



**INVEST IN YOUR HEALTH
AND YOUR WEALTH**

12-week
Sprint training plan
for intermediate triathletes

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Key notes

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

- This 12-week training plan is designed to get a triathlete through a Sprint distance triathlon. It is not a complex or hugely time-consuming programme, but it will get you to the finish line in competitive 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 400m continuously, you can cycle for 45 mins and run for 30 mins.
- The training sessions can be completed in a number of locations. The swim sessions are all designed for in a pool, 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 some time 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 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.
- Sometimes your busy life will get in the way of your training, we recommend that you don't try and make up missed sessions, just simply resume your plan on the current day.

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 may be 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
DISTANCE	1.5km	10km	3km		45 mins/1.5km	1.2km	15km
INTENSITY	Drills/Intervals	Steady state	Steady state		Steady state	Drills/Intervals	Mixed effort
SESSION DETAILS	200m Warm up 200m drill (25m fist drill/25m FS x 6) 400m @RPE 6 300m @RPE 7 200m @RPE 8 100m @RPE 9 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	200m warm up 300m (kick 25m/ Free 50m x 4) 3 x 200m 100m cool down	RPE 5-7 5km @RPE 5 5km @RPE 7 5km @RPE 5
KEY FOCUS	Body position, arm position when beginning stroke	Getting the legs moving	Getting into running, establishing a baseline		Starting strength programme. Finding a steady pace	Body position, comfort in the water	Getting used to being on your bike
NOTES	Adding in a little speed variation to get your heart rate working	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	It's all about getting started, getting in the water and switching on those swimming muscles	Short session with mixed efforts, vary the terrain if you like

During the first week you're just trying to build your training into your daily routine.

Use this time to get back into training and think about where you know you need to make improvements from your last race/season.

Use times from these early sessions as bench marks for when you increase distance and intensity later on.

WEEKLY DISTANCE: 30KM

WEEK 2

GOALS

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	GOALS
SESSION	Swim	Bike	Run	Rest	Strength and Run	Swim	Bike	
DURATION	1.5km	12km	4km		45 mins/2km	1.5km	17.5km	Building on the first week slightly, but not too much, so as to allow recovery.
INTENSITY	Drills/Intervals	Steady state	Steady state		Tempo	Drills/Intervals	Fartlek	
SESSION DETAILS	200m warm up 200m drill (fist drill 25m/FS 25m x 4) Main set: 200m pull buoy @ RPE 7 100m free style @ RPE 6 (repeat 3 times) 2 x 50m @RPE 8 100m cool down	5 mins warm up @ RPE 5 Rest of ride @RPE 6-7	3 mins @RPE 5 Rest of distance @ RPE 6-7		Strength: Programme 1B Run: Hard tempo @RPE 7-8	200m warm up 300m (kick 25m/ Free 50m x 4) 3 x 200m @RPE 6 3 x 100m @RPE 7 100m cool down	5 mins warm up @ RPE 4-5 Then: ride the rest of the distance holding a steady pace, but adding in short to medium bursts of effort made up as you go. This can be on a hill, or a 1-2km section of uninterrupted road where you can practice riding hard	Pace judgement and acquiring times for completing distances etc. Getting to know the weights needed for each exercise on the strength programme.
KEY FOCUS	Forearm position during stroke, rotation through hips when using pull buoy	Maintaining steady pace	Good running form and foot strike		Pacing and altering speed	Body position and kicking efficiency	Working at threshold and below	WEEKLY DISTANCE: 38.5KM
NOTES	Focusing on arm position at the front of the stroke, encouraging you to pull more with your forearm as a paddle will improve efficiency and speed. Do not kick when using the pull buoy, focus on the rotation	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. Adjust speed where need be		Strength training is valuable for making you more 'robust', but exercises must be performed correctly; focus on technique. Run should be short and sharp	Kicking work will aid body position and rotation through the hips which will propel a better stroke. Shorter efforts will introduce speed work	Learning to vary the pace on the bike will keep training interesting. Random intervals will also lead to improvements in your fitness	

