

# TRAINING PLAN – WEEKS 1 TO 4

MONDAY ● TUESDAY ● WEDNESDAY ● THURSDAY ● FRIDAY ● SATURDAY ● SUNDAY

WEEK1 – OUR WEEKLY PLAN BEGINS ON A MONDAY, BUT YOU CAN START ON ANY DAY OF THE WEEK

**SWIM END**

5 x 400m steady  
 •  
 If you can't access a pool, visit [220triathlon.com](http://220triathlon.com) for strength exercises for swimming

**BIKE INT**

4 x [6mins hard; 2mins easy recovery]  
 •  
 4mins easy  
 •  
 4 x [4mins hard; 2mins easy recovery]

**REST DAY**

**BRICK**

2 x  
 •  
 1.5km run moderate  
 •  
 10km bike vigorous  
 •  
 Bike straight after run; 1min RI between sets

**REST DAY**

**RUN END**

8km easy to moderate  
 •  
 Run on a flat route  
 •  
 Include 3 x 1km faster than RP

**BRICK**

40km bike steady  
 •  
 6km run building pace as you progress into distance

WEEK2 – DON'T FORGET, RI=REST INTERVAL; RP=TARGET RACE PACE; INT=INTERVAL; END=ENDURANCE

**SWIM INT**

150m building pace  
 •  
 12 x 100m vigorous; 20secs RI  
 •  
 150m slowing pace

**RUN INT**

8 x 1km @RP; 45secs RI

**REST DAY**

**BRICK**

3 x  
 •  
 1km run moderate  
 •  
 8km bike vigorous  
 •  
 Bike straight after run; 1min RI between sets

**REST DAY**

**BIKE END**

50-60km moderate  
 •  
 Include 2 x 10km faster than RP with 5km recovery in between

**BRICK**

15km bike as a warm-up  
 •  
 12km run endurance

WEEK3 – ALWAYS INCLUDE A WARM-UP WITH EACH SESSION, 5-8MINS GRADUALLY BUILDING INTENSITY TO VIGOROUS

**SWIM END**

6 x 300m  
 •  
 Odd sets = steady; even sets = hard

**BIKE INT**

4 x [6mins hard; 2mins easy recovery]  
 •  
 4mins easy  
 •  
 4 x [4mins hard; 2mins easy recovery]

**REST DAY**

**BRICK**

4 x  
 •  
 800m run moderate  
 •  
 6km bike vigorous  
 •  
 1min rest between sets; up transition speed

**REST DAY**

**RUN END**

5km easy to moderate  
 •  
 Run on a flat route

**BRICK**

40km bike steady  
 •  
 8km run as: 4 x 2km @RP; 30secs RI

WEEK4 – ALWAYS INCLUDE A COOL-DOWN FOLLOWING EACH SESSION, 3-5MINS OF EASY CARDIO FOLLOWED BY STRETCHES

**SWIM INT**

100m building pace  
 •  
 15 x 100m vigorous; 20secs RI  
 •  
 100m slowing pace

**REST DAY**

**RUN INT**

8 x 1km @RP; 35secs RI

**BRICK**

3 x  
 •  
 500m run moderate  
 •  
 3km bike moderate  
 •  
 Work on the speed of transitions

**REST DAY**

**BIKE END**

50km moderate  
 •  
 Take this ride a little easier as part of a recovery week

**BRICK**

10km bike as a warm-up  
 •  
 10km run treat as an endurance run

## TRAINING PLAN - WEEKS 5 TO 8

MONDAY • TUESDAY • WEDNESDAY • THURSDAY • FRIDAY • SATURDAY • SUNDAY

## WEEK 5 – ENSURE THAT EACH SESSION AND EACH PART OF THE BRICK HAS A SPECIFIC OBJECTIVE

## SWIM END

4 x 500m steady  
 •  
 Focus on clean hand entry

## BIKE INT

6 x 10mins building intensity every 2mins  
 •  
 Start very easy and finish with faster than RP effort  
 •  
 Focus on stable cadence and power

## REST DAY

## BRICK

2 x  
 •  
 2km run moderate  
 •  
 12km bike vigorous  
 •  
 Bike straight after run; 1min rest between sets

## REST DAY

## RUN END

10km easy to moderate  
 •  
 Ride on a flat route  
 •  
 Include 3 x 1km faster than RP

## BRICK

2km run  
 •  
 40km bike steady pace  
 •  
 2km run  
 •  
 Runs: treat as recovery

## WEEK 6 – REMEMBER, YOU CAN INTRODUCE BRICK SESSIONS AT ANY TIME IN YOUR TRAINING PHASE...

## SWIM INT

8 x 50m fast; 15secs RI  
 •  
 1 x 200m easy  
 •  
 8 x 50m fast; 15secs RI  
 •  
 1 x 200m easy  
 •  
 8 x 50m fast; 15secs RI

## RUN INT

2 x 1km @RP; 20secs RI  
 •  
 2 x 1km @RP; 30secs RI  
 •  
 2 x 1km @RP; 40secs RI  
 •  
 2 x 1km @RP; 50secs RI

## REST DAY

## BRICK

3 x  
 •  
 1.2km run moderate  
 •  
 10km bike vigorous  
 •  
 Bike straight after run; 1min RI between sets

## REST DAY

## BIKE END

50-60km moderate  
 •  
 Include 2 x 10km faster than RP with 5km recovery in between

## BRICK

12km run include 2 x 2km harder efforts  
 •  
 15km bike use as a long cool-down

## WEEK 7 – ... JUST AS LONG AS THE INTENSITY AND DURATION OF THE SESSIONS ARE APPROPRIATE

## SWIM END

6 x 300m  
 •  
 Odd sets = steady; even sets = hard

## BIKE INT

6 x 10mins building intensity every 2mins  
 •  
 Start very easy and finish with faster than RP effort  
 •  
 Focus on stable cadence and power

## REST DAY

## BRICK

4 x  
 •  
 1km run moderate  
 •  
 8km bike vigorous  
 •  
 1min RI between sets; focus on transition speed

## REST DAY

## RUN END

5km easy to moderate  
 •  
 Run on a flat route

## BRICK

4km run  
 •  
 40km bike steady pace  
 •  
 4km run  
 •  
 Runs: treat as recovery

## WEEK 8 – YOU'VE COMPLETED THE 8-WEEK PLAN AND CAN FEEL CONFIDENT IN YOUR TRANSITIONS AND OVERALL PERFORMANCE

## SWIM INT

10 x 50m fast; 15secs RI  
 •  
 1 x 200m easy  
 •  
 10 x 50m fast; 15secs RI  
 •  
 1 x 200m easy  
 •  
 10 x 50m fast; 15secs RI

## REST DAY

## RUN INT

2 x 1km @RP; 20secs RI  
 •  
 2 x 1km @RP; 30secs RI  
 •  
 2 x 1km @RP; 40secs RI  
 •  
 2 x 1km @RP; 50secs RI

## BRICK

3 x  
 •  
 500m run moderate  
 •  
 3km bike moderate  
 •  
 Prioritise the speed of transitions

## REST DAY

## BIKE END

50km moderate  
 •  
 Take this ride a little easier as part of a recovery week

## BRICK

10km bike use as a warm-up  
 •  
 10km run treat as an endurance run