

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

<p>SWIM</p> <p>4 x 200m moderate</p> <p>•</p> <p>4 x 150m vigorous</p> <p>•</p> <p>4 x 100m very hard</p> <p>•</p> <p>30secs rest between reps</p>	<p>BIKE</p> <p>1 x [10mins moderate/2mins easy]</p> <p>•</p> <p>5 x [2mins hard/1min very hard/1min easy]</p> <p>•</p> <p>1 x [10mins moderate/2mins easy]</p>	<p>RUN</p> <p>8-10 x 1km vigorous</p> <p>•</p> <p>45secs rest between reps</p>	<p>BIKE</p> <p>5 x [7mins moderate/3mins easy]</p>	<p>REST DAY</p>	<p>OW SWIM</p> <p>2km, inc. 2 x 500m @70.3 race pace. Focus on sighting, and turn at buoys</p> <p>BIKE</p> <p>70km moderate on an undulating route</p>	<p>RUN</p> <p>12km moderate on a flat route</p>
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WEEK 2 - ALWAYS INCLUDE A WARM-UP BEFORE EACH SESSION = 5-8MINS OF GRADUALLY BUILDING FROM EASY TO VIGOROUS

<p>SWIM</p> <p>4 x 200m moderate</p> <p>•</p> <p>4 x 150m vigorous</p> <p>•</p> <p>4 x 100m very hard</p> <p>•</p> <p>30secs rest between reps</p>	<p>BIKE</p> <p>1 x [12mins moderate / 3mins recovery]</p> <p>•</p> <p>6 x [2mins hard/1min very hard / 1min easy]</p> <p>•</p> <p>1 x [12mins moderate / 3mins easy]</p>	<p>RUN</p> <p>8-10 x 1km vigorous</p> <p>•</p> <p>45secs rest between reps</p>	<p>RUN</p> <p>4 x [7mins moderate / 3mins easy]</p>	<p>REST DAY</p>	<p>OW SWIM</p> <p>2.5km</p> <p>•</p> <p>Include 3 x 400m efforts @ faster than 70.3 race pace. Focus on sighting, swimming with head up and turning at buoys</p>	<p>BRICK</p> <p>60-70km bike moderate</p> <p>•</p> <p>8km run estimated 70.3 race pace</p>
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WEEK 3 - ALWAYS INCLUDE A COOL-DOWN AFTER EACH SESSION = 3-5MINS OF EASY CARDIO FOLLOWED BY STRETCHES

<p>SWIM</p> <p>4 x 150m vigorous</p> <p>•</p> <p>4 x 250m moderate</p> <p>•</p> <p>4 x 150m vigorous</p> <p>•</p> <p>30secs rest between reps</p>	<p>BIKE</p> <p>1 x [12mins moderate / 3mins recovery]</p> <p>•</p> <p>6 x [2mins hard/1min very hard/1min easy]</p> <p>•</p> <p>1 x [12mins moderate / 3mins easy]</p>	<p>RUN</p> <p>6-7 x 1.5km vigorous; 45secs rest between reps</p> <p>SWIM</p> <p>3 x 600m moderate; increasing pace in final 150m; 30secs rest between reps</p>	<p>BRICK</p> <p>Repeat 3 x</p> <p>•</p> <p>10mins bike vigorous</p> <p>•</p> <p>5mins run moderate</p> <p>•</p> <p>90secs rest between reps</p>	<p>REST DAY</p>	<p>OW SWIM</p> <p>2.3km, inc. 1 x 1km @70.3 race pace; try to swim in groups</p> <p>BIKE</p> <p>80-90km moderate on an undulating route; inc. 2 x 15km @faster than 70.3 pace</p>	<p>RUN</p> <p>15-16km moderate on a flat route</p> <p>•</p> <p>Include 3 x 2km @faster than 70.3 race pace</p>
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WEEK 4 - REMEMBER, 'DOUBLE DAY' SESSIONS DON'T NEED TO BE DONE IN SUCCESSION - RECOVER WELL BETWEEN EACH

<p>SWIM</p> <p>4 x 150m vigorous</p> <p>•</p> <p>4 x 250m moderate</p> <p>•</p> <p>4 x 150m vigorous</p> <p>•</p> <p>30secs rest between reps</p>	<p>BIKE</p> <p>1 x [10mins moderate/2mins easy]</p> <p>•</p> <p>5 x [2mins hard /1min very hard/1min easy]</p> <p>•</p> <p>1 x [10mins moderate/2mins easy]</p>	<p>RUN</p> <p>6-7 x 1.5km vigorous</p> <p>•</p> <p>45secs rest between reps</p>	<p>BIKE</p> <p>5 x [8mins moderate/2mins easy]</p>	<p>REST DAY</p>	<p>RUN</p> <p>2km easy; treat like a recovery run</p> <p>OW SWIM</p> <p>1km easy</p>	<p>MOCK RACE</p> <p>1.5km swim</p> <p>•</p> <p>40km bike</p> <p>•</p> <p>10km run</p> <p>•</p> <p>Treat as a training session. Train using fuel and kit you will use on race day.</p>
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TRAINING PLAN - WEEKS 5 TO 8

