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12-Week  
Olympic training plan  
for intermediate triathletes

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# Key Notes

Please find below a 12 week 'intermediate' standard Olympic distance triathlon training plan to help you prepare for your event.

- This 12 week training plan is designed to get an intermediate triathlete through a standard distance triathlon in a good time. It is not a complex or hugely time consuming programme, however as you might expect in order to improve performance, sessions are longer and tougher than a beginner program.
- In order to be able to complete the training you should have a reasonable level of fitness at the start of the training. A prerequisite would be that you can swim 1500 m continuously, you can cycle for 90 mins and run for 60 mins.
- The training sessions can be completed in a number of locations. The swim sessions are mostly designed for a pool, with open water sessions towards the latter half of the program. The bike sessions are designed so the midweek ones can be done on a turbo or gym/watt bike as this might fit in with your working week. However, were possible it's recommended to be outside when you can. The same goes for the running sessions. We would strongly advise that you do spend as much time as possible training outdoors so that you get time training in similar conditions to those that you will be racing in.
- While the majority of training sessions are pool based for the ease and practicality of training to a plan as well as access for most people, open water skills are important for making performance gains. The more efficient you can site and adapt your stroke to open water, the faster you'll be.
- The intensity of the training in this programme is to be executed using the RPE (Rate of Perceived Exertion) scale, this allows the athlete to work to their limits with specific barriers. We would advise that if this kind of training is new to you that you are cautious to begin with until you can understand how your body reacts to the training. The full RPE scale is at the back of the programme. If you are using heart rate or power meters, you should also relate these to how you feel. While technology like this is a fantastic tool for training and racing to a plan, ultimately your body can be the best source of information on how hard you can work. So, use all of the information available to you.
- We would strongly advise that as you get closer to the race day you ensure that you train using the exact equipment that you intend to use on race day, the same clothes, the same wetsuit, the same bike and trainers. You should not turn up on race day with brand new equipment to use.
- Throughout the training plan the term 'brick' is used. This workout refers to the stacking of two disciplines during the same workout, one after the other with minimal to no interruption in between.
- From time to time your busy lives will get in the way, we recommend that you don't make up the missed sessions simply resume your plan on the current day. Similarly, the particular days the various sessions are laid out on are an example of a suitable/ideal way to spread them out. However, you may change them to suit your own timings or around existing club sessions that you may already attend. So long as you allow sufficient recovery between longer sessions, or the same discipline.

# Relay Teams

Please read the information below to learn how you can adapt this training program for the members of your team.

- The program is designed to get a single triathlete through a Sprint distance triathlon. If you are completing a single discipline as part of a team, then you will be able to do additional sessions of your given sport.
- The pattern of training for each team member should follow a similar form to the attached program; manipulating the reference, intensity and length of sessions over the course of the program, but focusing on your relevant discipline.
- Each member of your team should aim for around 3-4 sessions per week of their particular discipline, however consider the experience level of each team member and the sport they're doing. For example; swimming maybe less damaging on the body, compared to running which has more impact. And swimming has a lot of skill elements to it which may need longer to practice.
- All team members should include a strength training element into their program to improve performance and help reduce the chances of injury. Training together as a team in these sessions can make the sessions fun and keep you all motivated.
- Also, even though you may be training for a single discipline, it doesn't mean you cannot use another sport as a form of 'cross-training' exercises or purely for enjoyment. This again, can cross over into some team training.

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	GOALS
SESSION	Swim	Bike	Run	Rest	Strength & Run	Swim	Bike	Building a routine of allocating time to train.
DISTANCE	2.5 km	20 km	10 km		60 min/5 km	2.5 km	40 km	Letting your muscles start to work into focused training.
INTENSITY	Drills/Intervals	Mixed effort	Steady state		Negative split	Drills/Intervals	"Just Ride"	Adding skill/drill work for technique improvement.
SESSION DETAILS	400m warm up 400m (kick 50m/Free 50m x 4) 200m Pull buoy  400m @RPE 6 200m @RPE 7 100 m mixed stroke @RPE 5 Twice through  100m cool down	5 km @RPE 4-5 5 km @RPE 5-6 5 km @RPE 7-8 5 km @RPE 6-7	"just run", @RPE 5-6 trying to maintain steady pace; note pace/speed		Strength: Program 1A  Run: @RPE-6/7 Try and run each km a few seconds faster than the previous.	200m Warm up 200m Drill (25m fist drill/25m FS x 4)  1 x 400m 2 x 200m 2 x 100m @RPE 5,6,7 Repeat twice through  100m Cool down @RPE 4-5	Riding outside provides natural changes in intensity through the terrain, conditions and layout of the road  Aim to ride at a comfortable pace around RPE 5-7  Over gearing could be used to strengthen legs on flatter sections	Embarking on strength training to improve strength endurance.
KEY FOCUS	Body position, comfort in the water	Getting the legs moving, set a base speed/effort level to work from in later sessions	Getting into running, establishing a baseline		Starting strength program. Finding a steady pace	Body position, arm position when beginning stroke, Holding a consistent pace	Miles in the legs. Try "over gearing" for strength work; (riding one gear higher)	<b>WEEKLY DISTANCE: 80 KM</b>
NOTES	Learning to pace yourself and use different speeds is key to maintaining good race pace. Shorter efforts in the pool allow you to focus on technique	Your bike needs to fit you; if you're stepping up your game look at getting a more aero bike fit or consider adding tri-bars if you've not already	Make a note of your pace/speed during these sessions as a reference of your speed for a given effort. This is a sub maximal effort and should feel comfortable		First strength session of the program; focus on technique and execution of the movements	Learning to hold your pace is important. By shortening your sets as the session goes on you allow more rest and time to refocus on your stroke	Time in the saddle will allow you to get used to your bike, and if you're thinking about changing the positions or using aero-bars then the more you can get used to them the better	

