

220 TRIATHLON

**12 WEEK OLYMPIC
DISTANCE WINTER
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, RP = Target Race Pace; RI = Rest Interval

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

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON	<p>SWIM</p> <ul style="list-style-type: none"> • 200m drill • 2 x 400m increasing pace each 100m • 200m drill • 4 x 100m hard <p>30secs RI between sets</p>	<p>SWIM</p> <ul style="list-style-type: none"> • 2x [400m; 300m; 200m; 100m] <p>Aim to maintain consistent pace all sets 40secs RI between sets</p>	<p>SWIM</p> <ul style="list-style-type: none"> • 200m drill • 2 x 400m increasing pace each 100m • 200m drill • 4 x 100m hard <p>30secs RI between sets</p>	<p>SWIM</p> <ul style="list-style-type: none"> • 2x [400m; 300m; 200m; 100m] <p>Aim to maintain consistent pace all sets 40secs RI between sets</p>
TUE	REST-DAY	REST-DAY	REST-DAY	REST-DAY
WED	<p>BIKE</p> <ul style="list-style-type: none"> • 3x [1min sprint/4mins easy; 2mins hard/3mins easy; 3mins hard/2mins easy] 	<p>BIKE</p> <ul style="list-style-type: none"> • 5x [4mins moderate big gear; 1min easy; 3mins moderate high rpm; 2mins easy] 	<p>BIKE</p> <ul style="list-style-type: none"> • 3x [1min sprint/4mins easy; 2mins hard/3mins easy; 3mins hard/2mins easy] 	<p>BIKE</p> <ul style="list-style-type: none"> • 5x [4mins moderate big gear; 1min easy; 3mins moderate high rpm; 2mins easy]
THURS	<p>RUN</p> <ul style="list-style-type: none"> • 4x [6mins moderate; 2mins hard; 2mins easy] 	<p>RUN</p> <ul style="list-style-type: none"> • 4 x 1.8km hard <p>400m easy jog recovery between sets</p>	<p>RUN</p> <ul style="list-style-type: none"> • 4x [6mins moderate; 2mins hard; 2mins easy] 	<p>RUN</p> <ul style="list-style-type: none"> • 4 x 1.8km hard <p>400m easy jog recovery between sets</p>
FRI	REST-DAY	REST-DAY	REST-DAY	REST-DAY
SAT	<p>BIKE</p> <ul style="list-style-type: none"> • 40km <p>On an undulating route Focus on a consistent, moderate intensity</p>	<p>BIKE</p> <ul style="list-style-type: none"> • 45km <p>On a flat route Focus on consistent moderate intensity</p>	<p>BIKE</p> <ul style="list-style-type: none"> • 50km <p>On an undulating route Focus on a consistent, moderate intensity</p>	<p>BIKE</p> <ul style="list-style-type: none"> • 50km <p>On a flat route Focus on a consistent, moderate intensity</p>
SUN	<p>RUN</p> <ul style="list-style-type: none"> • 8-10km <p>On a flat route at moderate intensity</p>	<p>RUN</p> <ul style="list-style-type: none"> • 8-10km <p>On an undulating route at moderate intensity</p>	<p>RUN</p> <ul style="list-style-type: none"> • 10km <p>On a flat route at moderate intensity</p>	<p>RUN</p> <ul style="list-style-type: none"> • 8km <p>On an undulating route at moderate intensity</p>

WEEK 5

The long weekend bike session will have you prepped for olympic-distance racing

WEEK 6

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

WEEK 7

The choice of swim drills can include rotator kicks, single arms, sculling, kicks and pulls

WEEK 8

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

MON

SWIM

- 200m drill choice; • 200m pull buoy;
- 100m paddles; • 5 x 100m hard;
- 200m drill choice; • 200m pull buoy;
- 100m paddles; • 5 x 100m hard
30secs RI between sets

SWIM

- 1 x 400m moderate;
- 8 x 50m hard;
- 2 x 200m moderate;
- 8 x 50m hard;
- 1 x 400m moderate
40secs RI between sets

SWIM

- 200m drill choice; • 200m pull buoy;
- 100m paddles; • 5 x 100m hard;
- 200m drill choice; • 200m pull buoy;
- 100m paddles; • 5 x 100m hard
30secs RI between sets

