

LONG DISTANCE TRAINING PLAN

Month 1

	Tues	Weds	Thurs	Fri	Sat	Sun
Wk 1	INTERVAL SWIM Total = 2,500m MS = 3 sets 100m + KICK @ PE 7 200m + PB @ PE 7 6 x 50m @ PE 8	INTERVAL BIKE 1:20hr MS = 3 x 15mins steady seated climb @ PE 7-9; 5mins @ PE 5	AEROBIC RUN 16km @ PE 6-8 Aim for consistent pacing & fuelling	AEROBIC SWIM 4 x 600m @ PE 6-8 Increase speed in final 150m of each set	RACE PACE BIKE 50km MS = 2 x 10km efforts at desired IM race pace	BRICK - DUATHLON 55km, MS = Run 10km @ PE 7; Bike 40km @ PE 8; Run 5km @ PE 8 Include warm-up & cool-down
Wk 2	INTERVAL SWIM Total = 2,700m MS = 4 x 200m @ PE 8 4 x 150m @ PE 8 4 x 100m @ PE 8 4 x 50m @ PE 8	INTERVAL BIKE 1:20hr MS = 8 x 4mins big gear high speed @ PE 8-9; 4mins @ PE 5-6	INTERVAL RUN 10km MS = 8 x 1km @ PE 8-9; 90secs complete rest	AEROBIC SWIM 4 x 100m @ PE 8 4 x (300m + PB @ PE 7 / 200m @ PE 8) 4 x 100m @ PE 8	RACE PACE BIKE 50km MS = 2 x 10km efforts at desired IM race pace	RACE PACE RUN 16km @ PE 5-8 MS = 2 x 10km efforts at desired IM race pace
Wk 3	INTERVAL SWIM Total = 2,500m MS = 3 x (100m + KICK @ PE 7; 200m + PB @ PE 7; 6 x 50m @ PE 8)	INTERVAL BIKE 1:20hr MS = 3 x 15mins steady seated climb @ PE 7-9; 5mins @ PE 5	INTERVAL RUN 11km MS = 9 x 1km @ PE 8-9; 90secs complete rest	AEROBIC SWIM 5 x 500m @ PE 6-8 Increase speed in final 150m of each set	RACE PACE BIKE 40km MS = 1 x 15km effort at desired IM race pace	AEROBIC RUN 24-25km @ PE 6-8 Aim for consistent pacing & fuelling
Wk 4	INTERVAL SWIM Total = 2,700m MS = 4 x 200m @ PE 8 4 x 150m @ PE 8 4 x 100m @ PE 8 4 x 50m @ PE 8	INTERVAL BIKE 1:20hr MS = 8 x 4mins big gear high speed @ PE 8-9; 4mins @ PE 5-6	INTERVAL RUN 12km MS = 10 x 1km @ PE 8-9; 90secs complete rest	AEROBIC SWIM 5 x 500m @ PE 6-8 Increase speed in final 150m of each set	AEROBIC BIKE + RUN 120-130km Bike @ PE 6-8 Undulating ride be efficient when climbing Run 5km @ PE 7	RACE PACE RUN 16km @ PE 5-8 Include 3 x 3km efforts at desired IM race pace

