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12-week
Olympic training plan
for newbie triathletes

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Key notes

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

- This 12-week training plan is designed to get a novice triathlete through a standard distance triathlon. It is not a complex or hugely time-consuming programme, but it will get you to the finish line in good shape.
- 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 800m continuously, you can cycle for 60mins and run for 30mins.
- 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 programme. The bike sessions could be done either outdoors or indoors, 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.
- We also would strongly advise that while most of the swim sessions in this programme are pool oriented you should be looking to get some Open water swimming done in preparation for your race. All novice triathletes benefit greatly from getting the experience of what it is actually like to swim in open water with other swimmers. It is arguably the most daunting part of the race for all triathletes.
- 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.
- 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 life 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 programme for the members of your team.

- The programme 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 programme; manipulating the reference, intensity and length of sessions over the course of the programme, 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 programme 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.

WEEK 1

GOALS

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
SESSION	Swim	Bike	Run	Rest	Strength and run	Swim	Bike	Building a routine of allocating time to train.
DISTANCE	1km	10km	5km		45 mins/3km	1.5km	15km	Letting your muscles start to work into focused training.
INTENSITY	Drills/intervals	Steady state	Steady state		Negative split	Drills/intervals	'Just ride'	Learning skill/drill work for technique improvement.
SESSION DETAILS	200m warm up 300m (kick 25m/ Free 50m x 4) 2 x 200m 100m cool down	5 mins @RPE 4-5 Complete distance @RPE 5-6 maintaining steady pace; noting speed/time	'just run', @RPE 5-6 trying to maintain steady pace; note pace/speed		Strength: Programme 1A Run: @RPE-6/7 Try and run each km 5 seconds faster than the previous.	200m warm up 200m drill (25m fist drill/25m FS x 6) 1 x 400m 2 x 200m 2 x 100m @RPE 5-6 50m 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	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 programme. Finding a steady pace	Body position, arm position when beginning stroke, holding a consistent pace	Getting used to being on your bike, experiment with gears	WEEKLY DISTANCE: 35.5km
NOTES	It's all about getting started, getting in the water and switching on those swimming muscles	If you've not already, look at getting a bike fit. This is about more than being quick, a proper fit can help prevent injuries	Make a note of your pace/speed during these sessions as a reference of your speed for a given effort		First strength session of the programme; 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	

WEEK 2

GOALS

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
SESSION	Swim	Bike	Run	Rest	Strength and run	Swim	Bike	Building on the first week slightly, but not too much, so as to allow recovery.
DURATION	1.5km	15km	1 km/5km		45 mins/3km	3km	17.5km	
INTENSITY	Drills/intervals	Steady state	Steady state		Mixed effort	Hills	Intervals	Pace judgement and learning times for completing distances etc.
SESSION DETAILS	<p>200m warm up 300m (kick 25m/ Free 50m x 4)</p> <p>2 x 300m @RPE 6 30 secs rest 3 x 100m @RPE 7 15 secs rest</p> <p>100m cool down</p>	<p>5minss warm up @ RPE 5 Rest of ride @RPE 6-7</p>	<p>Swim: 200m warm up Main set x 2 200m free @RPE 5-6 100m free @RPE 6-7 50m pull buoy @RPE 6-7</p> <p>100m cool down @RPE 4-5</p> <p>Run: 3 mins @RPE 5 Rest of distance @ RPE 6-7</p>		<p>Strength: Programme 1B</p> <p>Run: 1 km @RPE 5 1 km @RPE 7 1 km @RPE 6</p>	<p>Head out for a steady run around RPE 5-7</p> <p>Aim to include some undulation in your route, holding the effort level on the hills, both up and down</p>	<p>5 mins warm up @ RPE 4-5 Then: 2 mins @RPE 8 3 mins @RPE 5 Repeat until distance complete</p>	Getting to know the weights needed for each exercise on the strength programme.
KEY FOCUS	Body position and kicking efficiency	Maintaining steady pace	Pace variation for swimming, while holding good form		Pacing and altering speed	Maintaining pace even on undulating terrain	Working at threshold and below	WEEKLY DISTANCE: 46 KM
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 slightly on the run, aim to keep the form and technique the same. Try to keep the pace consistent		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	

