

2020 TRIATHLON MIDDLE DISTANCE

12-WEEK TRAINING PLAN FROM SIMON WARD

JARGON BUSTER

CSS PACE

Critical Swim Speed. An approximation of your lactate threshold pace (based off a 200m and 400m time trial) that gives you a solid training pace per 100m. Any good coach can calculate your CSS for you.

FTP

Functional Threshold Pace. The maximal effort you can sustain over roughly a 45-60 minute duration. A 10km run/25km bike time trial would be a good rough indication of your FTP by working out your pace per km/ pace per mile.

TAPER

Reducing your activity in the days/ weeks leading up to a race. For shorter events your taper may only be a few days, and for 70.3/Ironman events this could start over a period of weeks prior to your event.



NOTES

1 Only 2 sessions per sport (a total of 6) are shown per week. If you have time available then feel free to add a 3rd workout starting with your weakest event (If you only have time for 1 more workout and swimming is your weakest then do this)

2 Strength & conditioning work is still important even at this late stage. Aim to include 2 x 30 minute sessions each week. Fit this into your routine ahead of a 3rd swim/bike/run session.

3 When you swim in open water make sure that you are purposeful about your session. Just swimming isn't enough - if necessary just replicate the suggested race simulation workout.

4 Long rides and runs can be done at 65-70% effort. These sessions are all about putting time into the legs. Your top end of fitness will come through in the higher intensity workouts.

5 Bike intervals - make sure you have a 15-20 min warm up prior to these and a good 10-15min cool down after

6 Hill technique efforts - after a 10-15 min warm up, complete 8-10 x 30secs hill reps on a 4-5% incline. These only need to be about 80-85% effort as you will be working to develop a fast cadence, good knee drive and tall posture. Jog back down for recovery. Afterwards run for 10-20 mins at approximately 80% effort.

USING THE TABLES

The first table is a breakdown of the key sessions to complete over the 12 weeks. In the second table, ** indicates a key session - refer back to table 1 to recap on the session description

	SWIM	BIKE	RUN
WHY?	To simulate 70.3 race simulation. Wake up and start at the same time as your race start (if known)	To simulate race intensity	To simulate fatigue and intensity experienced in a race
WHERE?	Could be pool or open water - more pacing control in the pool, but you can simulate a race in OW	Use a route with similar terrain to your race	Use a route with similar terrain to your race
GEAR USED	<ul style="list-style-type: none"> • Normal pool kit • Wetsuit if outdoors 	<ul style="list-style-type: none"> • Race bike • Can use race kit if preferred • Power meter or HRM 	<ul style="list-style-type: none"> - Race shoes - Race kit
DURATION	45-60 mins/3k approx	3-4 hrs	1-1.5 hrs
BREAKDOWN OF SESSION (INCLUDING INTENSITY INFORMATION)	<p>WARM UP Simulate your race warm up (400m approx)</p> <p>MAIN SET 400m hard + 1200m @ 2-3secs/100m slower than CSS pace Start with 6x200m and build to 4x300m and 2x600m over successive weeks</p>	<p>WARM UP 20-30 mins steady riding</p> <p>MAIN SET 2-4 x 20 mins @ 4-5 BPM OR 15-20 watts harder than race pace 10 mins easy spin between reps This is the part that should be on similar terrain to your race</p> <p>COOL DOWN 20-30 mins easy cool-down</p>	<p>WARM UP 10 mins of progressive running (easy to moderate)</p> <p>5 x 30secs strides + 30secs easy jog</p> <p>MAIN SET 40-70 mins @ 80-85% maximum heart rate (1/2 marathon pace)</p> <p>COOL DOWN 5-10 mins easy run</p>
NUTRITIONAL ADVICE	Pre race breakfast	Consume calories as you would in race situation	Consume calories as you would in race situation
RECOVERY NEEDED	Nothing unusual	Easy riding the next day. High carb and protein meal.	Easy riding the next day (<60 mins) or rest day. Compression wear advisable & stretch straight after running. High carb and protein meal.

