

TRAINING PLAN - WEEKS 1 TO 4

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

WEEK 1 - TIME TO GET STARTED! OUR PLAN BEGINS ON A MONDAY, BUT YOU CAN START ON ANY DAY OF THE WEEK

RUN 6-7 x 1km vigorous • 45secs rest between reps	SWIM 6 x 250m moderate; increasing pace in final 50m • 45secs rest between reps	BIKE 1 x [8min moderate/2min easy] • 8 x [1min hard/3mins moderate] • 1 x [8mins moderate/2mins easy]	RUN 8km moderate, on a flat route, aim for consistent pace per km	REST DAY	OW SWIM 1,500m Focus on improving sighting, swimming with head up and turning at marker buoys	BIKE 40km moderate, on an undulating route
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WEEK 2 - A KEY SESSION NOT TO MISS IS THE MULTI-BRICK - A GREAT WORKOUT TO REALLY GET YOU RACE READY

RUN 4 x 1.5k moderate • 30secs rest between reps	BIKE 4 x [8mins moderate/2mins easy]	SWIM 1 x 300m moderate • 5 x 200m vigorous • 1 x 300m moderate • 40secs rest between reps	MULTI-BRICK 3 x • 10mins bike vigorous • 1km run moderate • 90secs rest between reps	REST DAY	OW SWIM 1,500m Include 2 x 300m efforts at faster than Olympic tri race pace	BRICK 40km bike moderate • 2km run at estimated Olympic tri race pace
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WEEK 3 - TO MANAGE THIS PLAN SUCCESSFULLY, TREAT THE SESSIONS LIKE APPOINTMENTS THAT CAN'T BE MISSED

RUN 7-8 x 1km vigorous • 45secs rest between reps	SWIM 6 x 250m moderate; increasing pace in final 50m • 45secs rest between reps	BIKE 1 x [8mins moderate/2mins easy] • 8 x [2mins hard/2mins moderate] • 1 x [8mins moderate/2mins easy]	RUN 10km moderate, on a flat route, aim for consistent pace per km	REST DAY	OW SWIM 1,700m Include some changes in pace to vary the intensity	BRICK 35km bike moderate • 5km run at estimated Olympic tri race pace
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WEEK 4 - AS THE SESSIONS ARE SHORT, FOCUS MORE ON THE INTENSITY, MAKING THEM MORE VIGOROUS AND CHALLENGING

SWIM 1 x 300m moderate • 5 x 200m vigorous • 1 x 300m moderate • 40secs rest between reps	RUN 4 x 1.5km moderate • 30secs rest between reps	BIKE 4 x [8mins moderate/2mins easy]	MULTI-BRICK 4 x • 8min bike vigorous • 500m run moderate • 60secs rest between reps	REST DAY	OW SWIM 1,800m Include 1 x 1,000m effort with a fast start and finish to simulate a race	BRICK 45km bike moderate • 8km run at estimated Olympic tri pace.
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TRAINING PLAN - WEEKS 5 TO 6

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

WEEK 5 - THE INCLUSION OF INTERVAL AND TEMPO SESSIONS WILL HELP GET YOU USED TO THAT FEELING OF DISCOMFORT

SWIM 1 x 250m increasing pace through set • 10 x 100m vigorous • 1 x 250m increasing pace through set • 45secs rest between reps	BIKE 5 x [3mins hard/1min easy] • 10mins moderate • 5 x [3mins hard/1min easy]	REST DAY	RUN 10-12km moderate, on a flat route, aim for consistent pace per km	REST DAY	OW SWIM 1,800m Include 1 x 1000m effort with a fast start and finish to simulate a race	BRICK 30km bike moderate • 6km run at estimated Olympic tri pace.
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WEEK 6 - THIS WEEK INCLUDES TWO REST DAYS AS YOU TAPER TOWARDS THE ALL-IMPORTANT RACE!

SWIM 1 x 200m increasing pace through set • 8 x 100m vigorous • 1 x 200m increasing pace through set • 45secs rest between reps	REST DAY	MULTI-BRICK 4 x • 6mins bike vigorous • 400m run moderate • 90secs rest between reps	RUN 3-4km moderate, on a flat route, aim for consistent pace per km.	REST DAY	BIKE 15-20mins easy, just spinning legs	OLYMPIC TRIATHLON 1.5km swim • 40km bike • 10km run • Execute your race plan using the knowledge gained from your training. Good luck!
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