WEEK 3

GOALS

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SESSION	Swim	Bike	Swim and run	Rest	Strength	Swim	Brick
DURATION	1.5km	20km	1.3 km/6.5km		45-60 mins	1 km	15km/3 km
INTENSITY	Drills/intervals	Mixed effort	Intervals/tempo			Drills/intervals	Steady state
SESSION DETAILS	200m warm up 200m drills (50m kick/50m FS x2) 100m pull buoy @ RPE 5 3 x 200m @RPE 6 2 x 150m (125m @RPE 7 with last 25m @RPE 9) 100m cool down	4 km @RPE 5 4 km @RPE 6-7 4 km @RPE 5-6 4 km @RPE 7-8 4 km @RPE 5-6 Use the gearing to keep your cadence between 85-95	Swim: 200m warm up Main set x 2 250m free @RPE 5-6 150m free @RPE 6-7 100m pull buoy @RPE 6-7 100m cool down @RPE 4-5 'just run' RPE @6-7		Strength: Programme 1A	150m warm up 100m catch up drill 1 x 300m @RPE 6 1 x 200m @RPE 7 (45 secs rest) 2 x 100m @RPE 8 (30 secs rest) 50m cool down	Bike @RPE 5-6 steady effort Run @RPE 6-7 steady effort
KEY FOCUS	Leg and head position in the water. Pace and speed	Pacing and cadence	Run posture/form and ability to hold pace and technique		Execution and posture during exercise	Holding form while working hard	Getting used to running off the bike
NOTES	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

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.

WEEKLY DISTANCE: 48.3 KM

WEEK 4

GOALS

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
SESSION	Swim	Bike	Swim and run	Rest	Strength and run	Swim and run	Bike	One month in you'll be starting to feel improvements in fitness from training.
DURATION	1.5km	20km	1.5km/7.5km		60 mins/3km	1.5km/5km	25km	
INTENSITY	Drills/intervals	Intervals	Steady state		Tempo	Drills/track	Hills	Stick to the increases in distances as best you can, and where it fits.
SESSION DETAILS	<p>200m warm up 200m drills (50m kick/50m FS x2)</p> <p>100m pull buoy @ RPE 5</p> <p>3 x 200m @RPE 6 2 x 150m (125m @RPE 7 with last 25m @RPE 9)</p> <p>100m cool down</p>	<p>5 mins @RPE 5 5 mins @RPE 8</p> <p>Repeat until within the last Km then drop to RPE 4 for cool down</p>	<p>Swim: 200m warm up 300m drill (kick 25/FS 50m x 4)</p> <p>600m (200m pull buoy/100m FS x2)</p> <p>150m x 2 @RPW 6-7 (30 secs rest)</p> <p>100m cool down</p> <p>Run: RPE 6-7</p>		<p>Strength: Programme 1B</p> <p>Run: Tempo run at best sustainable pace</p>	<p>150m warm up 300m drill (1 arm drill 25m/FS 25m/1 arm drill/25 FS x 3)</p> <p>150 pull buoy @ RPE 6 200m x 3 @RPE 8 (45 secs rest) 100m cool down</p> <p>Run: 400m warm up 1200m @RPE 6 800m x 2 @RPE 7 400m x 4 @RPE 9 200m warm down</p>	<p>Steady state ride with some hills included. Maintain steady cadence and rhythm. Pace judgement on hills</p>	By now you should be getting more familiar with judging your effort on the RPE scale.
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 and speed work	Pace judgement on hills	WEEKLY DISTANCE: 63.5km
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 programme should be getting easier and you should be increasing your weights/times of each exercise	One arm drills aid rotation and stroke efficiency. Keeping the other arm out in front, aim to breathe every two strokes Track sessions a 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	

