

**Middle-distance**

## Joe Beer's 12-week middle-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 9–10hrs. 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
<b>WEEK 1</b>	Swim 1hr squad stamina session	AM Run 60mins PM Turbo/rollers 1hr, include 3 x 15mins at 70rpm smooth grinding	Run 70mins easy pace	Swim "Base" 5 x 500m alternating bilateral set with fast/slow set, 60 sec rest intervals	Off	Bike 2.5hrs rolling terrain, 30% in big chainring	Bike 1.5hrs at cadence over 90, plus run 30mins cruising
<b>WEEK 2</b>	Swim 1hr squad session	PM Turbo/rollers 1:20hrs, steady pace	AM Run 60mins PM Run 45mins with 20mins at best 70.3 run speed (or 10–15% slower than half marathon pace)	Off	Swim 1,900m timed in wetsuit if pool temperature allows	Bike 2.5hr rolling terrain, 40% in big chainring	Bike 40mins plus run 1hr
<b>WEEK 3</b>	Swim 1hr squad session	AM Turbo/gym bike 40mins PM Turbo/rollers 1:20hrs steady	AM Run 60mins PM Run 60mins with 30mins at best 70.3 run speed	Swim 1hr technique (skills from 220 triathlon '8-week programme' DVD)	Off	Bike 2hrs rolling terrain, 50% in big chainring	Bike 1hr including 3 climbs of at least 5mins each aiming for 85% HRmax hard effort
<b>WEEK 4</b> RECOVERY WEEK	Swim 1hr squad session, drop to back of group	Turbo/rollers 45mins high cadence 65–70% HR	Run 45mins easy terrain	Off	Aquajog 15mins plus swim 30mins skill work plus aquajog 15mins	Bike 1.5hrs flat terrain, low effort spin with small chainring	Off
<b>WEEK 5</b>	Swim 1hr squad stamina session	AM Run 40mins PM Turbo/rollers 1hr include 4 x 10mins at 70rpm smooth grinding	Run 70mins relaxed with 10secs controlled 5km-paced effort on any hill encountered	Swim 4 x 800m, 90sec RI, third 100m should be a time-trial	Off	Bike 2.5hr rolling terrain, 60% in big chainring	Bike 1.5hrs cadence over 90rpm plus run 10mins
<b>WEEK 6</b>	Swim 1hr squad session	PM Turbo/rollers 1hr with 2 x 8 x 8secs acceleration, 2mins recovery between plus run 30mins relaxed	AM Run 60mins easy PM Run 60mins with 20mins at best 70.3 run speed	Swim 1hr squad session or 3km of strength and drills work	Off	Bike 2.5hr rolling terrain, 40% in big chainring plus run 30mins, first 10mins at 85%HR max	Off Optional: rollers 30mins
<b>WEEK 7</b>	AM Turbo 40mins PM Swim 1hr squad session	PM Turbo 1hr with 2 x 8 x 8secs acceleration plus run 20mins relaxed	AM Run 60mins PM Run 70mins with 30mins at best 70.3 run speed	Swim 1hr technique (skills from '8-week programme' DVD)	Off Organize massage for next week	Bike 2hrs rolling terrain, 50% in big chainring	Bike 1hr including descending practice and changing an inner tube as fast as possible
<b>WEEK 8</b> RECOVERY WEEK	Swim 1hr squad session, drop to back of group	Off	Turbo/rollers 30mins high cadence plus run 30mins easy terrain	Off	Swim 30mins skill work plus aquajog 20mins	Bike 1.5hrs flat terrain low effort spin on small chainring	Off
<b>WEEK 9</b>	Swim 1hr squad stamina session, 30% in wetsuit if possible	AM Run 30–40mins PM Turbo 1hr include 4 x 10mins at 70rpm smooth grinding	AM Run 40 mins PM Run 80mins with 40mins at best 70.3 run speed	Swim "Pyramid" 100, 200, 400, 600, 400, 200, 100m – 30secs rest intervals	Off	Bike 2.5hrs rolling terrain, 60% in big chainring	Bike 1.5hrs with 3 x 8min climbs max effort plus run 20mins
<b>WEEK 10</b>	Swim 1hr squad session, 40% in wetsuit if possible	PM Turbo 1hr with 2 x 8 x 8secs acceleration, 2mins recovery between plus run 30mins relaxed	AM Run 60mins easy PM Run 60mins with 20mins at best 70.3 run speed	Swim 1hr squad session or 3km of strength and drills work	Off	Bike 2.5hrs rolling terrain, 40% in big chainring plus run 30mins, first 10mins at 85% HRmax	Off Optional: Rollers 30mins
<b>WEEK 11</b>	PM Swim 1hr squad session, first 40% in wetsuit	PM Turbo/rollers 1hr with 2 x 8 x 8secs acceleration plus run 20mins relaxed	AM Run 40mins PM 70mins with 40mins at best 70.3 run speed	Swim 1hr technique (skills from '8-week programme' DVD)	Off Organize massage for next week	Bike 3hrs rolling terrain, race a measured 19-mile section and note your time/speed	Run 1hr including warm-up 10mins, then run at 70.3 run pace for 6 miles
<b>WEEK 12</b> RECOVERY WEEK	Swim squad session, drop to back of group	Off	Turbo/rollers 30mins high cadence plus run 30mins easy terrain	Off	Off	Swim 30mins skill work plus aquajog 20mins	Bike 1.5hrs flat terrain, low effort spin on small chainring

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