WEEK 3

GOALS

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.
SESSION	Swim	Bike	Run	Strength	Rest	Swim	Brick	
DURATION	1.5km	15km	4km	45-60 mins		1.8km	15km/1.5km	As the bike distance increases, try to maintain speed and form.
INTENSITY	Drills/Intervals	Intervals	Steady state			Drills/Intervals	Tempo	
SESSION DETAILS	200m warm up 200m drills (50m kick/50m FS x2) 400m pull buoy and Paddles @RPE 6 150m x 4 (100m @ RPE 7/50m @RPE 9) 100m cool down	2.5km @RPE 5 2.5km @RPE 8 2.5km @RPE 6 2.5km @RPE 8 2.5km @RPE 6	'just run' RPE @6-7	Strength: Programme 1A		200m warm up 100m catch up drill main set 2 x 300m @RPE 6 (30 secs rest) 2 x 200m @RPE 7 (45 secs rest) 4 x 100m @RPE 8 (30 secs rest) 100m cool down	First brick session; focus on a steady paced ride @RPE 6 Aim to run off the bike and settle into tempo pace @RPE 7	Vary handle bar/grip position when you ride to optimise your body position for the type of road/gradient you're on.
KEY FOCUS	Leg and head position in the water, rotation	Pacing; holding an effort for given time and being able to replicate that effort	Run posture, form and holding pace	Execution and posture during exercise		Holding form while working hard	Running well off the bike	WEEKLY DISTANCE: 37.8KM
NOTES	Continue to think about body position, in particular rotation and less dependence on your legs. Keep straight and rotate through the hips	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 loose technique focus. So try to keep your form, even when working hard	Think about how you set up your brick; from home, or bike in the car etc. have stuff ready so you can go from bike to run quickly. This first one is just a short run to introduce the idea of brick work into training	

WEEK 4

GOALS

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SESSION	Swim	Bike	Run	Rest	Strength and run	Swim	Bike
DURATION	1.8km	15km	5km		45 mins/2.5km	2km	20km
INTENSITY	Drills/intervals	Intervals	Steady state		Tempo	Drills/Intervals	Mixed effort
SESSION DETAILS	200m warm up 300m drill (1 arm drill 25m/FS 25m/1 arm drill/25 FS x 3) 2 x 200 pull buoy and paddles @ RPE 6 200m x 4 @RPE 8 (45 secs rest) 100m cool down	5 mins @RPE 5 5 mins @RPE 8 Repeat until within the last km then drop to RPE 4 for cool down	RPE 6-7		Strength: Programme 1B Run: Tempo run at best pace	200m warm up 300m drill (kick 25/FS 50m x 4) 600m (200m pull buoy/100m FS x2) 200m @RPE 7-8 3 x 150m @RPE 8 (30 secs rest) 150m @RPE 9 100m cool down	Ride at a steady pace @RPE 5-7 focusing on using different grips/positions on the bars. If you're thinking about new bike fit/aero bars, now is the time. Experiment more with gears to find out where you feel more comfortable
KEY FOCUS	Arm position, rotation and speed work	Pace judgement and working at higher efforts	Holding steady pace throughout		Learning to run at pace and maintain it	Body position, rotation through the hips	Working your body in the aero position
NOTES	Paddle work should be done without losing technique, so slow stroke rate down and focus on form and power	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	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	If you're not used to it, being more aero can take its toll on your body Spending time in training practicing will allow you to do it more come race day

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.

Use the brick sessions to practice transition speed also; laying out kit as you might in a race and aim to go from one to the other as quickly as possible.

