

220 TRIATHLON

**6 WEEK OLYMPIC
TRAINING PLAN**

220TRIATHLON.COM

WEEK 1

*Time to get started!
Our plan begins on a monday, but you can start on any day of the week*

WEEK 2

A key session not to miss is the multi-brick – a great workout to really get you race ready

WEEK 3

To manage this plan successfully, treat the sessions like appointments that can't be missed



RUN

- 6-7 x 1km vigorous
- 45secs rest between reps

RUN

- 4 x 1.5k moderate
- 30secs rest between reps

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

- 4x [8mins moderate /2mins easy]

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]

SWIM

- 1 x 300m moderate
- 5 x 200m vigorous
- 1 x 300m moderate
- 40secs rest between reps

BIKE

- 1x [8mins moderate/ 2mins easy]
- 8x [2mins hard/2mins moderate]
- 1x [8mins moderate /2mins easy]



RUN

- 8km moderate, on a flat route, aim for consistent pace per km

MULTI-BRICK

- 3x
- 10mins bike vigorous
- 1km run moderate
- 90secs rest between reps

RUN

- 10km moderate, on a flat route, aim for consistent pace per km

REST-DAY

REST-DAY

REST-DAY



SWIM

- OPEN WATER
- 1,500m

Focus on improving sighting, swimming with head up and turning at marker buoys

SWIM

- OPEN WATER
- 1,500m

Include 2 x 300m efforts at faster than Olympic tri race pace

SWIM

- OPEN WATER
- 1,700m

Include some changes in pace to vary the intensity



BIKE

- 40km moderate, on an undulating route

BRICK

- 40km bike moderate
- 2km run at estimated Olympic triathlon race pace

BRICK

- 35km bike moderate
- 5km run at estimated Olympic tri race pace



WEEK 4

As the sessions are short, focus more on the intensity, making them more vigorous and challenging

WEEK 5

The inclusion of interval and tempo sessions will help get you used to that feeling of discomfort

WEEK 6

This week includes two rest days as you taper towards the all-important race!



SWIM

- 1 x 300m moderate
 - 5 x 200m vigorous
 - 1 x 300m moderate
- 40secs rest between reps

SWIM

- 1 x 250m increasing pace through set
 - 10 x 100m vigorous
 - 1 x 250m increasing pace through set
- 45secs rest between reps

SWIM

- 1 x 200m increasing pace through set
 - 8 x 100m vigorous
 - 1 x 200m increasing pace through set
- 45secs rest between reps



RUN

- 4 x 1.5km moderate
- 30secs rest between reps

BIKE

- 5x [3mins hard/1min easy]
- 10mins moderate
- 5x [3mins hard/1min easy]

REST-DAY



BIKE

- 4x [8mins moderate /2mins easy]

REST-DAY

MULTI-BRICK

- 4x
- 6mins bike vigorous
 - 400m run moderate
- 90secs rest between reps



MULTI-BRICK

- 4x
- 8min bike vigorous
 - 500m run moderate
- 60secs rest between reps

RUN

- 10-12km moderate, on a flat route, aim for consistent pace per km

RUN

- 3-4km moderate, on a flat route, aim for consistent pace per km.



REST-DAY

REST-DAY

REST-DAY



SWIM

- OPEN WATER**
- 1,800m
- Include 1 x 1,000m effort with a fast start and finish to simulate a race

SWIM

- OPEN WATER**
- 1,800m
- Include 1 x 1000m effort with a fast start and finish to simulate a race

BIKE

- 15-20mins easy, just spinning legs



BRICK

- 45km bike moderate
- 8km run at estimated Olympic tri pace.

BRICK

- 30km bike moderate
- 6km run at estimated Olympic tri pace.

OLYMPIC TRIATHLON

- 1.5km swim | 40km bike | 10km run**
- Execute your race plan using the knowledge gained from your training. Good luck!