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TRAINING PLAN

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WEEK	SWIM	BIKE	RUN	DESCRIPTION
ONE BUILD	1. ** 200's 2. Long pull set	1. ** 2 x 20 mins 2. 4 x 5 mins @ 90-100 FTP or 85-90% max heart rate	1. ** 60 mins (35 mins tempo) 2. Long run - 90 mins	In each 14 day cycle there are some key sessions you must do. Some are repeated each week, others once per cycle (e.g. the OW swim)
TWO BUILD	1. ** 300's 2. OW	1. ** 2 x 20 mins 2. 5 x 5 mins @ 90-100 FTP or 85-90% max heart-rate	1. ** 65 mins (40 mins tempo) 2. Hills/ technique	By just doing the key sessions each week your fitness will increase. If you have more time available then add a 3rd (steady) session for each sport
THREE RECOVERY	1. Speed 2. Drills/technique	1. Easy ride 2. Cadence drills	Strides and 2x easy runs	Every 3rd week you'll get a recovery week. By reducing training volume to approximately 70% of your previous week and dropping the intensity you will be able to recover without losing too much fitness
FOUR BUILD	1. ** 300's 2. Strength/End	1. ** 3 x 20 mins 2. 4 x 7 mins @ 90-100 FTP or 85-90% max heart rate	1. ** 70 mins (45 mins tempo) 2. Long run - 1h45mins	Workouts get harder in this block. The intensity stays the same but you will either have to do more or longer reps
FIVE BUILD	1. ** 400's 2. OW	1. ** 3 x 20 mins 2. 4 x 8 mins @ 90-100FTP or 85-90% mhr	1. ** 75 mins (50 mins tempo) 2. Hills/ technique	
SIX RECOVERY	1. Speed 2. Drills/ technique	1. Easy ride 2. Cadence drills	Strides 2 x easy runs	Even if you are feeling really fit DO NOT be tempted to go hard this week. Save your energy for the next block of training
SEVEN BUILD	1. ** 400's 2. Strength-based session	1. ** 4 x 20 mins 2. 4 x 9 mins @ 90-100FTP or 85-90% max heart rate	1. ** 80 mins (55 mins tempo) 2. Long run - 2hrs	This will be your biggest 14 day training block. After 6 weeks of training you may be feeling fatigued. Pay attention to your recovery and nutrition so that you can squeeze the most from each workout
EIGHT BUILD	1. ** 500's 2. OW swim	1. ** 4 x 20 mins 2. 3 x 12 mins @ 90-100 FTP or 85-90% max heart rate	1. ** 85 mins (60 mins tempo) 2. Hills/ technique	
NINE RECOVERY	1. Speed 2. Drills/ technique	1. Easy ride 2. Cadence drills	Strides 2x easy runs	Your peak & taper period starts next week. Do everything possible to freshen up in this recovery week
TEN BUILD	1. ** 600's 2. Strength-based session	1. ** 4 x 20 mins 2. 4 x 8 mins @ 90-100 FTP or 85-90% max hear rate	1. ** 90 mins (65 mins tempo) 2. Long run - 90 mins	In this shortened 7 day cycle you will be hitting your biggest workouts. Complete these and you will gain a lot of confidence going into your taper
ELEVEN TAPER	** 600's (Friday)	** 2 x 20 mins (Saturday)	** 60 mins (35 mins tempo) (Sunday)	In this week you will rest on Monday followed by a single session of 30-45 mins (Tues-Thurs), which will reduce fatigue. Between Fri-Sun you can train a bit harder, giving you a fitness boost before week 12...

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
TWELVE FINAL TAPER	REST DAY	Bike 45 mins, including 15 mins @ Goal Race Pace + Run 30 mins @ Goal Race Pace with last 5 mins fast	Swim 30-40 mins including 600-800m broken down into 100 or 200m reps @ race pace	Swim 20-30 mins on the course, Bike 30 mins including 20 mins @ race pace + 20 mins run including 10 mins @ race pace	REST DAY	Swim 15-20 mins, Bike 15 mins including 10 mins @ race pace + 10 mins run inc 5 mins @ race pace	REST DAY

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