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	GOALS
SESSION	Strength & Swim	Bike	Swim & Run	Rest	Strength & Run	Run	Bike	Building on the first week slightly, but not too much, so as to allow recovery.
DURATION	2.5 km	25 km	2 km/5 km		60 min/3 km	10 km	40 km	
INTENSITY	Drills/Intervals	Intervals	Intervals/Negative		Tempo	Hills	“just ride”	Pace judgement and learning times for completing distances etc.
SESSION DETAILS	400m warm up 400m (kick 50 m/ Free 50m x 4) 200m Pull buoy  400m @RPE 6 200m @RPE 7 100m mixed stroke @RPE 5 Twice through  100m cool down	3 km warm up @ RPE 4-5  2 km @RPE 8 3 km @RPE 5 4 x through  2 km warm down @RPE 4	Swim: 400m warm up 400m pull buoy  200m Free @RPE 5-6 100m Free @RPE 6-7 50m Pull buoy @RPE 6-7 (3 x through)  150m cool down @RPE 4-5  Run: Negative split; aim to run each km a few seconds quicker than the previous		Strength: Program 1B  Run: Sub max effort, consistence pace @RPE 6-7	Head out for a steady run around RPE 5-7  Aim to include some undulation in your route, holding the effort level on the hills, both up and down	Head out for a ride at an RPE 5-8, some mixed efforts, taking in hills as they happen and making use of any flat safe areas to put a little power down	
KEY FOCUS	Body position and kicking efficiency	Working towards a threshold pace, setting a pace for later sessions	Pace variation for swimming, while holding good form		Holding a pace	Maintaining pace even on undulating terrain	Working at threshold and below	<b>WEEKLY DISTANCE: 89 KM</b>
NOTES	Kicking work will aid body position and rotation through the hips which will propel a better stroke. Shorter efforts will introduce speed work	Session may be done on indoor trainers where practical, however don't ignore value of getting out on the bike	Building pace into the run, aim to keep the form and technique the same		Strength training is valuable for making you more “robust”, but exercises must be performed correctly; focus on technique. Run should be short and sharp	You may utilise sessions like these as off-road sessions. The mixed groups will challenge you more and may also be a nice break from tarmac	Learning to vary the pace on the bike will keep training interesting, but will also teach pace judgment and your ability to overtake cleanly	

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Consistency; keep the routine going. Modify session timings to fit your schedule if need be or if you find one session fatigues you for another too much.  Your first brick session will be a chance to feel what it's like to run off the bike.
<b>SESSION</b>	<b>Swim</b>	<b>Bike</b>	<b>Swim &amp; Run</b>	<b>Rest</b>	<b>Strength</b>	<b>Bike</b>	<b>Brick</b>	
<b>DURATION</b>	2.5 km	25 km	2 km/11 km		45-60 min	40 km	15 km/3 km	
<b>INTENSITY</b>	Drills/Intervals	Mixed effort	Intervals/Steady			"Just Ride"	Mixed	
<b>SESSION DETAILS</b>	400m warm up 400m (kick 50 m/ Free 50m x 4) 200m Pull buoy  400m @RPE 6 200m @RPE 7 100m mixed stroke @RPE 5 Twice through  100m cool down	5 km @RPE 5 5 km @RPE 6-7 5 km @RPE 5-6 5 km @RPE 7-8 5 km @RPE 5-6  Use the gearing to keep your cadence between 85-95	Swim: 200m warm up 100m kicking/board  400m Pull buoy @RPE 5 200m Free @RPE 6 100m x 2 @RPE 8 Twice through  100m cool down @RPE 4-5  "just run" RPE @6-7		Strength: Program 1A	Maintain a steady effort level RPE 5-7, pacing yourself on any climbs you come across  Use gears to control cadence to keep in comfort zone	Bike @RPE 5-6 steady effort  Run @RPE 6-7 steady effort  Moderate effort bike with harder run; running on tired legs	
<b>KEY FOCUS</b>	Leg & head position in the water. Pace & speed	Pacing & cadence	Run posture/form and ability to hold pace and technique		Execution & posture during exercise	Holding form while working hard	Getting used to running off the bike	<b>WEEKLY DISTANCE: 106.5 KM</b>
<b>NOTES</b>	Continuing with body positioning and kicking drills, moving into pacing with short sets with some sprint work	Pace control; having the ability to switch pace based on perceived effort will be a key skill in pacing in a race	The focus of this run should be feeling comfortable with the distance, focusing on your posture and run form, finishing feeling strong		Third week in, the exercises should start to get easier as your body begins to adapt. Keep paying attention to good body position	As you do shorter/faster efforts it can be easy to lose technique focus. So try to keep your form, even when working hard	First Brick: Running off the bike can feel odd as the leg movements differ. Start slow and try to settle into a comfortable run rhythm	

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SESSION	Swim	Bike	Swim & Run	Rest	Strength & Run	Swim & Run	Bike
DURATION	2.5 km	30 km	2 km/12.5 km		60 min/6 km	2 km/5 km	50 km
INTENSITY	Drills/Intervals	Intervals	Intervals/Steady		Tempo	Drills/Track	Hills
SESSION DETAILS	400m warm up 400m (kick 50m/ Free 50m x 4) 200m Pull buoy  400m @RPE 6 200m @RPE 7 100m mixed stroke @RPE 5 Twice through  100m cool down	5 km @RPE 5 5 km @RPE 6 5 km @RPE 7 5 km @RPE 8 5 km @RPE 7 5 km @RPE 6  Use the gearing to keep your cadence between 85-95	Swim: 200m warm up 100m kicking/board  400m Pull buoy @RPE 5 200m Free @RPE 6 100m x 2 @RPE 8 Twice through  100m cool down @RPE 4-5  Run: RPE 5-6		Strength: Program 1B  Run: Tempo run at best sustainable pace, just below threshold	200m warm up 300m Drill (1 arm drill 25m/FS 25m/1 arm drill/25 FS x 3)  400m @RPE 5 200m Pull buoy @ RPE 6 200m x 4 @RPE 8 (45 sec rest) 100m cool down  Run: 400m warm up 1200m @RPE 6 800m x 2 @RPE 7 400m x 4 @RPE 9 Easy walk/jog cool down	Steady state ride with some hills included. Maintain steady cadence and rhythm. Pace judgement on hills
KEY FOCUS	Body position, rotation through the hips	Pace judgement and working at higher efforts	Run: Keep it light so you can hold a steady pace throughout		Learning to run at pace and maintain it	Arm position, rotation & speed work	Pace judgement on hills
NOTES	Your kicking should be already feeling better, but still keep body position in mind and legs high in the water. Think about rotation through the hips	This may be performed on a turbo or outside, whichever is most convenient	Steady effort at a below max pace, focusing on holding form and keeping each km the same speed. If your form suffers then slow the pace		The strength program should be getting easier and you should be increasing your weights/times of each exercise	1 arm drills aid rotation & stroke efficiency. Keeping the other arm out in front, aim to breathe every two strokes  Track sessions are great for pacing, and working on speed development	Cycling up and down hills increases strength. Control pace on ascent so you're able to continue at a good pace once at the top

One month in you'll be starting to feel improvements in fitness from training.