WEEKLY DISTANCE: 46.3KM

WEEK 5

GOALS

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Increasing fitness and working on pacing by introducing more varied set lengths in the pool with a mix of drills and speed work. When doing two strength sessions in a week you might be sorer, so bear this in mind when you do your other sessions. Expect your normal RPE to be a little slower when fatigued. Listen to your body.
SESSION	Swim	Bike	Strength and run	Rest	Strength	Swim	Brick	
DURATION	1.8km	17.5km	45 mins/5km		60 mins	2 km	15km/3km	
INTENSITY	Drills/intervals	Intervals	Negative split		Tempo	Drill/intervals	Tempo	
SESSION DETAILS	200m warm up 300m drill (1 arm drill 25m/FS 25m/1 arm drill/25 FS x 3) 200 pull buoy and paddles @RPE 6 200m x 4 @RPE 8 (45 secs rest) 100m cool down	2.5km blocks @: RPE 5 RPE 6 RPE 7 RPE 8 RPE 6 RPE 7 RPE 8 Light spin to cool down for a few mins after	Strength: Programme 1A Run: 1 km @RPE 6 2 km @RPE 7 2 km @RPE 8		Strength: Programme 1B Run: Tempo run at best pace	200m warm up 300m drill (kick 25/FS 50m x 3) 600m (200m pull buoy/100m FS x2) 100m x 3 @RPE 8-9 (30 secs rest) 150m x 3 @RPE 7-8 (45 secs rest) 100m cool down	Steady 15km ride @RPE 6-7, taking it easy for first km. finish ride in good form Try to run hard off the bike, straight into sub-max race pace RPE 7-8	
KEY FOCUS	Arm position, rotation and speed work	Finding your threshold	Good form on all exercises. Pace control to increase speed while able to sustain		Posture, form, technique, posture	Body position, rotation through the hips	Maintaining pace on bike. Running hard off the bike	WEEKLY DISTANCE: 42KM
NOTES	Single arm drills will show you if you've a weaker side. Keep this in mind and focus on improving any weakness. Keep one eye in the water while turning head to breath	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, from which you build		Where exercises are starting to feel easier, increase the time or resistance you're using, or reduce the rest time	Second time through this distance should feel a little easier. Keep the pacing of same distance intervals consistent as good practice for maintaining speed	Think about body position; use of drops or aero bars, getting comfortable there Run hard off the bike to get used to 'jelly legs'	

WEEK 6

GOALS

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
SESSION	Swim	Bike	Strength and run	Rest	Strength	Swim and run	Bike	Start thinking about suitable hydration for longer sessions and practicing race nutrition in your longer rides.
DURATION	2.4km	20km	60 mins/5km		60 mins	1.5km/3.5km	20km	
INTENSITY	Kick and intervals	Fartlek	Track/intervals		Tempo	Open water	Hills	With the inclusion of hills and intervals this week, the key here is; pacing. Learning to control your speed to a desired pace, working to a particular RPE, and learning to climb hills effectively will help you maintain a higher average speed come race day.
SESSION DETAILS	200m warm up 400m drill (kick 50/ FS 50m x 4) 600m (200m pull buoy/100m FS x2) 400m FS 'build' each 100m; RPE 6,7,8,9 150m x 2 @RPE 6-7 (45 secs rest) 100m x 4 @RPE 8-9 (30 secs rest) 100m cool down	Begin with 5 mins of steady effort riding @RPE 5 then complete the rest of your ride as a Fartlek session; add in random intervals on hills, long straights or if with friends try to sprint away from each other If you're doing this on a turbo trainer/ indoors, perhaps use music to ride hard off different points in the song	Strength: Programme 1A Drills; foot strike, grape vines, side steps 400m warm up 1600m @RPE 6 1000m @RPE 6-7 800m @RPE 7-8 800m @RPE 7-8 400m cool down easy effort		Strength: Programme 1B	First open water session of the programme; keep it simple Re-focus on body position, controlling breathing and sighting Run: Short and sharp effort, after a few hundred meters to settle in, run @RPE 7-8	Plot a hilly ride with some varying gradient. Practice in and out of saddle climbing to find your rhythm and also get comfortable on the descents	
KEY FOCUS	Leg position high in the water, speed judgement on intervals	Learning to judge and control speed/ effort	Drills, speed work and pace judgement		Increasing volume from previous sessions	Relaxing in the water, breathing, sighting	Climbing, descending, rhythm	WEEKLY DISTANCE: 52KM
NOTES	If you struggle with kicking, you may break up your lengths with breast stroke and free style leg kicks, which will also work different muscles	Fartlek training is a great way to get the fitness benefits from intervals without the need for structure. And it better replicates race efforts	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 breathe out under water, avoid holding your breath. Remember head position; eyes down. If you like you can run right off the swim to replicate an Aquathlon	Hills get easier when you do hills. Learn to tackle them and you'll race a lot easier. In saddle or out, find a rhythm that works for you	

