
•
8min bike
vigorous
•
500m run
moderate
•
60secs rest
between reps

REST DAY

OW SWIM

1,800m
Include 1 x
1,000m effort
with a fast
start and finish
to simulate a
race

BRICK

45km bike
moderate
•
8km run
at estimated
Olympic tri
pace.



TRAINING PLAN - WEEKS 5 TO 6

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

WEEK 5 - THE INCLUSION OF INTERVAL AND TEMPO SESSIONS WILL HELP GET YOU USED TO THAT FEELING OF DISCOMFORT

SWIM

1 x 250m
increasing
pace through
set
•
10 x 100m
vigorous
•
1 x 250m
increasing
pace through
set
•
45secs rest
between reps

BIKE

**5 x [3mins
hard/1min
easy]**
•
**10mins
moderate**
•
**5 x [3mins
hard/1min
easy]**

REST DAY

RUN

10-12km
moderate, on
a flat route,
aim for
consistent
pace per km

REST DAY

OW SWIM

1,800m
Include 1 x
1000m effort
with a fast
start and finish
to simulate a
race

BRICK

30km bike
moderate
•
6km run at
estimated
Olympic tri
pace.

WEEK 6 - THIS WEEK INCLUDES TWO REST DAYS AS YOU TAPER TOWARDS THE ALL-IMPORTANT RACE!

SWIM

1 x 200m
increasing
pace through
set
•
8 x 100m
vigorous
•
1 x 200m
increasing
pace through
set
•
45secs rest
between reps

REST DAY

MULTI-BRICK

4 x
•
6mins bike
vigorous
•
400m run
moderate
•
90secs rest
between reps

RUN

3-4km
moderate, on
a flat route,
aim for
consistent
pace per km.

REST DAY

BIKE

15-20mins
easy, just spin-
ning legs

OLYMPIC TRIATHLON

1.5km swim
•
40km bike
•
10km run
•

Execute your
race plan using
the knowledge
gained from
your training.
Good luck!