Stick to the increases in distances as best you can, and where it fits.

By now you should be getting more familiar with judging your effort on the RPE scale. And, if you're also using HR/Cadence meters you can relate this to a working HR for your Bike and Run.

**WEEKLY DISTANCE: 110 KM**

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SESSION	Strength & Swim	Bike	Run	Rest	Strength & Run	Swim & Run	Bike
DURATION	60 min/3 km	40 km	12 km		60 min/5 km	3 km/7.5 km	50 km
INTENSITY	Drill/Intervals	Intervals	Steady		Intervals	Drills/Tempo	"Just Ride"
SESSION DETAILS	<p>Strength Program 1A</p> <p>400m Warm up</p> <p>100m Kick 100m Pull (Twice through)</p> <p>200m FS @RPE 6 100m x 2 FS @RPE 8 50m x 4 FS @RPE 10 100m pull buoy (3 x through)</p> <p>100m Cool down</p>	<p>5 km Warm up @RPE 4-5</p> <p>1 min @RPE 5 6 min @RPE 6 1 min @RPE 7 1 min @RPE 8 1 min @RPE 9</p> <p>Repeat as many times through until you reach 38 km.</p> <p>2 km @RPE 4</p>	<p>Long run day and now you're up to 12 km. Running longer than your race distance will help you improve run form stamina over the 10 km</p> <p>Maintain a steady (below threshold) pace of around RPE 5-6</p>		<p>Strength: Program 1B</p> <p>Run: Outdoor or treadmill; run for 5 km alternating between: 3 min @RPE 5 2 min @RPE 8</p>	<p>Swim: 400m warm up @ RPE 4-5 200m 1 arm drill: 1 arm 25/FS 25 x 4</p> <p>400m Paddle &amp; Pull buoy @RPE 6</p> <p>400m @RPE 6 200m x 2 @RPE 8 (Twice Through)</p> <p>100m x 3 Paddle 100m cool down</p> <p>Run: Tempo @RPE 7-8</p>	<p>Head out on a route with varying terrain, aiming to keep a steady tempo</p> <p>Use longer rides to practice pacing and getting used to a more aero position where possible; bent elbows, low on the bars/drops on aero bars if you have them</p>
KEY FOCUS	Pace control and repeatability of each set time	Adjusting and holding speed & recovery from efforts	Moderate effort with sustainable form throughout		Recovery from harder efforts. Improving run speed	Swim; endurance & arm position in water. Run: sustained pace	Utilising the best position or gear for the type of road you're on
NOTES	Keep body position in mind and legs high in the water. The rotation through the hips should dictate your kick. Try to keep your form when working hard, as this is when it may drop slightly	Remember RPE 6 is your sustainable moderate pace, then building up through to RPE 8 being your threshold pace (Race pace) with RPE 9 being unsustainable for much longer than 1 min	Remember that building run endurance is as much about maintaining run form as well as speed and distance		The strength program should be getting easier and you should be increasing your weights/times of each exercise	Single arm drills aid rotation & stroke efficiency. Keeping the other arm out in front, aim to breathe every two strokes	Start looking at your average speed over these rides. They should be below your expected race pace (because of traffic, junctions etc.) but a good indication of your progress over the program

By week 5 you should be more settled with the routine and moving any sessions to fit in with your day to day life.

As the bike distance increases you should start to find a comfortable speed/ rhythm with your peddling that will become your natural cadence. Use gears to keep you in this range. As the weekly distance increases make sure you're sleeping and eating enough to recover.

**WEEKLY DISTANCE: 120 KM**



DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SESSION	Swim & Strength	Bike	Swim & Run	Rest	Strength & Swim	Bike	Brick
DURATION	60 min/3 km	30 km	2 km/15 km		60 min/2 km	50 km	20 km/5 km
INTENSITY	Kick & Intervals	Intervals	Track/Intervals		Drills/Intervals	"Just Ride"	Tempo
SESSION DETAILS	<p>Strength Program: 2A</p> <p>Swim: 400m Warm up</p> <p>100m Kick 100m Pull (Twice through)</p> <p>200m FS @RPE 6 100m x 2 FS @RPE 8 50m x 4 FS @RPE 10 100m pull buoy (3 x through)</p> <p>100m Cool down</p>	<p>5 min warm up @ RPE 4</p> <p>5x5 workout: 5 min @RPE 6 5 min @RPE 8</p> <p>Repeat until you reach 28 km then ride easy for remaining time @ RPE 4</p>	<p>Swim: 200m warm up 300m Drill (kick 50/FS 50m x 3) 200m Pull buoy 400m x 3 Free (@RPE 8, 30 sec rest) 100m cool down</p> <p>Run: Maintain a steady (below threshold) pace of around RPE 5-6</p>		<p>Strength Program 2B</p> <p>400m warm up 300m Drill (1 arm drill 25m/FS 25m/1 arm drill/25 FS x 3)</p> <p>100m kicking/board 100m free RPE 6</p> <p>200m breath every 5 100m breath every 7 100m breath every 4 (2 lengths each side)</p> <p>200m x 3 @RPE 8 (30 sec rest) 100m cool down</p>	<p>Endurance ride over varied route some hills and some flat. Use a base RPE 5-6 and then attack hills, pacing yourself up so that you can continue your effort at the top. Use fast flat sections to practice your aero position</p>	<p>Complete your bike/run brick in a tempo/race pace format; holding a firm but slightly below threshold pace on the bike and then running hard off the bike.</p> <p>Bike @RPE 7 Run @RPE 8</p>
KEY FOCUS	Pace control and repeatability of each set time	Longer threshold efforts to get you used to race pace	Swim; drills & speed  Run; steady pace & good form		Breathing control & rhythm & learning to breathe to your weaker side	Holding a base pace with select efforts	Learning to run hard off a hard bike
NOTES	If you cannot repeat the times from each set, adjust your speed. Be strict with your turn around times, either going "off" a set time or limiting yourself to 15 sec rest on shorter sets	While this session may be done outside on a flat loop; it's a good one for the turbo/indoor trainer too	Remember that building run endurance is as much about maintaining run form as well as speed and distance. This is the longest run of the program		Your strength program should now be seeing effects in your swim, bike & run strength. Increase the intensity where possible, but always execute good form	Make sure to continuously breath out under water, avoid holding your breath. Remember head position; eyes down	Practice with gearing to find and maintain a steady cadence/rhythm so you can control your effort  Settle into a run pace quickly. Practice set up in transition so you can save valuable time

