

Middle-distance

Joe Beer's eight-week off-season training plan

For athletes entering their first middle-distance triathlon (8-9hrs per week)

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
WEEK 1	Swim 1hr squad stamina session	AM Run 45mins PM Turbo/rollers 1:20hrs steady	Run 1hr easy pace	Off	Swim "Base" 12 x 200m alternating skill and strength, with 20sec rest intervals	Bike 2hrs	Bike 1.30hr moderate terrain plus run 30mins
WEEK 2	Swim 1hr squad session	AM Run 45mins PM Turbo/rollers 1hr 20mins steady	Run 1:15hrs easy pace	Off	Swim "Base" 4 x 600m with 90sec rest intervals	Swim 950m time trial and 20mins skill	Bike 2hr continuous plus run 15mins
WEEK 3	Swim 1hr squad session	AM Run 40mins PM Turbo/rollers 1:30hrs steady	Run 90mins easy pace	Swim 1hr technique (pre-planned session)	Off	Bike 2.5hrs	Run 30mins or rollers 30mins
WEEK 4 (RECOVERY WEEK)	Swim 1hr squad session (drop to back of group)	Turbo/rollers 45mins at 65%-70% HRmax	Run 45mins easy	Off	AquaJog 15mins; swim 30mins skill work; AquaJog 15mins	Bike 1:30-2hr flat terrain, low-effort spin on small chainring	Off
WEEK 5	Swim 1hr squad stamina session	AM Turbo 30mins PM Turbo/rollers 1hr steady	AM Run 30mins PM Run 1hr easy pace	Off	Swim "Base" 12 x 200m alternating skill and strength, with 20sec rest intervals	Bike 1:30hr flat	Bike 1hr hilly, plus run 30mins
WEEK 6	Swim 1hr squad session	AM Run 40mins PM Turbo/rollers 1:20hrs steady	Run 75mins easy pace	Off	Swim 45mins incl 3-4 x 800m with 90sec rest intervals	Bike 1hr inc 3.2-4.8km (2-3 mile) uphill time trial	Bike 1:45hr continuous plus run 15mins
WEEK 7	Swim 1hr squad session	AM Run 40mins PM Turbo 1:30hrs steady	AM Run 35mins PM Run 70mins easy pace	Swim 1hr technique (pre-planned session)	Off	Bike 3hrs	Run 30mins
WEEK 8 (RECOVERY WEEK)	Swim 40mins solo session	Turbo/rollers 45mins at 65%-70% HRmax	Run 35-45mins easy	Off	Swim 30mins skill work plus AquaJog 20mins	Bike 1:30hr flat terrain, low-effort spin on small chainring	Off

For more training tips, gear reviews and daily tri news, visit www.220triathlon.com