

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

For athletes doing their first sprint-distance triathlon (6-7hrs per week)

| | MON | TUES | WEDS | THURS | FRI | SAT | SUN |
|----------------------------------|---|---|---|--|--|---|---|
| WEEK 1 | Swim 1hr squad session or pre-planned technique session | 5x [8min turbo plus 4min run bricks]; steady effort throughout | Off | Run 45mins easy pace with relaxed upper-body posture | Swim "Classic" 5 x 200m steady with 20sec rest intervals | Off | Bike 1.30hr continuously over varying terrain |
| WEEK 2 | Swim 1hr squad session or pre-planned technique session | Turbo 40mins including one leg work and high cadence practice plus run brick 20mins steady effort throughout | Off | Run 40mins easy pace plus turbo 20mins high cadence spin | Swim test including stroke count, kick and freestyle time trials and swim golf (see issue 239 pp58-61) | Off | Bike 1.45hrs continuously |
| WEEK 3 | Swim 1hr squad session or pre-planned technique session working on weak areas of stroke | Turbo 1hr with varying effort every 5mins through 60%, 70%, 80% plus run brick 15mins steady effort | Run 40-50mins steady pace | Off | Swim Split as 10mins technique, 10mins continuous, 10mins intervals at moderate pace (for example, 3 x 100m with 30secs recovery) | Bike 1.30hr rolling terrain continuously in slightly bigger gear than normal | Bike 1hr high cadence flat ride (turbo if flat not possible) |
| WEEK 4 (RECOVERY WEEK) | Swim 1hr squad session (drop down group or a lane) or pre-planned technique session 30mins | Turbo 40mins 65% plus run brick 10min steady effort | Off | Off | Swim 30mins all short reps (25-50m) working on easy technique work and relaxation plus aqua jog 15mins | Bike 1hr flat terrain at low effort | Off |
| WEEK 5 | Swim 1hr squad session | 5x [10min turbo plus 6min run bricks] steady effort with focus on smooth transitions | Run 45-55mins easy, relaxed pace | Off | Swim "Classic" 10 x 100m steady set with 20-30secs recovery | Off | Bike 1.30hr varying terrain with three short inclines in a slightly bigger gear than normal at a lower cadence |
| WEEK 6 | Swim 1hr squad session or pre-planned technique session | Turbo 50mins including changing hand positions, one leg work and high cadence practice. This ideally becomes a rollers session | Off | Run 50mins easy pace plus turbo 10mins spin | Swim 1hr including catch-up, kicking, bilateral breathing and push-glide drills | Off | Bike 1.45hr continuously plus run 15mins |
| WEEK 7 | Swim 1hr squad session | Turbo 1hr with varying effort every 5mins of either 60% or 80% plus run bricks 20mins steady | Off | Swim 1:15hr split as 10mins technique, 5mins Aqua jog, 10mins intervals (for example 6 x 50m at close to 400m race pace with 30secs recovery) | Off | Bike 2hr rolling terrain ensuring cadence is kept high in last 20mins | Run 30mins steady pace |
| WEEK 8 (RECOVERY WEEK) | Swim 1hr squad session (drop down group or a lane) or pre-planned technique session 30mins | Off | Turbo 40mins 65% plus run brick 10min steady effort | Off | Swim 30mins short reps (25-50m) technique plus aqua jog for 15mins | Bike 1hr flat terrain at low effort | Off |

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