If you're considering things like elastic laces in your shoes, or perhaps running without socks to improve transition time, then practice this now to give you time to get used to it.

Half way through, you should be feeling fitter, but also make sure you're resting enough and getting suitable recovery nutrition.

Make sure you're taking enough water out on longer rides & experiment with electrolyte drinks & any race fuel you might be planning to use.

**WEEKLY DISTANCE: 127 KM**

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SESSION	Strength & Swim	Bike	Swim & Run	Rest	Strength & Run	Swim/Run	Bike
DURATION	60 min/3 km	40 km	3 km/10 km		60 min/6 km	2 km/8 km	65 km
INTENSITY	Drill/Pacing	TT	Drills & TT/Tempo		Track	OWS/Hills	Hills
SESSION DETAILS	<p>Strength Program: 2A</p> <p>Swim: 400m Warm up</p> <p>100m Kick 100m Pull (Twice through)</p> <p>200m FS @RPE 6 100m x 2 FS @RPE 8 50m x 4 FS @RPE 10 100m pull buoy (3 x through)</p> <p>100m Cool down</p>	<p>1 km warm up @ RPE 5</p> <p>Once warmed up using your pace from previous session aim to hit your threshold speed for the rest of the distance.</p> <p>warm down, easy leg spin afterwards for a couple minutes</p>	<p>Swim: 400m Warm up @RPE 4</p> <p>100m Kicking 100m Pull buoy (twice through)</p> <p>750m Time Trial @RPE 8</p> <p>400m FS @RPE 6 300m FS @RPE 6 200m FS @RPE 8</p> <p>100m x 4 @RPE 8 (10 sec rest) 150m warm down/pull buoy</p>		<p>Strength: Program 2B</p> <p>Run: Drills; foot strike, grape vines, side steps 400m warm up @RPE 4-5</p> <p>1600m x 2 @RPE 7 800m x 2 @RPE 8 400m x 2 @RPE 9 Walk to cool down</p>	<p>Swim: Open Water Swim, Wetsuit fitting, getting into the water and "flooding" your suit to warm up, controlling your breathing &amp; adapting your stroke to wetsuit/open water</p> <p>Swim an easy intensity focusing on technique and sighting</p> <p>Run: Plan a hilly and perhaps off-road route and run and a steady but light @ RPE 6</p>	<p>Option 1: Steady state ride on a hilly route. Hold a base of RPE 6 and hit hills with RPE 8+</p> <p>Option 2: If you don't have many hills in your area, perhaps plan a route where you can ride out to one hill, and repeat climb it as part of a small loop or just up &amp; down, for 45 minutes and then return along your route on the flat</p>
KEY FOCUS	Pace control and repeatability of each set time	Maintaining intensity with minimal change in pace	Complete your run @RPE 7-8 aiming for around 5-10 sec/km slower than threshold		Learning to run and hold threshold pace. Building pace on shorter strength	Holding a steady pace, keeping intensity on hills	Strength work and higher intensity efforts with ability to recover
NOTES	If you cannot repeat the times from each set, adjust your speed. Be strict with your turn around times, either going "off" a set time or limiting yourself to 15 sec rest on shorter sets	This should be done on a flattish route. Alternatively, this may also be done on a turbo trainer, WATT bike or gym bike. The idea is to test how well you can hold a goal race pace	Using the 750m set in the swim to set and hold your target race pace, then the shorter sets to replicate just under that pace over easier distance. Then 4 x 100m to practice holding this pace of a short turnaround		Pacing and strength work. Improving your ability to run at higher speeds will increase your run fitness but also give your more ability to push yourself towards the later stages of a race	Ensure you warm up prior to running; foam rolling & mobility work to allow better run form. Adjusting your pace up and down hills to keep your HR under control will develop good pacing	Play with position on bars for flat & climbing. Use gears to keep your peddle cadence smooth

"Time Trial" week. This is an opportunity to test how far you've come and get an idea of where you'll be setting your race target pace.

If you've not already; start thinking about hydration and fuelling for longer rides and perhaps experiment with various drinks/gels if you're planning to take them come race day.

