

Joe Beer's 12-week long-distance training plan

Below is a training programme for the next 12 weeks (winter to early spring) for Olympic-distance athletes, with training hours per week of 10hrs-plus. The sessions completely in bold are key ones for the week. Please note that swims exclude 400m warm-up and 200m cool-down.

| | MON | TUES | WEDS | THURS | FRI | SAT | SUN |
|---------------------------------|---|--|---|---|---|--|--|
| WEEK 1 | Swim 1hr squad stamina session with 15mins solo swim afterwards | AM Run 45mins PM Turbo/rollers 1hr steady | AM Run 60mins PM Run 40mins with emphasis on keeping a smooth, solid pace | Off | AM Turbo 1hr PM Swim "Base" 4 x 10mins, 10 x 300m, 6 x 8mins relaxed stamina sets, all 60secs rest intervals | Bike 3hrs plus run 20mins | Turbo 1hr constant big gear effort at 75% HR max plus run 20mins |
| WEEK 2 | Swim 1hr squad stamina session with 15mins solo swim afterwards | AM Run 45mins PM Turbo/rollers 1hr steady | AM Run 60mins PM Run 40mins with emphasis on keeping a smooth, solid pace | Off | AM Turbo 1hr PM Swim "Base" 4 x 10mins, 10 x 300m, 6 x 8mins relaxed stamina sets, all 60secs rest intervals | Bike 3hrs plus run 20mins | Turbo 1hr constant big gear effort at 75% HR max plus run 20mins |
| WEEK 3 | Swim 1hr squad stamina session with 15mins solo swim afterwards | AM Run 45mins PM Turbo/rollers 1hr steady | AM Run 60mins PM Run 40mins with emphasis on keeping a smooth, solid pace | Off | AM Turbo 1hr PM Swim "Base" 4 x 10mins, 10 x 300m, 6 x 8mins relaxed stamina sets, all 60secs rest intervals | Bike 3hrs plus run 20mins | Turbo 1hr constant big gear effort at 75% HR max plus run 20mins |
| WEEK 4 RECOVERY WEEK | Swim 60mins solo skill session | PM Turbo/rollers 45mins 65%-70% HR | AM Run 45mins-60mins easy PM Swim 30mins solo skill session | Off | Swim 1hr skills work plus aquajog 30mins | Bike 1:30hr flat terrain low effort spin on small chainring plus run 15mins | Off |
| WEEK 5 | Swim 1:30hr squad stamina session plus 10mins solo swimming beforehand | AM Run 40mins PM Turbo/rollers 1hr steady | AM Run 60mins PM Run 40mins with focus on keeping smooth pace at 75%-80% HR max | AM Turbo 60mins easy PM Swim 40mins "skill sets" that focus on your stroke weaknesses | Off Book massage for following weekend | Bike 3hrs with 30%-40% in big chainring | Turbo 1hr constant big gear effort 75% HR max plus run 2miles at predicted Ironman pace |
| WEEK 6 | Swim 1:30hr squad stamina session plus 10mins solo swimming beforehand | AM Run 40mins PM Turbo/rollers 1hr steady | AM Run 60mins PM Run 50 mins with focus on keeping smooth pace at 75%-80% HR max | AM Turbo 60mins easy PM Swim 40mins "skill sets" that focus on your stroke weaknesses | Off Book massage for following weekend | Bike 4hrs with 30%-40% in big chainring | Turbo 1hr constant big gear effort 75% HR max plus run 2 miles at predicted Ironman pace |
| WEEK 7 | Swim 1:30hr squad stamina session plus 10mins solo swimming beforehand | AM Run 40mins PM Turbo/rollers 1hr steady | AM Run 60mins PM Run 60mins with focus on keeping smooth pace at 75%-80% HR max | AM Turbo 60mins easy PM Swim 40mins "skill sets" that focuses on your stroke weaknesses | Off Book massage for following weekend | Bike 4hrs with 30%-40% in big chainring | Turbo 1hr constant big gear effort 75% HR max plus run 2 miles at predicted Ironman pace |
| WEEK 8 RECOVERY WEEK | Swim 40-60mins solo skills session | PM Turbo/rollers 45mins 65%-70% HR max | AM Run 45mins easy PM Swim 30-40mins solo skills session | Off | Swim 30mins skill work plus aquajog 30mins | Off | Off |
| WEEK 9 | AM Run 1hr including 50m of strides at 10k pace every 6mins PM Swim 1:30hr squad stamina session, with 10mins solo swimming beforehand | AM Turbo/rollers 1hr30mins steady | AM Run 60mins PM Run 40mins with focus on keeping solid, smooth pace at 75%-80% HR max | AM Turbo 60mins easy PM Swim 40mins "skill sets" that focuses on your stroke weaknesses, plus 20mins straight swim | Off | Bike 3hrs with 30%-40% in big chainring with 20 miles at expected Ironman pace | Turbo 1hr constant big gear effort 75% HR max plus run 3 miles at predicted Ironman pace |
| WEEK 10 | AM Run 1hr including 50m of strides at 10k pace every 6mins | PM Swim 1:30hr squad stamina session, with 10mins solo swimming beforehand | AM Turbo/rollers 1:30hrs steady | AM Run 60mins PM Run 50mins with focus on keeping solid, smooth pace at 75%-80% HR max | AM Turbo 60mins easy PM Swim 40mins "skill sets" that focus on your stroke weaknesses, plus 20mins straight swim | Bike 4hrs with 30%-40% in big chainring with 20miles at expected Ironman pace | Turbo 1hr constant big gear effort 75% HR max plus run 3 miles at predicted Ironman pace |
| WEEK 11 | AM Run 1hr including 50m of strides at 10k pace every 6mins PM Swim 1:30hr squad stamina session, with 10mins solo swimming beforehand | AM Turbo/rollers 1hr30mins steady | AM Run 60mins PM Run 60mins with focus on keeping solid, smooth pace at 75%-80% HR max | AM Turbo 60mins easy PM Swim 40mins "skill sets" that focus on your stroke weaknesses, plus 20mins straight swim | Off | Bike 5hrs with 30%-40% in big chainring with 20 miles at expected Ironman pace | Turbo 1hr constant big gear effort 75% HR max plus run 3 miles at predicted Ironman pace |
| WEEK 12 RECOVERY WEEK | Swim 40-60mins solo skills session | PM Turbo/rollers 45mins 65%-70% HR max | AM Run 45mins easy PM Swim 30-40mins solo skills session | Off | Swim 30mins skill work plus aquajog 30mins | Off | Off |

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