

12-week off-season training plan

Below is a training programme for the next 12 weeks (winter to early spring) for sprint-distance athletes, with training hours per week of 4-5hrs. 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 or pre-planned solo technique if club night cancelled	4 x [10min turbo and 5min run bricks], focusing on smoothness	Run 35-50mins easy pace with relaxed arms	Off	Swim 'pyramid': 100, 200, 400, 200, 100m steady with 30sec rest intervals (RI)	Cycle 1hr plus run 15mins	Off
WEEK 2	Swim 1hr squad session or solo technique session	Turbo 40mins including smooth gear changing practice, dropping down on aerobars and getting feet in and out of cycle shoes, plus run brick 20mins nose breathing	Swim 30mins focus on catch-up drills and bilateral breathing	Run 40mins easy pace plus turbo 20mins high-cadence spin	Off	Run 30mins or off	Cycle 1.5hr continuously
WEEK 3	Swim 1hr squad session	Turbo 1hr including 4 x 10min focused blocks at 75% with 3mins very easy between. Plus run brick 15mins	Off	Run 30-50mins steady pace	Swim Choose free tech session from JBST.com/resources	Cycle 1.5hr rolling terrain concentrating on smooth pedalling	Cycle 1hr flat ride or 40mins turbo if flat terrain not possible
WEEK 4 RECOVERY WEEK	Swim 1hr squad session (drop down group or a lane)	Turbo 40mins 65-70% plus run brick 10mins nose breathing	Off	Off	Swim 30mins all short reps (25-50m) working on technique and relaxation plus aqua jog 15mins	Cycle 1hr flat terrain low effort in daylight if possible	Off
WEEK 5	Swim 1hr squad session	6 x [10min turbo plus 5min run bricks]. Aim to feel good not tired at end of session	Run 30-40mins easy	Off	Swim 750m time trial after a good 400-600m warm-up	Cycle 1hr: one gear higher than normal at all parts of the ride	Turbo/run 30min session, relaxed and easy
WEEK 6	Swim 1hr squad session or free stamina session from JBST.com/resources	Off	Turbo 50mins including changing hand positions, one leg work and high-cadence practice	Run 50mins easy pace plus turbo 10mins spin	Off	Swim 30-40mins with 4 x 200m with decreasing RI between (60secs, 40secs, 20secs)	Cycle 75mins continuously plus run 15mins
WEEK 7	Swim 1hr squad session (hold back from going too hard to getting impatient)	Turbo 40mins varying effort every 5mins between 65-80% plus run brick 20mins nose breathing	Off	Off	Swim including 20 x 25m at just quicker than 750m time trial pace with 10-15secs RI	Cycle 2hr rolling terrain ensure cadence >90rpm in last 20mins	Run 30mins including pyramid of 10, 20, 30 up to 100 strides and back down with equal number jogging strides between
WEEK 8 RECOVERY WEEK	Swim 1hr squad session (drop down in the group or drop a lane)	Off	Turbo 40mins at 65% plus run brick 20mins steady effort	Swim 30mins short reps (25-50m) technique focus plus aqua jog 15mins	Run 30-40mins relaxed, walking 50-100m every 7mins	Off (the next phase increases volume so two days are worth taking)	Off
WEEK 9	Swim 1hr squad session. Be controlled - you've had two days off so will be feisty	6 x [12mins turbo plus 8mins run bricks]. All steady effort	Run 60mins easy, relaxed pace, running smoothly	Off	Swim 'Classic' 14 x 100m steady effort with 20-30sec recovery	Off	Cycle 1.5hr varying terrain to work on smooth climbing, relaxed fast descending and aerobars on the flats
WEEK 10	Swim 1hr squad session or pre-printed technique session	Turbo 1hr including alternating one leg work, aerobars and eyes-closed riding to feel what your legs are doing	Run 50-60mins rolling course with strides pyramid (10, 20, 30 up to 100m and back down)	Swim 30-45mins technique including bilateral breathing, kicking a 200m time trial and 100m stroke count golf test (see p59, issue 239)	Off	Turbo 45mins at 65% max HR	Cycle 90mins hilly plus run hilly 20mins - nose breathing as much as you possibly can
WEEK 11	Swim 1hr squad session	Off	Turbo 1hr with core 40mins at 75%HR plus run brick 20mins (first 5mins at 85%/fast controlled)	Swim 1hr including 6 x 200m. Start easy, increase effort so last 200 is close to time-trial effort, all with 30secs recovery	Off	Cycle 2hr rolling terrain including 3-5 hills in bigger gear at low cadence (50-70rpm)	Run 30mins with relaxed 10km paced effort for 1min every 6mins
WEEK 12 RECOVERY WEEK	Swim 1hr squad session (drop down group, drop a lane or get out after 40mins)	Off	Turbo 40mins 65% plus run brick 10mins steady effort	Off	Swim 30mins short reps (25-50m) technique plus aquajog 15mins	Off	Cycle 1hr flat terrain low effort

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