**WEEKLY DISTANCE: 137 KM**

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	GOALS	
SESSION	Strength & Swim	Bike	Swim & Run	Rest	Strength & Swim	Bike	Brick	<p>Any new kit you're planning to use should be used in training to test it; new goggles (tinted for open water), trainers, elastic laces, bike shoes, tri suit etc. You need to make sure it all fits and works where you need it.</p> <p>Open water competency will be a massive factor in your comfort, confidence and will count come race day.</p> <p>Practice getting the suit on, getting it wet (inside) in the water, warming and getting used to it quickly so that come race day it's all routine.</p> <p>Consider goggle choice for weather/lighting conditions.</p>	
DURATION	60 min/3 km	30 km	3 km/15 km		60 min/3 km	70 km	20 km/7.5 km		
INTENSITY	Drill/Intervals	Intervals	Intervals/Steady		OWS	"Just Ride"			
SESSION DETAILS	<p>Strength Program: 2A</p> <p>Swim: 400m Warm up</p> <p>50m kick on side 50m FS (twice through)</p> <p>100m x 2 IM</p> <p>200m FS @RPE 6</p> <p>100m x 2 FS @RPE 8</p> <p>50m x 4 FS @RPE 10</p> <p>100m pull buoy (3 x through)</p> <p>100m Cool down</p>	<p>Incremental set: 10 km @RPE 5 10 km @RPE 7 10 km @RPE 8-9</p> <p>Getting used to an increasing intensity which will feel like it's getting particularly hard at the end</p> <p>If you're doing this set outside where the ground naturally varies, then try to make your average HR higher by 5-10 beats every 10 km</p>	<p>Swim: 400m warm up 100m Kicking w/ board 200m FS @RPE 6</p> <p>400m x 2 Paddle &amp; Pull buoy @RPE 6</p> <p>200m x1 @RPE 6 100m x 2 @RPE 8 50m x 4 @RPE 9 (twice through)</p> <p>200m x 2 Paddle &amp; Pull buoy @RPE 6</p> <p>100m warm down easy effort</p> <p>Run: Sub-max effort steady run</p>		<p>Strength: Program 2A</p> <p>Open Water Swim: Continued acclimatisation to the wetsuit, water clarity, temperature etc</p> <p>Practice sighting, learning how it feels to swim in a wetsuit, learn to let it help you. Swim in a group or with friends to simulate race conditions swimming with others or in a pack. Practice drafting too</p>	<p>As your longest ride on the program this one should be about knowing you care more than comfortable in doing the distance, but also still hold a pretty good pace too. Experimenting with fuelling on a ride this long will also help you to work out a nutrition strategy for your race</p>	<p>Learning to ride hard and run hard off the bike is key to a good transition. Ride a negative split effort:</p> <p>5 km @RPE 4 5 km @RPE 6 5 km @RPE 8 5 km @RPE 9</p> <p>Run: 1.5 km @RPE 8 4 km @RPE 6-7 2 km @RPE 8</p>		
KEY FOCUS	Head position when breathing, arm position	Pace control, knowing what's easy and what's hard	Holding a steady pace, finishing as strong as you started		Being as comfortable as you can in open water and trying to replicate your pace	Ability to hold pace even on long ride	Pacing & running hard off the bike		<p><b>WEEKLY DISTANCE: 151.5 KM</b></p>
NOTES	When breathing aim to keep one eye in the water, and keep your lead hand out in front until your recovery arm is on the way forward	While this session may be done outside on a flat loop; it's a good one for the turbo/indoor trainer too	Ensure you warm up prior to running; foam rolling & mobility work to allow better run form. Aim to match the time from the previous 15 km on the program		After 8 weeks you should be noticing a difference in your strength in the gym. Increase intensity, but maintain good technique	For your first session in open water aim to just complete the distance by breaking it up as much as you need to. You're just there to get used to your wetsuit, and how it feels in the water	If you're able to, as an option you can split this brick up into a double brick; bike/run/bike/run (10/5/10/2.5)		

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	GOALS
SESSION	Swim	Bike	Run	Rest	Strength & Run	Swim & Run	Bike	As the volume reaches this level you should really feel the endurance improvements.
DURATION	3 km	40 km	11 km		60 min/5 km	3 km/8 km	60 km	
INTENSITY	Drills/Intervals	Hills	Steady		Track	OWS/Tempos	Mixed effort	Focus on your ability to hold higher efforts for longer.
SESSION DETAILS	<p>400m warm up</p> <p>100m Kicking</p> <p>200m pull buoy</p> <p>400m x 3 @RPW 6-7 (30 sec rest)</p> <p>200 x 4 @RPE 7-8 (15 sec rest)</p> <p>50m x2 @RPE 10 (10 sec rest)</p> <p>100m Pull buoy @ RPE 6</p> <p>100m cool down</p>	<p>Using a hilly route or one with at least one good climb that takes &gt;3 min to ascend</p> <p>Mix up between seated and standing climbing, keeping rhythm. Get used to descending too</p>	<p>Steady sub maximal pace, holding good form throughout. If you wish to do this run off-road, you can. It adds variety but the naturally changing surface and terrain will improve strength and run form.</p> <p>Sub-maximal pace RPE 6-7</p>		<p>Strength: Program 2B</p> <p>Run: Drills: Foot strike, Side steps, high knees, Grape vine</p> <p>400m warm up</p> <p>1200m x 1 @RPE 7</p> <p>800m x 2 @RPE 8</p> <p>400m x 4 @RPE 9</p> <p>Gentle walk/jog to cool down</p>	<p>Swim: By now you should be back into the swing of open water. So start to go through shorter race pace efforts. Depending on your swim course, look to do 400-750m efforts</p> <p>Run: TEMPO 8 km @RPE 7-8 Race pace simulation</p>	<p>Head out on a ride with varied terrain where you know you'll get a mix of fast flat and some climbs. Ride at a steady pace adding in the odd burst on a climb or your favourite flat bit. Treat this like a 'fartlek' (random interval) sessions. Have some fun</p>	
KEY FOCUS	Pace control and being able to repeat pace of each set	Climbing, descending, maintaining rhythm	Focus on run form and posture especially when you begin to tire		Hold form, and ensure times are repeated on shorter sets	Homing in on race pace for swim & run	Using your gears to maintain effort	<b>WEEKLY DISTANCE: 130 KM</b>
NOTES	While aiming to swim hard on the shorter efforts, also try to maintain good alignments and form in the water since losing technique will make you slower	If you've not a hilly route you can do plan a 5-8 km loop around 1 particular hill and rep around that	Ensure you're hydrated and perhaps practice with any energy products you're planning to use on race day		The longer set should be closer to your goal race pace. The shorter sets should be faster	Focus on controlling your breathing as this is often first to go if you're new to open water. Remember to keep your head down to improve body position	Experiment with different positions on the bike; hoods, drops etc., aiming to be more 'aero' where it counts	