WEEK 5

GOALS

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	By week 5 you should be more settled with the routine and moving any sessions to fit in with your day to day life.
SESSION	Swim	Bike	Swim and run	Rest	Strength and run	Swim and run	Bike	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.
DURATION	1.8km	20km	1.5km/7.5km		60 mins/5km	1.5km/5km	30km	
INTENSITY	Drill/intervals	Intervals	Intervals/steady		Hills	Drills/track	'Just ride'	
SESSION DETAILS	<p>200m warm up 200m drills (50m kick/50m FS x2)</p> <p>200m pull buoy @ RPE 5</p> <p>4 x 200m @RPE 6 2 x 150m (125m @RPE 7 with last 25m @RPE 9)</p> <p>100m Cool down</p>	<p>5km blocks @ RPE 5 RPE 6 RPE 7 RPE 8 RPE 7</p> <p>Light spin to cool down for a few mins after</p>	<p>Swim: 200m warm up 300m drill (kick 25/ FS 50m x 4)</p> <p>600m (200m pull buoy/100m FS x2)</p> <p>150m x 2 @RPW 6-7 (30 secs rest)</p> <p>100m cool down</p> <p>Run: RPE 6-7</p>		<p>Strength: Programme 1B</p> <p>Run: Hill repeats; Either run a tough hilly course or repeating 1 hill; run for the distance, powering up the hills @RPE 8-9 and recovering on decent and flat @ RPE 5-6</p>	<p>150m warm up 300m drill (1 arm drill 25m/FS 25m/1 arm drill/25 FS x 3)</p> <p>150 pull buoy @ RPE 6 200m x 3 @RPE 8 (45 secs rest) 100m cool down</p> <p>Run: 400m warm up 1200m @RPE 6 800m x 2 @RPE 7 400m x 4 @RPE 9 200m warm down</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 get used to a more aero position where possible; bent elbows, low on the bars/drops or aero bars if you have them</p>	
KEY FOCUS	Body position, rotation through the hips	Finding your threshold	Holding steady pace throughout		Leg strength, cardio fitness, recovery	Arm position, rotation and speed work	Maintaining pace on bike. Running hard off the bike	WEEKLY DISTANCE: 70.8 KM
NOTES	With kicking and drills becoming easier keep body position in mind and legs high in the water. The rotation through the hips should dictate your kick	If you judge this right you should feel on the limit of sustainable effort on RPE 8, but without dropping. This will be around your race intensity	Getting up to speed quickly will be important for running well off the bike, hence the shorter warm up distance here		The strength programme should be getting easier and you should be increasing your weights/times of each exercise	One arm drills aid rotation and 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	The bike section of this workout should be fairly easy, focus on pedal efficiency. Then on the run; push yourself	