WEEK 7

GOALS

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SESSION	Swim	Bike	Strength and run	Rest	Strength	Swim	Brick
DURATION	2.8km	22.5km	60 mins/5km		60 mins/4km	2km	20km/3.5km
INTENSITY	Drill/Intervals	Intervals	Track/interval			Open water	
SESSION DETAILS	150m warm up 300m drill (kick 25/FS 50m x 4) 400m x 4 @RPW 6-7 (45 secs rest) 100m x 4 @RPE 7-8 (30 secs rest) 50 x 6 @RPE 8-9 (25 secs rest) 100m cool down	Long steady vs short hard intervals: 5km @RPE 5 2.5km @RPE 8 5km @RPE 5 2.5km @RPE 8 5km @RPE 5 2.5km @RPE 8	Strength: Programme 2A Run: 400m warm up 1600m @RPE 6 1000m @RPE 6-7 800m @RPE 7-8 800m @RPE 7-8 400m cool down easy effort		Strength: Programme 2B	Acclimatisation to the wetsuit, water clarity, temperature etc Practice sighting, learning how it feels to swim in a wetsuit, learn to let it help you	Double brick session to adapt to quick transitions and switching sports: 10 km bike @RPE 6 2 km run @RPE 6 10 km bike @RPE 7 2 km run @RPE 7
KEY FOCUS	Head position when breathing, arm position	Aim to be consistent with your efforts through both sets	Pacing, recovery, speed work, foot strike		Increasing intensity/duration of exercises	Getting in your wetsuit and experiencing open water	Pacing and running hard off the bike
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	Be consistent with your sets so that each set is the same distance are done at a similar pace		After 8 weeks you should be noticing a difference in your strength. Increase intensity, but maintain good technique	Try breaking your swim down into 3-4 sets and focus on little bits of your technique at a time	Wherever you're doing this session, set up your equipment so you can switch between disciplines as quickly as you can

'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'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. The same goes for any new race kit like a tri suit or shoes.