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SESSION	Swim & Strength	Bike	Swim/Run	Rest	Strength & Bike	Swim	Brick
DURATION	3 km/60 min	50 km	3 km/10 km		45 min/20 km	2 km	30 km/7.5 km
INTENSITY	Drills/Intervals	Mixed effort	Intervals/neg. split		Intervals	Open water	Bike/Run
SESSION DETAILS	<p>Strength Program 2A</p> <p>400m warm up</p> <p>100m Kicking</p> <p>200m pull buoy</p> <p>400m x 3 @RPW 6-7 (30 sec rest)</p> <p>200 x 4 @RPE 7-8 (15 sec rest)</p> <p>50m x2 @RPE 10 (10 sec rest)</p> <p>100m Pull buoy @ RPE 6</p> <p>100m cool down</p>	<p>Preferably outdoors ride on a naturally varied route. Add in some harder “fartlek” style efforts</p> <p>Pick a route where you can practice longer aerobar/drop efforts to work hard in a lower position</p>	<p>Swim:</p> <p>400m warm up</p> <p>100m kicking</p> <p>400m @RPE 6</p> <p>200m x 2 @RPE 8 (3 x through)</p> <p>100m warm down</p> <p>Run:</p> <p>10 km negative split; Break the run into 5 x 2 km sections and aim to run each section around 5 secs/km faster than the previous, ending up at race pace</p>		<p>Strength: program 2B</p> <p>Warm up 5 min (approx. 2 km)</p> <p>1 min @RPE 5</p> <p>6 min @RPE 7</p> <p>1 min @RPE 8</p> <p>1 min @RPE 9</p> <p>1 min @RPE 10</p> <p>Repeat through until you reach 38 km, then warm down for 2 km</p>	<p>Longer steady duration swimming, run through wetsuit fitting, lubricant, and use your tri-suit underneath. Practice your sighting and start to play around with speed work</p>	<p>Race simulation: Using your intended race kit, clothing etc</p> <p>Bike: warm up over the first couple of km then build into RPE 8</p> <p>Run: strong off the bike and into race pace as soon as you can RPE 8</p>
KEY FOCUS	Pace control and being able to repeat pace of each set.	Simulating holding a pace in a race with shorter higher efforts like hills/ overtaking	Pace control		Speed work and pushing into peak fitness	Swimming an accurate course and holding pace in open water	
NOTES	Final fitness push. The hard work you do here will fine tune your race fitness	You can do this session on an indoor trainer or outside on a flat circuit where you can ride uninterrupted	If you've got any new shoes for race day, start to wear them in now, similarly if you're using elastic laces practice running in them when running hard	If you haven't already start thinking about recovery massage. With the volume of training you're doing your body will thank you for a little maintenance	Strength sessions here are now key in keeping your body mobile and working muscles that you'll be relying on	Even though we want to try and race at a steady pace, mixing up your speed will simulate fatigue or being out of breath and help you learn to cope with it	Prep you bike as you intend to on race day; bottles, nutrition, spares etc. Field test all your planned equipment and transition strategies

This is a high volume week for running and your last tough one before you begin to taper down.

Speed work and pacing is key

Start to think about how much fluid you're using in training as a predictor of what you'll need on race day

**WEEKLY DISTANCE: 125.5 KM**

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
SESSION	Swim & Strength	Bike	Swim & Run	Rest	Strength & Run	Swim	Brick	Bringing the volume down and working on speed will let your body start to recover while acting as a last surge for your peak fitness.
DURATION	2 km	30 km	2 km/6km		45 min/5km	1 km	20 km/5 km	
INTENSITY	Drill/Interval	TT	Intervals/Track		Tempo	Open water		Everything should be aimed at setting up your race plan.  NB; All plans need to be flexible, this is a critical stage in training and if you feel over fatigued you must rest.
SESSION DETAILS	200m warm up 100m kick 200m pull buoy  400m x 2 @RPE 7 200m x 2 @RPE 8 100m x 2 @RPE 10  100m warm down	Preferably outside on a route you know well and can ride hard safely. Aim to complete the ride at race intensity. RPE 7-8  If weather allows, use race kit as well: Shoes, socks/sockless? Trisuit Sunglasses	Swim: 400m warm up 100m kick 200m pull buoy  200m x 1 @RPE 7 100m x 2 @RPE 8 50m x 4 @RPE 9-10 (twice through)  100m warm down  Run: Drills/warm up 2000m x 3 RPE 7-8 consistent pacing at your target race pace. Aim to keep every lap the same time		Strength: Your program choice Which even program you feel is more effective for you. Keep the weights/repetition the same but only complete around 2/3 of the total sets. Allocate more time to flexibility and foam rolling  Run: Steady pace @RPE 7-8	If you like you can do this session as a straight 1 km swim TT. Otherwise break it up into shorter/faster efforts. Where ever you feel you stand to gain the most, based on how your training has gone	Race day simulation: Use all your kit and practice how you'll lay it out come race day  Bike & Run @RPE 7-8 working on your pacing and trying to settle into your run as soon as you can off the bike. Work on transition time	
KEY FOCUS	Pacing and speed work	Sustained race pace	Speed, pacing, consistency		Flexibility	Distance, breathing, sighting, pace.	Transition speed, pacing	<b>WEEKLY DISTANCE: 71 KM</b>
NOTES	By now you should feel how much easier your stroke feels. Your pacing too should be getting more consistent	Keep hydrated and note your intake, practice nutrition strategy	Bringing the volume down and working on pace consistency towards your desired race pace		Keeping your muscles working, but more importantly keeping them mobile and recovering will be important for being at your best on day	By now you're hopefully feeling more comfortable in your wetsuit. At the end of each session also practice removing it quickly too	Everyone lays out transition slightly differently. Find what works for you and practice it; e.g. race belt, elastic laces, nutrition	