WEEK 6

GOALS

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
SESSION	Swim and Strength	Bike	Swim and Run	Rest	Strength	Swim	Brick	<p>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.</p> <p>Half way through, you should be feeling fitter, but also make sure you're resting enough and getting suitable recovery nutrition.</p> <p>Make sure you're taking enough water out on longer rides and experiment with electrolyte drinks and any race fuel you might be planning to use.</p>	
DURATION	1.8km/60 mins	35km	1.8 km/8km		45-60 mins	1.5km	10 km/5km		
INTENSITY	Kick and intervals	Intervals	Track/intervals		Strength				
SESSION DETAILS	<p>200m warm up 400m Drill (kick 50/FS 50m x 4)</p> <p>600m (200m pull buoy/100m FS x2)</p> <p>150m x 2 @RPE 6-7 (45 secs rest) 100m x 2 @RPE 8-9 (30 secs rest) 100m cool down</p> <p>Strength Programme 2A</p>	<p>5 mins warm up @ RPE 5</p> <p>6 mins @RPE 6 5 mins @RPE 7 4 mins @RPE 8</p> <p>Repeat until you reach 34 km then ride easy for remaining time @ RPE 5</p>	<p>Swim: 200m warm up 300m drill (kick 50/FS 50m x 3) 200m pull buoy 400m x 3 Free (@RPE 8, 30 secs rest) 100m cool down</p> <p>Run: RPE 6-7 Drills; foot strike, grape vines, side steps 400m warm up 1600m x 1 @RPE 6 1000m x 2 @RPE 6-7 800m x 3 @RPE 7-8 400m x 4 @RPE 9 Walk to cool down.</p>		<p>Strength: Programme 2B</p>	<p>200m warm up 300m Drill (1 arm drill 25m/FS 25m/1 arm drill/25 FS x 3)</p> <p>100m kicking/board</p> <p>200m Drill (breathing drill; bilateral every 5 strokes for 25m, then 3 strokes for 25m, 4 x through)</p> <p>200m x 3 @RPE 8</p> <p>100m cool down</p>	<p>Warm up for a few minutes then ride at a steady pace RPE 7</p> <p>Try to run hard off the bike; RPE 7-8</p>		
KEY FOCUS	Leg position high in the water, speed judgement on intervals	Harder efforts for improved power and speed	Drills, Speed work and pace judgement		Increasing volume from previous sessions	Learning to control breathing patterns is useful for pacing	Learning to run hard off a hard bike		<p>WEEKLY DISTANCE: 63.1 KM</p>
NOTES	If you struggle with kicking, you may break up your lengths with breaststroke and free style leg kicks, which will also work different muscles	While this session may be done outside on a flat loop; it's a good one for the turbo/indoor trainer too	Track sessions are a fantastic tool for speed work and pace control. Learn to go by feel to improve pace judgment come race day		Take care with newer exercises, making sure you're happy with them before pushing too hard	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		

WEEK 7

GOALS

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SESSION	Swim	Bike	Swim and run	Rest	Strength and run	Run	Bike
DURATION	2.5km	30km	2km/7.5km		60 mins/5km	9km	40km
INTENSITY	Drill/pacing	TT	Hills		TT	Steady	Hills
SESSION DETAILS	<p>400m warm up</p> <p>100m kicking</p> <p>200m pull buoy</p> <p>400m x 3 @RPW 6-7 (30 secs rest)</p> <p>200 x 2@RPE 7-8 (15 secs rest)</p> <p>50m x2 @RPE 10 (10 secs rest)</p> <p>100m cool down</p>	<p>1km 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>Find a hilly route with continuous undulation, or a single hill that you can use as part of a small loop</p> <p>Run @RPE 5-7 for duration of distance</p>		<p>Strength: Programme 2B</p> <p>Run: Tempo run at just below goal race pace e.g. around 10 seconds per km slower. Approx. RPE 7</p>	<p>Weekly long run; keep pace the same throughout, and intensity below threshold: RPE 6-7</p>	<p>Steady state ride with some hills included. Maintain steady cadence and rhythm. Pace judgement on hills</p> <p>Practice seated and standing climbing so you can use both. Gain confidence on descents</p>
KEY FOCUS	Consistent pacing through the 400's	Maintaining intensity with minimal change in pace	Pacing on hills, descending under control		Learning to run at pace and maintain it	Holding a steady pace, finishing as strong as you started	Pace judgement on hills
NOTES	After the drills, a change to test your pacing over a 400m intervals at your race pace and 200m at above pace. Learning to pace will make racing easier	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	Both up and down hill running is good for strength. Constantly changing heart rate will also bring about fitness adaptations		A chance to test your run legs and see what pace you can sustain for 4 km. This will be a good indicator for race pace and a mark of how far you've come	Ensure you warm up prior to running; foam rolling and mobility work to allow better run form	Play with position on bars for flat and climbing. Use your gears and keep your pedal 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: 96 KM