WEEKLY DISTANCE: 50KM

WEEK 8

GOALS

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
SESSION	Swim	Bike	Strength and run	Rest	Strength	Swim and run	Bike	Final prep for any race kit; you won't want to change much after this point.
DURATION	2.8km	22.5km	45 mins/8km		60 mins	2km/6km	30km	
INTENSITY	Drill/intervals	Intervals	Track/intervals			Open water	Mixed effort	Race pacing and particularly transition practice would be useful; after OWS session practice getting wetsuit off ASAP.
SESSION DETAILS	150m warm up 300m drill (kick 25/FS 50m x 4) 400m x 4 @RPW 6-7 (45 secs rest) 100m x 4 @RPE 7-8 (30 secs rest) 50 x 6 @RPE 8-9 (25 secs rest) 100m cool down	2.5km splits as: RPE 4 RPE 6 RPE 7 RPE 8 RPE 7 RPE 6 RPE 7 RPE 8 RPE 5	Strength: Programme 2A Run: 400m warm up Main set: 1 x 1200m @RPE 6 3 x 400m @RPE 8-9 Repeat three times with 45 secs rest between sets 400m warm down		Strength: Programme 2B	Acclimatisation to the wetsuit, water clarity, temperature etc Practice sighting, learning how it feels to swim in a wetsuit, learn to let it help you	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	
KEY FOCUS	Head position when breathing, arm position	Aim to be consistent with your efforts through both sets	Pacing, recovery, speed work, foot strike		Increasing intensity/duration of exercises	Getting in your wetsuit and experiencing open water	Using your gears to maintain effort	WEEKLY DISTANCE: 69KM
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	Be consistent with your sets so that each set is the same distance are done at a similar pace		After 8 weeks you should be noticing a difference in your strength. Increase intensity, but maintain good technique	Try breaking your swim down into 3-4 sets and focus on little bits of your technique at a time	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	As the volume reaches this level you should really feel the endurance improvements.
SESSION	Swim	Bike	Run	Rest	Strength and run	Swim	Brick	
DURATION	3 km	30 km	6 km		7.6 km	2 km	25km/5km	
INTENSITY	Drills/intervals	Hills/intervals	Hills		Track/intervals	Open water		
SESSION DETAILS	200m warm up 200m drill (Kick 25m/FS 25m x4) 200m drill (Fist 25m/FS 25m x 4) 300m drill (1 arm 25m/FS 25m/1 arm/25 FS x 3) 800m @RPE 6-7 400m @RPE 7-8 2x 200m @RPE 7-8 4x 100m @RPE 8-9 100m cool down	Using a hilly route or one with at least one good climb that takes >3 mins to ascend; Mix up between seated and standing climbing, keeping rhythm. Get used to descending too. If completing this session inside on a turbo trainer/gym bike then treat as an intervals session with hard efforts to replicate hills	Run a hilly route or do reps of 1 hill as part of a short loop. Aim for 5-8 climbs within the session; focus on strong ascents and controlling descents. RPE 6-8 While outdoor running will create a more realistic training environment, treadmills are useful for when short on time, poor weather etc. However treadmills cannot replicate downhill running which is an essential skill		Strength: Programme 2B Drills: Foot strike, side steps, high knees, grape vine 400m warm up 1600m x 2 @RPE 6 800m x 2 @RPE 8 400m x 4 @RPE 9 200m x 4 @RPE 10	Depending on size of swim loop you've access to; aim to break this down into 3-4 blocks; 1) warm up; focus on breathing and stroke 2) Shorter efforts @ RPE 7-8 3) 750m @RPE 7 4) remainder; sighting and breathing	Hard Brick session with negative split. Aim to set off at below your race pace until you're warmed up then ride at just below threshold Try to run quickly off the bike and maintain a good race pace. Start just below your sustainable pace until 2km in, then run the last 3km hard	Focus on your ability to hold higher efforts for longer. Use hills sessions to focus on power and control. Keep improving open water skills and confidence.
KEY FOCUS	Pacing between short and long efforts	Climbing, descending, maintaining rhythm	Form and technique. Holding pace, pacing on hills		Pacing, speed work, foot strike	Longer distance in open water, sighting, faster pacing	Race pace test. Use gears and positions on the bars to be efficient. Practice race fuelling	WEEKLY DISTANCE: 79KM
NOTES	After a short drill set you will be being doing a short, long then short swim set. Use these to practice different race paces	If you've not got access to a hilly route you can plan a loop around 1 particular hill and rep around that. Aim for 6-10 reps in a session	Aim to hold your pace on hills, so you'll have to work harder, then control the decent smoothly		This is a great opportunity to develop your speed and get your muscles used to working harder. Be consistent with pacing sets of same distance	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. If you're planning to race without socks; practice it here	