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

WEEK 5 - PRACTISE KEY OPEN-WATER SKILLS IN YOUR WEEKLY OUTDOOR SWIM SESSION

<p>SWIM</p> <p>5 x 200m moderate</p> <p>•</p> <p>20secs rest between reps</p> <p>•</p> <p>10 x 100m vigorous</p> <p>•</p> <p>15secs rest between reps</p>	<p>BIKE</p> <p>2 x [8mins moderate/2mins easy]</p> <p>•</p> <p>10 x [1min very hard/1min easy]</p> <p>•</p> <p>2 x [8mins moderate/2mins easy]</p>	<p>RUN</p> <p>5-6 x 2km vigorous; 45secs rest between reps</p> <p>SWIM</p> <p>3 x 600m moderate, increase pace in final 150m; 30secs rest between reps</p>	<p>BRICK</p> <p>Repeat 3 x</p> <p>•</p> <p>10mins bike vigorous</p> <p>•</p> <p>5mins run moderate</p> <p>•</p> <p>90secs rest between reps</p>	<p>REST DAY</p>	<p>OW SWIM</p> <p>2.5km, inc. 3 x 500m @faster than 70.3 pace; swim in groups</p> <p>BIKE</p> <p>100km moderate on an undulating route; inc. 3 x 15km @faster than 70.3 pace</p>	<p>RUN</p> <p>18-20km moderate on a flat route.</p> <p>•</p> <p>Include 3 x 3km @faster than 70.3 race pace</p>
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WEEK 6 - THE LONGER BIKE AND RUNS, AS WELL AS THE BRICKS, ARE IDEAL TO DIAL IN YOUR MIDDLE-DISTANCE RACE PACE

<p>SWIM</p> <p>5 x 200m moderate</p> <p>•</p> <p>20secs rest between reps</p> <p>•</p> <p>10 x 100m vigorous</p> <p>•</p> <p>15secs rest between reps</p>	<p>BIKE</p> <p>2 x [10mins moderate/2mins easy]</p> <p>•</p> <p>12 x [1min very hard/1min easy]</p> <p>•</p> <p>2 x [10mins moderate/2mins easy]</p>	<p>RUN</p> <p>5-6 x 2km vigorous</p> <p>•</p> <p>45secs rest between reps</p>	<p>RUN</p> <p>5 x [7mins moderate/3mins easy]</p>	<p>REST DAY</p>	<p>OW SWIM</p> <p>2.5km</p> <p>•</p> <p>Include 1 x 1.9km @70.3 race pace. Focus on sighting, swimming with head up and turning at buoys</p>	<p>BRICK</p> <p>80km bike moderate</p> <p>•</p> <p>12-14km run estimated 70.3 race pace</p> <p>•</p> <p>Train using fuel and kit you will use on race day</p>
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WEEK 7 - THE FINAL BIG WEEK OF TRAINING, AGAIN REDUCING SPEED BUT FOCUSING ON ENDURANCE

<p>SWIM</p> <p>4 x 200m moderate</p> <p>•</p> <p>4 x 150m vigorous</p> <p>•</p> <p>4 x 100m very hard</p> <p>•</p> <p>30secs rest between reps</p>	<p>BIKE</p> <p>2 x [8mins moderate/2mins easy]</p> <p>•</p> <p>10 x [1min very hard/1min easy]</p> <p>•</p> <p>2 x [8mins moderate/2mins easy]</p>	<p>RUN</p> <p>5 x 1.5km vigorous; 45secs rest between reps</p> <p>SWIM</p> <p>3 x 600m moderate, increase pace in final 150m; 30secs rest between reps</p>	<p>BIKE</p> <p>4 x [8mins moderate/2mins easy]</p>	<p>REST DAY</p>	<p>OW SWIM</p> <p>2.2km</p> <p>•</p> <p>Include 3 x 400m @faster than 70.3 race pace. Focus on starts and finding swim pace</p>	<p>BRICK</p> <p>50km bike estimated 70.3 race pace</p> <p>•</p> <p>10km run estimated 70.3 race pace</p> <p>•</p> <p>Train using fuel and kit you will use on race day</p>
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WEEK 8 - THIS WEEK INCLUDES TWO REST DAYS AS YOU TAPER TOWARDS THE ALL-IMPORTANT RACE!

<p>SWIM</p> <p>10 x 100m vigorous</p> <p>•</p> <p>20secs rest between reps</p>	<p>REST DAY</p>	<p>BRICK</p> <p>2 x</p> <p>•</p> <p>12mins bike moderate</p> <p>•</p> <p>6mins run moderate</p> <p>•</p> <p>90secs rest between reps</p>	<p>BIKE</p> <p>4 x [7mins moderate/3mins easy]</p>	<p>REST DAY</p>	<p>RUN</p> <p>2-3km easy on course; treat like a recovery run</p> <p>OW SWIM</p> <p>1km easy on course</p>	<p>70.3 RACE</p> <p>1.9km swim</p> <p>•</p> <p>90km bike</p> <p>•</p> <p>21.1km run</p> <p>•</p> <p>Execute your race plan using the knowledge gained from your training. Good luck!</p>
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