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	GOALS	
SESSION	Swim and strength	Bike	Swim and run	Rest	Strength	Swim	Brick	<p>Any new kit you're planning to use should be use 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>	
DURATION	2.5km/60 mins	40 km	2 km/10 km		45-60 mins	1 km	15km/7.5km		
INTENSITY	Drill/intervals	Intervals	Intervals/steady			Open water			
SESSION DETAILS	<p>400m warm up</p> <p>100m kicking</p> <p>200m pull buoy</p> <p>400m x 3 @RPW 6-7 (30 secs rest)</p> <p>200 x 2@RPE 7-8 (15 secs rest)</p> <p>50m x2 @RPE 10 (10 secs rest)</p> <p>100m cool down</p> <p>Strength: programme 2B</p>	<p>5 mins warm up @ RPE 5</p> <p>6 mins @RPE 6</p> <p>5 mins @RPE 7</p> <p>4 mins @RPE 8</p> <p>Repeat until you reach 38 km then ride easy for remaining time @ RPE 5</p>	<p>Swim:</p> <p>400m warm up</p> <p>100m kicking on side alternating each length</p> <p>200m pull buoy</p> <p>200m x1 @RPE 6</p> <p>100m x 2 @RPE 8</p> <p>50m x 4 @RPE 9 (twice through)</p> <p>100m warm down easy effort</p> <p>Run:</p> <p>Sub-max effort steady run</p>		<p>Strength:</p> <p>Programme 2A</p>	<p>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</p>	<p>Learning to ride hard and run hard off the bike is key to a good transition.</p> <p>Break ride up as 5km @RPE 6-7</p> <p>5km @RPE 7-8</p> <p>5km @RPE 6-7</p> <p>Run:</p> <p>1.5km @RPE 8</p> <p>4km @RPE 6-7</p> <p>2km @RPE 8</p>		
KEY FOCUS	Head position when breathing, arm position	Aim to be consistent with your efforts through both sets	Holding a steady pace, finishing as strong as you started		Increasing intensity/ duration of exercises	Getting in your wetsuit and experiencing open water	Pacing and running hard off the bike		<p>WEEKLY DISTANCE: 78 KM</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	By now you should know your speeds at different intensities, so stick to them here as best you can	Ensure you warm up prior to running; foam rolling and mobility work to allow better run form		After 8 weeks you should be noticing a difference in your strength. 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 (10/5/5/2.5)		

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	As the volume reaches this level you should really feel the endurance improvements.
SESSION	Swim	Bike	Run	Rest	Strength and run	Swim and run	Bike	Focus on your ability to hold higher efforts for longer.
DURATION	2.5km	40km	11km		60 mins/5km	1.5km/8km	50km	Use hills sessions to focus on power and control.
INTENSITY	Drills/intervals	Hills	Steady		Track	OWS/tempo	Mixed effort	Keep improving open water skills and confidence.
SESSION DETAILS	<p>400m warm up</p> <p>100m kicking</p> <p>200m pull buoy</p> <p>400m x 3 @RPW 6-7 (30 secs rest)</p> <p>200 x 2@RPE 7-8 (15 secs rest)</p> <p>50m x2 @RPE 10 (10 secs rest)</p> <p>100m cool down</p>	<p>Using a hilly route or one with at least one good climb that takes >3 mins 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 also naturally changing surface and terrain will improve strength and run form</p>		<p>Strength: Programme 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: Open Water Swim, 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</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	Getting in your wetsuit and experiencing open water	Using your gears to maintain effort	WEEKLY DISTANCE: 118 KM
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 got access to a hilly route you can 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	