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
SESSION	Swim	Bike	Run	Strength (Run)	Run	Swim	Race Day	
DURATION	1.5 km	15 km	2.5 km	30 min	2 km	1 km	1.5/40/10 km	
INTENSITY	Mixed	Mixed efforts	Mixed efforts	Easy	Easy	Easy	Race Pace	
SESSION DETAILS	200m warm up 200m pull buoy @RPE 6  400m @RPE 7 200m @RPE 8 100m x 2 @RPE 9  100m warm down	Final pre-race checks; ride a steady effort bike in race set up, carry what you're planning to carry in the race  Add in some bursts 2-4 minute efforts. RPE 5-7	Run at a steady pace focusing on your form and keeping a light foot strike. Add in shorts burst of harder efforts for a little bit at a time. RPE 5-7	Just do the WARM-UP/flexibility part of your routine ONLY  If you're feeling good head out for a gentle 1 km run @ RPE 5-6 to keep you lose (optional)	Still warming up beforehand this should be about keeping your legs moving. Still working at a good tempo, but not quite race pace. RPE 7	Relaxed effort swim, loosening off with a few short bursts.  RPE 5-7	The hard work is over; stick to what you know in training. Race hard, race well and have fun!	<p>The hard work is done, nothing you can do now will make you fitter. So the focus here is to maintain your peak while allowing recovery.</p> <p>Keep the sessions high quality with good pace work.</p> <p>Reduced volume/ distance will allow for adaptation/recovery.</p> <p>If you've travelled to an event having a run or swim when you get there can help you get over a journey.</p>
KEY FOCUS	Speed, pacing	How the bike feels	Run form	Flexibility, recovery	Relaxed form	Good position, technique in the water. Relaxed stroke		<b>WEEKLY DISTANCE: 73.5 KM</b>
NOTES	With all the training under your belt, you shouldn't feel tired after this session. This is steady work with a few bursts	This is your pre-race bike check; is all in working order, do you have the spares you need. After the ride, clean the bike and give the tyres a once over	This distance should feel very easy now and you should feel good when you finish	If possible, book a massage		Nice short session to loosen off. You could even do this session in open water for a confidence boost and wetsuit removal practice	Do your best, and have fun!	

# Rate of Perceived Exertion

We will use the Rate of Perceived Exertion (RPE) scale illustrated below to determine the intensity of your sessions.

These will be highlighted in each session text to make it clear as to what is expected. This table helps you understand exactly how you should feel when executing the training session. Due to the nature of the scale, it is subjective and requires you to feel how your body is responding to the exercise, when doing this consider how your heart is pumping, how quickly you are breathing, how much you are sweating and how much discomfort you are experiencing in your legs.

Please remember that everybody's RPE figure could be different to yours when exercising at the same speed because we all respond differently to exercise.

RPE	DESCRIPTION
0	Complete rest
1	<b>Very Weak:</b> I am just about moving
2	<b>Weak:</b> I am walking at a faster pace and can hold a conversation easily
3	<b>Light:</b> I am beginning to sweat a little, but can hold conversation throughout
4	<b>Moderate:</b> I am very happy at this effort
5	<b>Somewhat Strong:</b> I am sweating more heavily and starting to feel my breathing is becoming more stressed
6	<b>Strong:</b> I am beginning to feel more out of breath but could maintain this pace for a few hours
7	<b>Very Strong:</b> My breathing is very laboured, but I can still maintain pace for an hour without slowing
8	<b>Hard:</b> I am starting to struggle to hold this pace and my heart is racing and am sweating heavily
9	<b>Very Hard:</b> This is hurting and I can only hold this effort for up to 5mins
10	<b>Extremely Hard:</b> I am absolutely flat out and this is sprinting. I will need to stop after 30secs



# Explanation of swim drills

Included within the swim sessions are a number of drills. Please find an explanation of each drill below:

**KICK:** Swim on your front and using a kickboard you use only your legs to aid propulsion. You must kick from the hips using a straight leg action. Concentrate on pointing your feet behind you and having floppy and flexible ankles. Engage your core to keep your hips elevated. When using the kickboard aim to keep the board horizontal by applying a small amount of pressure down on the board thus raising your chest. You can either keep your head up or pop your face into the water to simulate the correct body position. You can use fins to help with your kick if necessary.

**SIDE KICK:** Hold the kickboard in one hand and keep that hand outstretched in front of your head and body, your other arm will rest on your side. Kick from the hips with the hips facing the sides of the pool. Concentrate on pointing your feet towards the end of the pool with floppy and flexible ankles. Engage your core to keep your hips elevated. You should keep your face pointing down to the bottom of the pool only turning your head sideways to breathe. You can use fins to help with your kick if necessary.

**DEAD MAN FLOAT:** Push off the wall keeping your arms in front of the head then when you begin to lose momentum bring your arms back to being by your sides, where they now stay. Use only your kick for propulsion, using fins where necessary. Concentrate on body and head position, keep your head facing down with the chin slightly tucked inwards to your chest and push your chest out down towards the floor. The hips should gently break the surface of the water. If you become stationary, simply do a few arm strokes to gain momentum again.

**PENCIL FLOAT:** Apply the same principles as for the Dead Man Float, except this time you keep your arms fully stretched out in front of the body and have your head squeezed in between your arms. Concentrate on keeping the arms straight and long.

**CATCH-UP:** When swimming a standard Front Crawl technique apply a slower arm revolution so that each arm is completing a full stroke before the other arm begins the next stroke. Complete a full stroke with your right arm, holding your left arm in a forward and outstretched position, with your right hand coming through and making contact with your left hand before you begin a full stroke with the left arm. Continue to do this resisting the temptation to begin the next stroke too soon. A handy tip is to use a kickboard or pull buoy and hold this in the leading hand and exchange hands between strokes. If you struggle to maintain body position doing this drill hold a pull buoy between your thighs.

**PULL:** Swim standard Front Crawl holding a pull buoy between your thighs. Concentrate on the power needed to complete the full stroke without any kick being applied. You must be strict to not use any kick doing this. Do not speed your stroke up to compensate for the lack of a leg kick.

**ZIPPER:** Swim standard Front Crawl, as your arm is beginning its movement up the body trail your thumb up from the thigh, past the hip and into towards the arm pit before allowing the hand to exit the water and reach forwards. This encourages a high elbow exit from the water as well as keeping your recovery arm in close proximity to the body.

**PADDLES:** Wear hand paddles to apply greater resistance to the water through each stroke. This promotes greater strength through your arms and shoulders. To use paddles properly ensure that you have the correct size paddle for your hand, then when using you must enter the water with the fingers pointing down to the bottom of the pool and pull through the water with your elbow always higher than your hand. Continue to push all of the way through the stroke past your hip to get full use of the paddle.

