

TRAINING PLAN - WEEKS 1 TO 4

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

WEEK1-TIME TO GET STARTED! OUR PLAN BEGINS ON A MONDAY, BUT YOU CAN START ANY DAY OF THE WEEK PD=PADDLES

SWIM

4 x 400m moderate
 •
 40secs rest between sets
 •
 S&C #1

BIKE

3 x
 [4mins seated climb hard;
 2mins easy;
 3mins seated climb hard;
 2mins easy;
 2mins seated climb hard;
 2mins easy]

RUN

4 x
 1.5km @15secs/km faster than race pace (RP)
 •
 1min rest between sets

REST DAY

SWIM

200m PD moderate;
 200m, 150m, 100m, 50m vigorous, 1min rest between sets; 30secs rest; 200m PD moderate;
 200m, 150m, 100m, 50m vigorous;
 30secs rest

RUN

1hr
 •
 Undulating route aiming to work hard into the hills
 •
 S&C #1

BIKE

2hrs
 •
 Undulating route, overgear on hills and pedal smooth

WEEK2-DON'T FORGET TO HEAD TO 22OTRI.COM FOR THE FOUR GROUPS OF S&C EXERCISES. RP=RACE PACE

SWIM

3 x 400m moderate
 •
 40secs rest
 •
 3 x 200m moderate
 •
 20secs rest
 •
 S&C #1

BIKE

3 x
 [4mins seated climb hard;
 2mins easy;
 3mins seated climb hard;
 2mins easy;
 2mins seated climb hard;
 2mins easy]

RUN

4 x
 1.5km @15secs/km faster than RP
 •
 50secs rest between sets

REST DAY

SWIM

As Friday Week 1 Swim session
 •
 S&C #1

RUN

1hr moderate
 •
 Including 20mins of hill reps

BIKE

2hrs
 •
 Undulating route, overgear on hills and pedal smooth

WEEK3-THE MIDWEEK SESSIONS FOCUS ON BUILDING POWER BY USING PADDLES, AN INDOOR BIKE OR A TREADMILL

SWIM

600m moderate, 40secs rest;
 450m moderate, 30secs rest;
 300m moderate, 20secs rest;
 150m moderate
 •
 S&C #2

BIKE

4 x
 [6mins seated climb hard;
 2mins easy;
 2mins standing climb hard;
 2mins easy]

RUN

6 x 1.2km
 As: 0-1km @10secs/km faster than RP;
 1-1.2km @20secs/km faster than RP
 •
 1min rest between sets

REST DAY

SWIM

5 x 150m PD moderate
 •
 100m pull buoy moderate
 •
 150m vigorous
 •
 1min rest between sets

RUN

1hr
 •
 Undulating route aiming to work hard into the hills
 •
 S&C #2

BIKE

2hrs moderate
 •
 Including 40mins of hill reps

WEEK4-ALWAYS WARM UP-5-8MINS OF GRADUALLY BUILDING INTENSITY FROM EASY TO VIGOROUS...

REST DAY

BIKE

4 x
 [6mins seated climb hard;
 2mins easy;
 2mins standing climb hard;
 2mins easy]
 •
 S&C #2

RUN

6 x 1.2km
 As: 0-1km @10secs/km faster than RP;
 1-1.2km @20secs/km faster than RP
 •
 1min rest between sets

REST DAY

SWIM

5 x 150m PD moderate
 •
 100m pull buoy moderate
 •
 150m vigorous
 •
 1min RI between sets
 •
 S&C #2

RUN

45mins easy
 •
 Flattish route

BIKE

1:30hrs moderate
 •
 Flattish route, don't be tempted to climb hard

TRAINING PLAN - WEEKS 5 TO 8

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

WEEK5 – ...AND ALWAYS COOLDOWN – 3-5 MINS OF EASY CARDIO FOLLOWED BY STRETCHES

SWIM

4 x 400m moderate
 •
 40secs rest
 •
 S&C #3

BIKE

5 x [1:30min standing climb hard/2:30mins easy]
 •
 5mins moderate
 •
 5 x [1:30mins standing climb hard/2:30mins easy]

RUN

6 x 1km @RP on 1-2% incline
 •
 1min rest between sets

REST DAY

SWIM

4 x 100m PD hard, 20secs rest; 150m easy; 4 x 100m PD hard, 20secs rest; 150m easy; 4 x 100m PD hard, 20secs rest

RUN

1hr
 •
 Undulating route aiming to work hard into the hills
 •
 S&C #3

BIKE

2hrs moderate
 •
 Including 40mins of hill reps, overgear on hills and vary body position

WEEK6 – MAKE HILLS PART OF YOUR LONGER BIKE AND RUN SESSIONS... AND LEARN TO LOVE THEM!

SWIM

3 x 400m moderate, 40secs rest
 •
 3 x 200m moderate, 20secs rest
 •
 S&C #3

BIKE

5 x [1:30min standing climb hard/2:30mins easy]
 •
 5mins moderate
 •
 5 x [1:30mins standing climb hard/2:30mins easy]

RUN

6 x 1km @RP on 1-2% incline
 •
 1min rest between sets

REST DAY

SWIM

As Friday Week 5 Swim session
 •
 S&C #3

RUN

1hr moderate
 •
 Including 25mins of hill reps

BIKE

2hrs
 •
 Undulating route, overgear on hills and pedal smooth

WEEK7 – IF RACING LONG, YOU CAN EASILY MODIFY THE DURATION OR DISTANCE OF SESSIONS

SWIM

600m moderate, 40secs rest; 450m moderate, 30secs rest; 300m moderate, 20secs rest; 150m moderate
 •
 S&C #4

BIKE

4 x [4mins seated climb hard; 2mins easy; 2mins standing climb hard; 2mins easy; 1min standing climb hard; 1min easy]

RUN

3 x [500m moderate on 2%; 500m moderate on 3%; 500m moderate on 4%; 500m easy on 0%]
 •
 1min rest between sets

REST DAY

SWIM

2 x 300m PD moderate
 •
 200m easy
 •
 6 x 50m pull buoy hard
 •
 200m easy
 •
 1min rest between sets

RUN

1hr
 •
 Undulating route aiming to work hard into the hills
 •
 S&C #4

BIKE

2hrs moderate
 •
 Including 40mins of hill reps, overgear on hills and vary body position

WEEK8 – BY NOW YOU SHOULD BE MORE POWERFUL AND RESILIENT TO INJURY, WHICH BOTH CREATE MORE SPEED

REST DAY

BIKE

4 x [4mins seated climb hard; 2mins easy; 2mins standing climb hard; 2mins easy; 1min standing climb hard; 1min easy]
 •
 S&C #4

RUN

3 x [500m moderate on 2%; 500m moderate on 3%; 500m moderate on 4%; 500m easy on 0%]
 •
 1min rest between sets

REST DAY

SWIM

As Friday Week 7 Swim session
 •
 S&C #4

RUN

45mins easy
 •
 Flattish route

BIKE

1:30hrs moderate
 •
 Flattish route, don't be tempted to climb hard