

220TRIATHLON

**8 WEEK WINTER BASE
TRAINING PLAN**

WEEK 1

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

WEEK 2

Don't forget, RI = Rest interval; PB = Pull buoy; PD = Paddles; S&C = Strength & Conditioning

WEEK 3

Always include a warm-up to each session – 5-8mins, building intensity from easy to vigorous

WEEK 4

And always include a cool-down to each session – 3-5mins of easy cardio followed by stretches



SWIM

- 3 x 600m

As: 150m PD moderate; 150m kick moderate; 150m PB moderate; 150m vigorous
30secs RI after each 150m

REST-DAY

SWIM

- 3 x 600m

As: 150m PD moderate; 150m kick moderate; 150m PB moderate; 150m vigorous

REST-DAY



REST-DAY

BIKE

- 2 x 20mins

As: 4mins @80rpm; 1min @70; 3mins @90; 2mins @70; 2mins @100; 3mins @70; 1min @110; 4mins @70
Choose a gear to use for the whole session

REST-DAY

BIKE

- 3 x 15mins

As: 3mins @90rpm; 2mins @70; 2mins @100; 3mins @70; 1min @110; 4mins @70
Choose an optimal gear to use for the whole session



BIKE

- 5 x 10mins

As: 6mins climb increasing 1 gear each minute @50- 70rpm; 4mins easy recovery

SWIM

- 3 x 600m

As: 200m PB moderate; 100m vigorous, 20secs RI; 200m PD mod; 100m vig; 20secs RI
1min RI after each 600m
• S&C #1

BIKE

- Repeat 5 x 10mins

As: 7mins climb increasing 1 gear each minute @50- 70rpm; 3mins easy recovery

SWIM

- 3 x 600m

As: 200m PB moderate; 100m vigorous, 20secs RI; 200m PD mod; 100m vig; 20secs RI
1min RI after each 600m
• S&C #1



SWIM

- 1 x 400m moderate, 40secs RI;
- 2 x 200m moderate, 30secs RI;
- 4 x 100m moderate, 20secs RI;
- 8 x 50m moderate, 10secs RI
- S&C #1

RUN

- 6 x 1km

As: 500m moderate on 1% into 500m hard on 2-4% • 1min RI between sets

SWIM

- All moderate:

4 x 50m, 10secs RI; 200m, 20secs RI; 8 x 50m, 10secs RI; 400m, 20secs RI; 8 x 50m, 10secs RI; 200m, 20secs RI; 4 x 50m, 10secs RI
• S&C #1

RUN

- 6 x 1km

As: 500m moderate on 1% into 500m hard on 2-5% • 1min RI between sets



REST-DAY

REST-DAY

REST-DAY

REST-DAY



BIKE

- 2.5hrs on a hilly route

Focus on climbing hills out of the saddle

BIKE

- 2hrs on a flat route

Focus on using a bigger gear than usual and riding at 5-10rpm lower than usual

BIKE

- 2.5hrs of a hilly route

Focus on climbing hills in the saddle as much as possible

BIKE

- 1.5hrs on a flat route

Focus on using a bigger gear than usual and riding at 5-10rpm lower than usual



RUN

- 50mins moderate on a rolling route preferably off- road
- S&C #2

RUN

- 1hr moderate inc. a 30min block of hill reps
Run hill reps as hard as possible with 1min RI after each hill
- S&C #2

RUN

- 50mins moderate on a rolling route
Preferably off- road
- S&C #2

RUN

- 40mins moderate
*Inc. a 20min block of hill reps
Run hill reps as hard as possible with 1min RI after each hill*
- S&C #2

WEEK 5

Embrace the incline: adding in hills to both your bike and run will help promote strength and power

WEEK 6

It's not all low-intensity work in the winter, with faster intervals here to keep your race speed

WEEK 7

Remember to watch where you place your feet on off-road runs so you don't roll an ankle or slip

WEEK 8

Use your rest days for the occasional sports massage and updating your training diary



SWIM

- 5 x 400m

As: 150m/75m/ 50m/25m all PD, hard; 10secs RI; 100m moderate
Take 40s RI after each 400m

REST-DAY

SWIM

- 5 x 400m

As: 150m/75m/ 50m/25m all PD, hard; 10secs RI; 100m moderate
Take 40s RI after each 400m

REST-DAY



REST-DAY

BIKE

- 2 x 20mins

As: 4mins @80rpm; 1min @70; 3mins @90; 2mins @70; 2mins @100
3mins @70; 1min @110; 4mins @70
Choose a gear to use for the whole session

REST-DAY

BIKE

- 3 x 15mins

As: 3mins @90rpm; 2mins @70; 2mins @100; 3mins @70; 1min @110; 4mins @70
Choose an optimal gear to use for the whole session



BIKE

- 4x [2mins max; 2mins easy]
- 4x [90secs max; 2mins easy]
- 4x [1min max; 2mins easy]
- 4x [30secs max; 2mins easy]

SWIM

- 2 x 1km

As: 2 x 150m PD hard; 20secs RI; 2 x 150m PB hard; 20secs RI; 4 x 100m hard; 15secs RI
1min RI after each 1km set •
• S&C #1

BIKE

- 4x [2mins max; 2mins easy]
- 4x [90secs max; 2mins easy]
- 4x [1min max; 2mins easy]
- 4x [30secs max; 2mins easy]

SWIM

- 2 x 1km

As: 2 x 150m PD hard; 20secs RI; 2 x 150m PB hard; 20secs RI; 4 x 100m hard; 15secs RI
1min RI after each 1000m set
• S&C #1



SWIM

- 4 x 500m

As: 300m moderate with lengths 4/8/12 all hard; 200m PB moderate
• S&C #3

RUN

- 6-7 x 1km

As: 300m moderate on 1% into 700m hard on 2-4%
1min RI between sets

SWIM

- 5 x 400m

As: 250m moderate with lengths 4/8/10 all hard; 150m PB moderate
• S&C #3

RUN

- 6-7 x 1km

As: 300m moderate on 1% into 700m hard on 2-4% •
1min RI between sets



REST-DAY

REST-DAY

REST-DAY

REST-DAY



BIKE

- 2.5hrs moderate

Inc. 45mins of hill reps
Use different body positions and gears

BIKE

- 2hrs on a flat route

Focus on using a bigger gear than usual
Include 3 x 10min efforts at full power

BIKE

- 2.5hrs moderate

Inc. 45mins of hill reps
Use different body positions and gears

BIKE

- 1.5hrs on a flat route

Focus on using a bigger gear than usual
Include 3 x 10min efforts at full power



RUN

- 1hr moderate on a rolling route,

preferably off- road
• S&C #4

RUN

- 1hr moderate

Inc. 2 x 15min blocks of hill reps
Run hill reps as hard as possible with 40secs RI after each hill
• S&C #4

RUN

- 1hr moderate

On a rolling route, preferably off- road
• S&C #4

RUN

- 40mins moderate

Inc. 2 x 10min blocks of hill reps
Run hill reps as hard as possible with 40secs RI after each hill
• S&C #4