Month 2

	Tues	Weds	Thurs	Fri	Sat	Sun
Wk 1	TIME TRIAL SWIM 2.5km Include warm-up & cool-down	TIME TRIAL BIKE 80km Create a 80km route outdoors. Include warm-up & cool-down	RECOVERY RUN 10km @ PE 6 Must be a steady run. Forget fast.	OPEN WATER SWIM Total = 1,500m Aim to include at least 2 x 400m continuous swim, plus focus on using the buoyancy in the wetsuit.	RACE PACE BIKE 40km MS = 2 x 10km efforts at desired IM race pace	TIME TRIAL RUN 18km Include warm-up & cool-down
Wk 2	INTERVAL SWIM Total = 2,800m MS = 2 x (400m/300m/200m/100m/50m) ALL @ PE 7-8	INTERVAL BIKE 1:20hr MS = 8 x (5mins big gear high speed @ PE 8-9; 3mins @ PE 5-6)	INTERVAL RUN 10km MS = 8 x 1km @ PE 8-9; 75secs complete rest	OPEN WATER SWIM Total = 1,700m Aim to include at least 2 x 500m continuous swims, plus focus on 'sighting' on the marker buoys	AEROBIC BIKE + RUN 120km Bike @ PE 6-8 Find some long and tough hills 5km Run @ PE 7	RACE PACE RUN 16km @ PE 5-8 Include 3 x 3km efforts at desired IM race pace
Wk 3	AEROBIC SWIM 5 x 500m @ PE 6-8 Increase speed in final 150m of each set	INTERVAL BIKE 1:20hr MS = 3 x 15mins steady seated climb @ PE 7-9; 5mins @ PE 5	INTERVAL RUN 10km MS = 8 x 1km @ PE 8-9; 60secs complete rest	OPEN WATER SWIM Total = 1,800m Aim to include 1 x 1km continuous swim, plus focus on swimming in a group	AEROBIC RUN 18km @ PE 6-8 Aim for consistent pacing & fuelling	BRICK 100km MS = Bike 90km @ PE 7-8; Run 10km @ PE 8 Include warm-up & cool-down
Wk 4	INTERVAL SWIM Total = 2,800m MS = 2 x (400m/300m/200m/100m/50m) ALL @ PE 7-8	INTERVAL BIKE 1:20hr MS = 8 x 5mins big gear high speed @ PE 8-9 / 3mins @ PE 5-6	INTERVAL RUN 10km MS = 8 x 1km @ PE 8-9; 50secs complete rest	OPEN WATER SWIM Total = 2,000m Aim to include at least 2 x 500m continuous swims, plus focus on race starts	AEROBIC BIKE 150km Bike @ PE 6-8 Focus on your nutrition strategy	RACE PACE RUN 16km @ PE 5-8 Include 3 x 3km efforts at desired IM race pace

*Monday is a rest day for long-course; KEY: km/h = kilometres per hour; MS = main set; PE = perceived exertion; RI = rest interval between sets; RP = race pace; TT = time trial; PB = Pull buoy

Month 3

	Tues	Weds	Thurs	Fri	Sat	Sun
Wk 1	INTERVAL SWIM Total = 3,000m MS = 5 x 200m @ PE 8 5 x 150m @ PE 8 5 x 100m @ PE 8 5 x 50m @ PE 8	INTERVAL BIKE 1:20hr MS = 8 x 6mins aero position @ PE 7-8; 2mins @ PE 5	OPEN WATER SWIM Total = 2,400m Aim to include at least 3 x 400m that include changes in pace	RACE PACE RUN 10km @ PE 5-8 Include 3 x 2km efforts at desired IM race pace	RACE PACE BIKE 120-130km MS = 3 x 25km efforts at desired IM race pace	AEROBIC RUN 25km @ PE 6-8 Aim for consistent pacing & fuelling
Wk 2	AEROBIC SWIM 3 x 800m @ PE 6-8 Increase speed in final 200m of each set	INTERVAL RUN 10km MS = 8 x 1km @ PE 8-9; 45secs complete rest	OPEN WATER SWIM Total = 2,400m Aim to include at least 8 x 200m hard swims with 60secs complete rest	INTERVAL BIKE 1:20hr MS = 6 x 8mins aero position @ PE 7-8; 2mins @ PE 5	OPEN WATER SWIM 1,000m @ IM race pace Recovery Run 5km @ PE 6 Must be a steady run. Forget fast.	RACE - OLYMPIC-DIS- tance triathlon Swim 1,500m Bike 40km Run 10km Execute IM race pace. This is a training session.
Wk 3	INTERVAL SWIM Total = 3,000m MS = 5 x 200m @ PE 8 5 x 150m @ PE 8 5 x 100m @ PE 8 5 x 50m @ PE 8	INTERVAL BIKE 1:20hr MS = 5 x 10mins aero position @ PE 7-8; 2mins @ PE 5	OPEN WATER SWIM Total = 2,200m Aim to include 1 x 1.5km continuous swim, plus focus on swimming in a group	INTERVAL RUN 10km MS = 8 x 1km @ PE 8-9; 45secs complete rest	RACE PACE BIKE 120-130km MS = 3 x 25km efforts at desired IM race pace	AEROBIC RUN 25km @ PE 6-8 Aim for consistent pacing & fuelling
Wk 4	AEROBIC SWIM 3 x 800m @ PE 6-8 Increase speed in final 200m of each set	RECOVERY BIKE 50mins @ PE 6 Just simply spin your legs. No hard efforts.	OPEN WATER SWIM Total = 2,400m Aim to include at least 8 x 200m hard swims with 60secs complete rest	RECOVERY RUN 5km @ PE 6 Must be a steady run. Forget fast.	OPEN WATER SWIM 2,000m @ IM race pace Race Pace Run 10km @ PE 5-8 Include 3 x 2km efforts at desired IM race pace	BRICK 130km MS = Bike 120km @ PE 7-8; Run 10km @ PE 8 Think about fuelling