SWIM

- 1 x 400m moderate;
- 8 x 50m hard;
- 2 x 200m moderate;
- 8 x 50m hard;
- 1 x 400m moderate
40secs RI between sets

REST-DAY

REST-DAY

REST-DAY

REST-DAY

TUE

BIKE

- 4x [1min hard; 2mins easy];
- 4mins moderate
- 10x [30secs sprint; 1:30min easy];
- 4mins moderate
- 4x [1min hard; 2mins easy]

BIKE

- 4x [8mins moderate aero; 2mins easy; 2mins hard seated climb; 3mins easy]

BIKE

- 4x [1min hard; 2mins easy];
- 4mins moderate
- 10x [30secs sprint; 1:30min easy];
- 4mins moderate
- 4x [1min hard; 2mins easy]

BIKE

- 4x [8mins moderate aero; 2mins easy; 2mins hard seated climb; 3mins easy]

RUN

- 3x [8mins moderate; 2mins easy; 2mins hard; 2mins easy]

RUN

- 6 x 1.2km hard
300m easy jog recovery between sets
Complete on a small incline if possible

RUN

- 3x [8mins moderate; 2mins easy; 2mins hard; 2mins easy]

RUN

- 6 x 1.2km hard
300m easy jog recovery between sets
Complete on a small incline if possible

REST-DAY

REST-DAY

REST-DAY

REST-DAY

FRI

BIKE

- 60km
On an undulating route with hard climbs
Focus on climbing efficiently

BIKE

- 65km
On a flat route
Focus on consistent moderate intensity

BIKE

- 60km
On an undulating route with hard climbs
Focus on climbing efficiently

BIKE

- 50km
On a flat route
Focus on consistent moderate intensity

RUN

- 10-12km
On a flat route at moderate intensity

RUN

- 12km
On a hilly route at easy-moderate intensity

RUN

- 12-13km
On a flat route at moderate intensity

RUN

- 10km
On a hilly route at easy-moderate intensity

SUN

WEEK 9

Use the long weekend bike and run sets to pin down your racing nutrition strategy

WEEK 10

If you have access to one, you can perform the mid-week run session at a track

WEEK 11

Prepare your kit for every type of weather eventuality on the weekend sessions

WEEK 12

Add in some strength and conditioning work and you'll finish the plan a fitter and stronger athlete



SWIM

- 200m drill choice; • 200m pull buoy;
 - 4 x 150m hard; • 150m easy;
 - 4 x 150m hard; • 150m easy;
 - 200m pull buoy
- 30secs RI between sets

SWIM

- 6 x 50m hard
 - 2 x 800m moderate
 - 100m easy
- 40secs RI between sets

SWIM

- 200m drill choice; • 200m pull buoy;
 - 4 x 150m hard; • 150m easy;
 - 4 x 150m hard; • 150m easy;
 - 200m pull buoy
- 30secs RI between sets

SWIM

- 6 x 50m hard
 - 2 x 800m moderate
 - 100m easy
- 40secs RI between sets

REST-DAY

REST-DAY

REST-DAY

REST-DAY



BIKE

- 4x [8mins increasing effort each 2mins to finish very hard/4mins easy]

BRICK

- 3x
 - 12min bike moderate
 - 4min run moderate
- 90secs RI between sets

BIKE

- 4x [8mins increasing effort each 2mins to finish very hard/4mins easy]

BIKE

- 3x [10mins moderate aero; 2mins easy; 4mins hard high rpm; 4mins easy]

RUN

- 3x [9mins moderate; 1min easy; 2mins hard; 3mins easy]

RUN

- 8 x 800m hard
- 200m easy jog recovery between sets

BRICK

- 3x
 - 8min bike moderate
 - 8min run moderate
- 90secs RI between sets

RUN

- 8 x 800m hard
- 200m easy jog recovery between sets

REST-DAY

REST-DAY

REST-DAY

REST-DAY



BIKE

- 65km
- On an undulating route
Include 2 x 10km efforts hard

BIKE

- 60km
- On a flat route
Focus on bike handling and control

BIKE

- 65km
- On an undulating route
Include 2 x 10km efforts hard

BIKE

- 50km
- On a flat route
Focus on bike handling and control

RUN

- 14km
- On a flat route at moderate intensity

RUN

- 10km
- On a hilly route at easy-moderate intensity

RUN

- 14km
- On a flat route at moderate intensity

RUN

- 10km
- On a hilly route at easy-moderate intensity