WEEK 10

GOALS

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SESSION	Swim	Bike	Strength and run	Rest	Strength	Swim and run	Bike
DURATION	2.8 km	25km	45 mins/8 km		60 mins	2 km/5km	25km
INTENSITY	Drills/intervals	Intervals	Track/intervals		Tempo	Open water	Negative split
SESSION DETAILS	150m warm up 100m drill (kick 25m/FS 25m x2) 200m drill (fist 25m/FS 25m x 4) 300m drill (1 arm 25m/FS 25m/1 arm/25 FS x 3) 750m @RPE 6-7 400m x 2 @RPE 7-8 200m x 2 @RPE 7-8 (paddle and pull buoy) 100m cool down	Split into 5km blocks: RPE 4-5 RPE 7-8 RPE 5-6 RPE 7-8 RPE 5-6	Strength: Programme 2A Run: Drills 400m warm up Main set: 1x 1200m @RPE 6 3x 400m @RPE 9 (repeat 3 times through) 400m warm down		Strength: programme 2B Run: 500m warm up before setting into a high/steady pace just above your race pace for the rest of the run	Longer steady duration swimming; run through wetsuit fitting, lubricant, use your tri-suit underneath. Practice your sighting and start to play around with speed work	As a good pacing drill ride this session so that you complete the second half faster than the first. You can either ride a loop where enough laps will add up, or use an out-and-back time trial where you turn around at half distance and aim to get back to the start quicker than you got to half-way
KEY FOCUS	Sustained pace during longer effort	Holding a higher pace for longer	Pacing and speed work. Be consistent with each effort		Speed work and pushing into peak fitness	Getting in your wetsuit and experiencing open water	
NOTES	After the drill set, the focus will be on pacing over different distances; increasing speed and effort	With longer harder efforts like these make sure to keep hydrated, take note of how much water you're using as this will help you set out your race hydration	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 are 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: 72KM

WEEK 11

GOALS

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SESSION	Swim	Bike	Run and swim	Rest	Strength	Swim	Brick
DURATION	1.5km	21km	5km/1km		60 mins	1.5km	15km/5km
INTENSITY	Drill/interval	Mixed effort	Track/sprint			Open water	
SESSION DETAILS	200m warm up 300m drill (Kick 50m/FS 50m x 3) 400m pull buoy 300m drill (1 arm 25m, 2 arm, 25, 1 arm 25, FS 25m x3) 400m @RPE 7 200m @RPE 8 100m @RPE 10 100m warm down	As a final pace checker, split his ride up into 3 x 7 km blocks of incremental effort, starting easy and ending up at race intensity. 7km @RPE 6 7km @RPE 7 7km @RPE 8	Run: Drills 1000m x 5 RPE 5-8 negative split, running each one a few seconds quicker than the last Swim: 100m warm up 200m x 4 @RPE 8 100m warm down		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	Aim to split this session down into a warm up of around 400m where you work on sighting, and relaxing your stroke and breathing Then do a 750m timed effort to get an idea of your race pace. Then warm down over 350m focusing on technique again	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	Pace control	Speed, pacing, consistency		Flexibility	Distance, breathing, sighting	Transition speed, pacing
NOTES	By now you should feel how much easier the drills feel and directly how they feel in your stroke. 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 the 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: 50KM

WEEK 12

GOALS

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SESSION	Swim	Bike	Run	Rest	Strength and (Run)	Swim	Race Day
DURATION	1km	15km	2.5km		30 mins/1km	1km	750m/20k/5k
INTENSITY	Sprints	Mixed efforts	Mixed efforts				
SESSION DETAILS	200m warm up 3x 200m @RPE 8 100m @RPE 9 100m warm down	Final pre-race check; ride a steady effort with some short harder bursts. 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	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!
KEY FOCUS	Speed, pacing	How the bike feels	Run form		Flexibility, recovery	Stay relaxed	
NOTES	With all the training under your belt, you shouldn't feel tired after this session	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 to practice warm up and race start and wetsuit removal practice	Do your best!

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.

Keep the sessions high quality with good pace work.

Reduced volume/ distance will allow for adaptation/recovery.

WEEKLY DISTANCE: 46KM

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; calf's	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	45secs	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	45 secs	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	45secs	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