Month 4

	Tues	Weds	Thurs	Fri	Sat	Sun
Wk 1	INTERVAL SWIM Total = 3,000m MS = 8 x 200m @ PE 7-8 8 x 100m @ PE 8	INTERVAL BIKE 1:20hr MS = 3 x 15mins aero position @ PE 7-8; 5mins @ PE 5	OPEN WATER SWIM Total = 2,800m Aim to include at least 3 x 600m that include changes in pace	RACE PACE RUN 8km @ PE 5-8 Include 3 x 1.5km efforts at desired IM race pace	RACE PACE BIKE 60km MS = 2 x 12km efforts at desired IM race pace	AEROBIC RUN 28km @ PE 6-8 Aim for consistent pacing & fuelling
Wk 2	INTERVAL SWIM Total = 3,200m MS = 4 x 100m @ PE 8 6 x 300m @ PE 7 4 x 100m @ PE 8	INTERVAL RUN 10km MS = 8 x 1km @ PE 8-9; 45secs complete rest	OPEN WATER SWIM Total = 2,400m Aim to include at least 5 x 300m continuous swims, plus focus on race starts	RECOVERY BIKE 1hr @ PE 6 Include 5 x 3mins @ PE 8; 5mins @ PE 6 in middle of hour	OPEN WATER SWIM 2,000m @ IM race pace Recovery Run 4km @ PE 6 Must be a steady run. Forget fast.	BRICK 104km MS = Bike 90km @ PE 7-8; Run 14km @ PE 8 Think about fuelling
Wk 3	INTERVAL SWIM Total = 3,000m MS = 8 x 200m @ PE 7-8 8 x 100m @ PE 8	INTERVAL BIKE 1hr MS = 2 x 15mins aero position @ PE 7-8; 5mins @ PE 5	OPEN WATER SWIM Total = 3,000m Aim to include 1 x 2km continuous swim, plus focus on swimming in a group	INTERVAL RUN 7km MS = 6 x 1km @ PE 8-9; 60secs complete rest	AEROBIC BIKE 180km Bike @ PE 6-8 Focus on your nutrition strategy & pacing	RECOVERY RUN 8-10km @ PE 6 Must be a steady run. Forget fast.
Wk 4	INTERVAL SWIM Total = 1,800m MS = 15 x 100m @ PE 8	RECOVERY BIKE 1hr @ PE 6 Include 5 x 3mins @ PE 8; 5mins @ PE 6 in middle of hour	OPEN WATER SWIM Total = 1,500m Aim to include at least 4 x 200m hard swims with 60secs complete rest	REST	RACE PACE RUN 6km @ PE 5-8 Include 3 x 1km efforts at desired IM race pace	RACE - MIDDLE- DISTANCE TRIATHLON Swim 1,900m Bike 90km Run 21km Execute IM race pace. This is a training session.

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Month 5

	Tues	Weds	Thurs	Fri	Sat	Sun
Wk 1	INTERVAL SWIM Total = 1,800m MS = 4 x 200m @ PE 7-8 4 x 100m @ PE 8	INTERVAL BIKE 1:30hr MS = 3 x 15mins aero position @ PE 7; 3mins hard @ PE 8-9; 7mins @ PE 5	OPEN WATER SWIM Total = 3,200m Aim to include at least 4 x 600m that include changes in pace	RACE PACE RUN 8km @ PE 5-8 Include 3 x 1.5km efforts at desired IM race pace	RACE PACE BIKE 40km MS = 2 x 10km efforts at desired IM race pace	AEROBIC RUN 32-34km @ PE 6-8 Aim for consistent pacing & fuelling
Wk 2	TIME TRIAL SWIM 2.5km Include warm-up & cool-down	TIME TRIAL BIKE 80km Create a 80km route outdoors. Include warm up & cool down	OPEN WATER SWIM Total = 2,500m Aim to include at least 5 x 300m continuous swims, plus focus on race starts	RECOVERY BIKE 1hr @ PE 6 Include 5 x 3mins @ PE 8 / 5mins @ PE 6 in middle of hour	OPEN WATER SWIM 3000m @ IM race pace Recovery Run 4km @ PE 6 Must be a steady run. Forget fast.	BRICK 60km MS = Bike 40km @ PE 7-8; Run 20km @ PE 8 Think about fuelling & IM race pace
Wk 3	INTERVAL SWIM Total = 3,000m MS = 8 x 200m @ PE 7-8 8 x 100m @ PE 8	INTERVAL BIKE 1:30hr MS = 3 x 15mins aero position @ PE 7; 3mins hard @ PE 8-9; 7mins @ PE 5	OPEN WATER SWIM Total = 3,500m Aim to swim continuous at IM race pace	INTERVAL RUN 7km MS = 6 x 1km @ PE 8-9; 60secs complete rest	AEROBIC BIKE 160km Bike @ PE 6-8 Focus on your nutrition strategy & pacing	RECOVERY RUN 8km @ PE 6 Must be a steady run. Forget fast.
Wk 4	INTERVAL SWIM Total = 2,400m MS = 20 x 100m @ PE 8	TIME TRIAL RUN 18km Include warm-up & cool-down	OPEN WATER SWIM Total = 3,500m Aim to swim continuous at IM race pace	REST	RACE PACE RUN 8km @ PE 5-8 Include 3 x 2km efforts at desired IM race pace	BRICK 110km MS = Bike 100km @ PE 7-8; Run 10km @ PE 8 Think about fuelling & IM race pace