**POLO-SIGHTING:** Introduce some open water skills to your pool swim with this drill. When turning your head to breathe also turn your head forwards to look in front of you. When trying to look forwards activate a strong stroke that will allow you to bring your shoulders higher out of the water. Do not do every breath, start with every 4 breaths and work up to every 8. Find the sighting/breathing pattern that works best for you.

**HYPOXIC BREATHING:** Swim standard Front Crawl and concentrate on the number of strokes per breath. Begin with your normal breathing pattern and then gradually try to increase by 1 stroke at a time, building to a maximum of 7 strokes per breath. You must relax completely to be able to execute this drill, relax your chest, neck and jaw and focus on a very slow exhalation. Alternate between breathing patterns to simulate the unpredictability of open water swimming.

# Strength & Conditioning Session 1A

Warm Up		
Flexibility/Movement	Duration	Notes
Foam roller; Back	30-45 sec	Roll over back, especially lower, to ease off connective tissue & increase mobility
Foam roller; ITB	30-45 sec	Roll ITBs to release tension in connective tissue that may inhibit knee/hip movement
Foam roller; Calf's	30-45 sec	Rolling calf's, especially Achilles, can aid ankle flexibility and recovery from training
Kneeling hip flexor stretch	30-45 sec	Gently driving hips into stretch, with arms overhead to feel stretch in hips & torso
Hamstring 'track stretch'	8-10 reps	From "start" position to semi-standing while holding foot, until stretch is felt, in hamstring

Main Set					
Exercise	Sets	Reps	Tempo	Rest	Weight
Side plank; from knees	2-3es	45sec	static	20sec	BW
Front plank on stability ball (knees or toes)	2-3	16-20	Slow	20sec	BW
Tube walking	2	20	Slow	20sec	RB
2 leg glute press w/foot on step	2-3	12-15	Slow	30sec	BW
Stability ball wall squat	2-3	12-15	Slow	30sec	BW
Laying over stability ball, arm raise	2-3	12-15	Slow	30sec	BW
Kneeling press up	2-3	Max	Slow	30sec	BW

# Strength & Conditioning Session 1B

Warm Up		
Flexibility/Movement	Duration	Notes
Foam roller; Back	30-45 sec	Roll over back, especially lower, to ease off connective tissue & increase mobility
Foam roller; ITB	30-45 sec	Roll ITBs to release tension in connective tissue that may inhibit knee/hip movement
Foam roller; Calf's	30-45 sec	Rolling calf's, especially Achilles, can aid ankle flexibility and recovery from training
Kneeling hip flexor stretch	30-45 sec	Gently driving hips into stretch, with arms overhead to feel stretch in hips & torso
Hamstring 'track stretch'	8-10 reps	From "start" position to semi-standing while holding foot, until stretch is felt, in hamstring

Main Set					
Exercise	Sets	Reps	Tempo	Rest	Weight
Front plank (from toes or knees)	2-3es	45sec	static	20sec	BW
Dead bug	2-3	16-20	Slow	20sec	BW
Laying on side leg raise	2	20	Slow	20sec	RB
Hamstring curl on stability ball	2-3	8-10	Slow	30sec	BW
Lateral lunge, alternating sides	2-3	20	Slow	30sec	BW
Resistance band pull over on stability ball	2-3	12-15	Slow	30sec	BW
Stability ball chest press	2-3	Max	Slow	30sec	BW

## Strength & Conditioning Session 2A

Warm Up					
Flexibility/Movement	Duration	Notes			
Foam roller; Back	30-45 sec	Roll over back, especially lower, to ease off connective tissue & increase mobility			
Foam roller; ITB	30-45 sec	Roll ITBs to release tension in connective tissue that may inhibit knee/hip movement			
Foam roller; Calf's	30-45 sec	Rolling calf's, especially Achilles, can aid ankle flexibility and recovery from training			
Kneeling hip flexor stretch	30-45 sec	Gently driving hips into stretch, with arms overhead to feel stretch in hips & torso			
Hamstring 'track stretch'	8-10 reps	From "start" position to semi-standing while holding foot, until stretch is felt, in hamstring			
Main Set					
Exercise	Sets	Reps	Tempo	Rest	Weight
Side plank from toes	2-3es	45sec	static	20sec	BW
Stability ball roll outs from knees	2-3	16-20	Slow	20sec	BW
Tube walking	2	20	Slow	20sec	RB
1 leg glute press w/foot on step	2-3	12-15	Slow	30sec	BW
Split squat (with weights if too easy)	2-3	12-15	Slow	30sec	BW
Laying over stability ball; dumbbell row	2-3	12-15	Slow	30sec	BW
Kneeling press up	2-3	Max	Slow	30sec	BW

## Strength & Conditioning Session 2B

Warm Up					
Flexibility/Movement	Duration	Notes			
Foam roller; Back	30-45 sec	Roll over back, especially lower, to ease off connective tissue & increase mobility			
Foam roller; ITB	30-45 sec	Roll ITBs to release tension in connective tissue that may inhibit knee/hip movement			
Foam roller; Calf's	30-45 sec	Rolling calf's, especially Achilles, can aid ankle flexibility and recovery from training			
Kneeling hip flexor stretch	30-45 sec	Gently driving hips into stretch, with arms overhead to feel stretch in hips & torso			
Hamstring 'track stretch'	8-10 reps	From "start" position to semi-standing while holding foot, until stretch is felt, in hamstring			
Main Set					
Exercise	Sets	Reps	Tempo	Rest	Weight
Front plank (from toes or knees)	2-3es	45sec	static	20sec	BW
Dead bug	2-3	16-20	Slow	20sec	BW
Laying on side leg raise	2	20	Slow	20sec	RB
Walking lunges	2-3	20	dynamic	30sec	BW
Lateral lunge to balance	2-3	12-15	Slow	30sec	BW
Resistance band pull over on stability ball	2-3	12-15	Slow	30sec	BW
Stability ball chest press	2-3	Max	Slow	30sec	BW