WEEK 10

GOALS

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SESSION	Swim and strength	Bike	Swim/run	Rest	Strength	Swim	Brick
DURATION	2.5km/60 mins	40km	2km/10km		45 mins	1.5km	30km/10km
INTENSITY	Drills/Intervals	Mixed effort	Intervals/neg. split		Strength	Open water	Bike/Run
SESSION DETAILS	<p>400m warm up 100m kick</p> <p>Main set: 200m x 1 @RPE 7 100m x 2 @RPE 8 (30 secs rest) 50m x 4 @RPE 9 (15 secs rest) 3 x through.</p> <p>100m pull buoy 100m warm down</p> <p>Strength: Programme 2A</p>	<p>Warm up 5 mins (approx. 2 km)</p> <p>1 mins @RPE 5 6 mins @RPE 7 1 mins @RPE 8 1 mins @RPE 9 1 mins @RPE 10</p> <p>Repeat through until you reach 38 km, then warm down for 2 km</p>	<p>Swim: 200m warm up 100m kicking on side alternating each length 200m Pull buoy</p> <p>400m x 3 @RPE 7 200m pull buoy</p> <p>100m warm down</p> <p>Run: 10 km @RPE 6-7 steady tempo pace with a slight negative split; second 5km faster than the first</p>		<p>Strength: programme 2B</p> <p>Run: 500m warm up 2km @RPE 9 above race pace</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	Hold pace and repeat on higher efforts	Simulating holding a pace in a race with shorter higher efforts like hills/overtaking	Pacing and speed work. Be consistent with each effort, only increasing by 30-60 secs		Speed work and pushing into peak fitness	Getting in your wetsuit and experiencing 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 your 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: 96 KM

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SESSION	Swim and strength	Bike	Swim and run	Rest	Strength and run	Swim	Brick
DURATION	2km	30km	2km/5km		45 mins/10km	1.5km	20 km/3km
INTENSITY	Drill/interval	TT	Track/sprint		Steady	Open water	
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? Tri-suit 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 1000m x 5 RPE 5-8 consistent pacing at your target race pace		Strength: Your programme choice Whichever programme 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 6-7	Aim to split this session down into longer segments of 350-500m or even try 2 x 750m efforts. Continue to work on sighting, and relaxing yours stroke and breathing	Race day simulation: Use all your kit and practice how you'll lay it out come race day Bike and 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	Transition speed, pacing
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 you're working on		Keeping your muscles working, but more importantly keeping them mobile and recovering will be important for being at your best on race 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

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.

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.

WEEKLY DISTANCE: 73KM

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	GOALS
SESSION	Swim	Bike	Run	Strength	Strength and (run)	Swim	Race day	
DURATION	1.5km	15km	2.5km	30mins	1km	1 km	1.5/40/10 km	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.
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 short 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 loose (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!	Keep the sessions high quality with good pace work. Reduced volume/ distance will allow for adaptation/recovery. If you've travelled to an event having a run or swim when you get there can help you get over a journey.
KEY FOCUS	Speed, pacing	How the bike feels	Run form	Flexibility, recovery	Relaxed form	Good position, technique in the water. Relaxed stroke		WEEKLY DISTANCE: 72.5km
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	Very weak: I am just about moving
2	Weak: I am walking at a faster pace and can hold a conversation easily
3	Light: I am beginning to sweat a little, but can hold conversation throughout
4	Moderate: I am very happy at this effort
5	Somewhat strong: I am sweating more heavily and starting to feel my breathing is becoming more stressed
6	Strong: I am beginning to feel more out of breath but could maintain this pace for a few hours
7	Very strong: My breathing is very laboured, but I can still maintain pace for an hour without slowing
8	Hard: I am starting to struggle to hold this pace and my heart is racing and I am sweating heavily
9	Very hard: This is hurting and I can only hold this effort for up to five minutes
10	Extremely hard: I am absolutely flat out and this is sprinting. I will need to stop after 30 seconds

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 four breaths and work up to every eight. 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 one stroke at a time, building to a maximum of seven 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 and conditioning session 1A