Month 6

	Tues	Weds	Thurs	Fri	Sat	Sun
Wk 1	INTERVAL SWIM Total = 3,200m MS = 4 x 100m @ PE 8 6 x 300m @ PE 7 4 x 100m @ PE 8	INTERVAL BIKE 1:30hr MS = 3 x 15mins aero position @ PE 7; 3mins hard @ PE 8-9; 7mins @ PE 5	REST	RECOVERY BIKE 30-45km @ PE 6-7 Include 3 x 5km efforts at IM race pace	OPEN WATER SWIM 3,000m at IM race pace Race Pace Run 5km @ PE 5-8 Include 3 x 1km efforts at desired IM race pace	BRICK 110km MS = Bike 140km @ PE 7-8; Run 20km @ PE 8 Think about fuelling & IM race pace. Follow your plan.
Wk 2	INTERVAL SWIM Total = 2,800m MS = 2 x (400m/300m/200m/100m/ 50m) All @ PE 7-8	INTERVAL BIKE 1:30hr MS = 3 x 15mins aero position @ PE 7; 3mins hard @ PE 8-9; 7mins @ PE 5	OPEN WATER SWIM Total = 3,800m Aim to swim continuous at IM race pace	RACE PACE RUN 12km @ PE 5-8 Include 3 x 2km efforts at desired IM race pace	OPEN WATER SWIM 3,000m at IM race pace Race Pace Bike 100km MS = 4 x 15km efforts at desired IM race pace	AEROBIC RUN 24km @ PE 6-8 Aim for consistent pacing & fuelling
Wk 3	INTERVAL SWIM Total = 2,800m MS = 4 x 100m @ PE 8 5 x 300m @ PE 7 4 x 100m @ PE 8	INTERVAL BIKE 1hr MS = 2 x 15mins aero position @ PE 7; 3mins hard @ PE 8-9; 7mins @ PE 5	RECOVERY RUN 8-10km @ PE 6 Must be a steady run. Forget fast.	REST	OPEN WATER SWIM 3,500m at IM race pace Race Pace Run 5km @ PE 5-8 Include 3 x 1km efforts at desired IM race pace	BRICK 68km MS = Bike 60km @ PE 7-8; Run 8km @ PE 8 Think about fuelling & IM race pace.
Wk 4	INTERVAL SWIM Total = 2,000m MS = 8 x 200m @ PE 8	RACE PACE RUN 10km @ PE 5-8 Include 3 x 2km efforts at desired IM race pace	REST	RECOVERY BIKE 30-45km @ PE 6-7 on race course Include 3 x 5km efforts at IM race pace	OPEN WATER SWIM 1,000m on race course Race Pace Run 5km @ PE 5-8 on race course Include 3 x 1km efforts at desired IM race pace	RACE - IRONMAN Triathlon Swim 3,800m Bike 180km Run 42.2km Execute IM race plan!

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PERCEIVED EXERTION CHART

Follow the suggested 'perceived exertion' (PE) rating for each session to peg your training efforts correctly.

- 0** NOTHING
- 0.5** VERY, VERY LIGHT
- 1.0** VERY LIGHT
- 2** LIGHT
- 3** LIGHT TO EASY
- 4** EASY TO MODERATE
- 5** MODERATE
- 6** MODERATE TO MODERATELY UNCOMFORTABLE
- 7** MODERATELY UNCOMFORTABLE TO MODERATELY HARD
- 8** HARD
- 9** VERY HARD EFFORT
- 10** AT OR CLOSE TO MAX EFFORT