Warm up		
Flexibility/Movement	Duration	Notes
Foam roller; back	30-45 secs	Roll over back, especially lower, to ease off connective tissue and increase mobility
Foam roller; ITB	30-45 secs	Roll ITBs to release tension in connective tissue that may inhibit knee/hip movement
Foam roller; calves	30-45 secs	Rolling calves, especially Achilles, can aid ankle flexibility and recovery from training
Kneeling hip flexor stretch	30-45 secs	Gently driving hips into stretch, with arms overhead to feel stretch in hips and 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	2-3 per side	45 secs	Static	20 secs	BW
Front plank on stability ball (knees or toes)	2-3	16-20	Slow	20 secs	BW
Tube walking	2	20	Slow	20 secs	RB
2 leg glute press w/foot on step	2-3	12-15	Slow	30 secs	BW
Stability ball wall squat	2-3	12-15	Slow	30 secs	BW
Laying over stability ball, arm raise	2-3	12-15	Slow	30 secs	BW
Kneeling press up	2-3	Max	Slow	30 secs	BW

Strength and conditioning session 1B

Warm up		
Flexibility/Movement	Duration	Notes
Foam roller; back	30-45 secs	Roll over back, especially lower, to ease off connective tissue and increase mobility
Foam roller; ITB	30-45 secs	Roll ITBs to release tension in connective tissue that may inhibit knee/hip movement
Foam roller; calves	30-45 secs	Rolling calves, especially Achilles, can aid ankle flexibility and recovery from training
Kneeling hip flexor stretch	30-45 secs	Gently driving hips into stretch, with arms overhead to feel stretch in hips and 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)	2-3 per side	45 secs	Static	20 secs	BW
Dead bug	2-3	16-20	Slow	20 secs	BW
Laying on side leg raise	2	20	Slow	20 secs	RB
Hamstring curl on stability ball	2-3	8-10	Slow	30 secs	BW
Lateral lunge, alternating sides	2-3	20	Slow	30 secs	BW
Resistance band pull over on stability ball	2-3	12-15	Slow	30 secs	BW
Stability ball chest press	2-3	Max	Slow	30 secs	BW

Strength and conditioning session 2A

Warm up					
Flexibility/Movement	Duration	Notes			
Foam roller; back	30-45 secs	Roll over back, especially lower, to ease off connective tissue and increase mobility			
Foam roller; ITB	30-45 secs	Roll ITBs to release tension in connective tissue that may inhibit knee/hip movement			
Foam roller; calves	30-45 secs	Rolling calves, especially Achilles, can aid ankle flexibility and recovery from training			
Kneeling hip flexor stretch	30-45 secs	Gently driving hips into stretch, with arms overhead to feel stretch in hips and 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	2-3 per side	45secs	Static	20 secs	BW
Stability ball roll outs from knees	2-3	16-20	Slow	20 secs	BW
Tube walking	2	20	Slow	20 secs	RB
1 leg glute press w/foot on step	2-3	12-15	Slow	30 secs	BW
Split squat (with weights if too easy)	2-3	12-15	Slow	30 secs	BW
Laying over stability ball; dumbbell row	2-3	12-15	Slow	30 secs	BW
Kneeling press up	2-3	Max	Slow	30 secs	BW

Strength and conditioning session 2B

Warm up					
Flexibility/Movement	Duration	Notes			
Foam roller; back	30-45 secs	Roll over back, especially lower, to ease off connective tissue and increase mobility			
Foam roller; ITB	30-45 secs	Roll ITBs to release tension in connective tissue that may inhibit knee/hip movement			
Foam roller; calves	30-45 secs	Rolling calves, especially Achilles, can aid ankle flexibility and recovery from training			
Kneeling hip flexor stretch	30-45 secs	Gently driving hips into stretch, with arms overhead to feel stretch in hips and 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)	2-3 per side	45 secs	Static	20 secs	BW
Dead bug	2-3	16-20	Slow	20 secs	BW
Laying on side leg raise	2	20	Slow	20 secs	RB
Walking lunges	2-3	20	Dynamic	30 secs	BW
Lateral lunge to balance	2-3	12-15	Slow	30 secs	BW
Resistance band pull over on stability ball	2-3	12-15	Slow	30 secs	BW
Stability ball chest press	2-3	Max	Slow	30 secs	BW