



**INVEST IN YOUR HEALTH
AND YOUR WEALTH**

12-week
Sprint training plan
for newbie triathletes

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Key notes

Please find below a 12-week 'newbie' standard Sprint 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 Sprint 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 200m continuously, you can cycle for 30minss and run for 20minss.
- 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.
- From time to time your busy life will get in the way, we recommend that you don't make up the 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	GOALS
SESSION	Swim	Bike	Strength and run	Rest	Run	Swim	Bike	Building a routine of allocating time to train.
DISTANCE	1km	10km	45 mins/1.5km		1.5km	1km	12km	Letting your muscle start to work into focused training.
INTENSITY	Drills/intervals	Mixed effort	Negative split		Steady state	Drills/intervals	Steady state	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	RPE 5-7 2.5km @RPE 5 5km @RPE 7 2.5km @RPE 5	Strength: Programme 1A Run: @RPE-6/7		'just run', @RPE 5-6 trying to maintain steady pace; note pace/speed	150m warm up 200m drill (25m fist drill/25m FS x 6) 1 x 300m 1 x 200m 1 x 100m 50m cool down	5 mins @RPE 4-5 Complete distance @RPE 5-6 maintaining steady pace; noting speed/time	Embarking on strength training to improve strength endurance.
KEY FOCUS	Body position, comfort in the water	Getting the legs moving	Getting into running, establishing a baseline		Starting strength programme. Finding a steady pace	Body position, arm position when beginning stroke	Getting used to being on your bike	WEEKLY DISTANCE: 27KM
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	Adding in a little speed variation to get your heart rate working	Short session with mixed efforts, vary the terrain if you like. If you're new to clipless pedals practice getting in and out of them early before you need to stop	

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 km	12 km	2.5km		45 mins/1.5km	1.3 km	11 km	
INTENSITY	Drills/Intervals	Intervals	Steady state		Mixed effort	Drills/intervals	Steady state	Pace judgement and learning times for completing distances etc.
SESSION DETAILS	150m warm up 150m drill (Fist drill 25m/FS 25m x 3) 1 x 400m 1 x 200m 100m cool down	5 mins warm up @ RPE 4-5 Then: 2 mins @RPE 8 2 mins @RPE 5 Repeat until distance complete	3 mins @RPE 5 Rest of distance @RPE 6-7		Strength: Programme 1B Run: 500m @RPE 5 500m @RPE 7 500m @RPE 6	200m warm up 300m (kick 25 m/ Free 50m x 4) 2 x 200m @RPE 6 3 x 100m @RPE 7 100m cool down	5 mins warm up @RPE 5 Rest of ride @RPE 6-7	Getting to know the weights needed for each exercise on the strength programme. If you struggle to maintain a pace when running; try adding in a 'walk/run' strategy whereby you run for 3 mins, walk for two for example to structure in a rest time.
KEY FOCUS	Forearm position during stroke	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: 29KM
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	Learning to vary the pace on the bike will keep training interesting, but will also teach pace judgment and your ability to overtake cleanly	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	Session may be done on indoor trainers where practical, however don't ignore value of getting out on the bike. It's also important to get used to using your gears correctly	

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SESSION	Swim	Bike	Run	Rest	Strength and run	Swim	Brick
DURATION	1.4km	11km	3.5km		45 mins/2km	1 km	10km/1.5km
INTENSITY	Drills/intervals	Mixed effort	Steady state		Tempo	Drills/intervals	Steady state
SESSION DETAILS	150m warm up 150m catch up drill 1 x 300m @RPE 6 2 x 200m @RPE 7 (45 secs rest) 3 x 100m @RPE 8 (30 secs rest) 100m cool down	1 km @RPE 5 2.5km @RPE 6-7 2.5km @RPE 5-6 2.5km @RPE 7-8 2.5km @RPE 5-6	'just run' RPE @6-7		Strength: Programme 1B Run: Tempo run at best pace	150m warm up 200m drills (50m kick/50m FS x2) 1 x 250m @RPE 6 2 x 150m (125m @RPE 7 with last 25m @RPE 9) 100m cool down	Bike @RPE 5-6 negative split, finishing the bike slightly harder than you start, so that you can run off tired legs Run @RPE 6-7 start at a hard pace for the first two minutes, then drop your pace down to a sustainable speed for the remainder of the distance
KEY FOCUS	Holding form while working hard	Pacing	Run posture		Learning to run at pace and maintain it	Leg and head position in the water	Getting used to running off the bike
NOTES	As you do shorter/faster efforts it can be easy to lose technique focus. So try to keep your form, even when working hard	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		The strength programme should be getting easier and you should be increasing your weights/times of each exercise	Continuing with body positioning and kicking drills, moving into pacing with short sets with some sprint work	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. Because the distances are relatively short, increase the intensity of this session towards the end of the bike.

WEEKLY DISTANCE: 28KM

WEEK 4

GOALS

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SESSION	Swim	Bike	Run	Rest	Strength	Swim	Bike
DURATION	1.5km	15km	4km		45-60 mins	1.3km	15km
INTENSITY	Drills/intervals	Intervals	Steady state			Drills/breathing	Hills
SESSION DETAILS	200m warm up 300m drill (kick 25/ FS 50m x 4) 600m (200m pull buoy/100m FS x2) 150m x 2 @RPW 6-7 (30 secs rest) 100m cool down	5 mins @RPE 5 5 mins @RPE 7 2.5 mins @RPE 8 Repeat until within the last km then drop to RPE 4 for cool down	RPE 6-7 Keep the km splits the same for each		Strength: Programme 1A	150m warm up 300m drill (1 arm drill 25m/FS 25m/1 arm drill/25 FS x 3) 150 Pull buoy @RPE 6 200m x 3 @RPE 8 (45 secs rest) 100m 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	Holding steady pace throughout		Execution and posture during exercise	Arm position, rotation and 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 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		Fourth week in, the exercises should start to get easier as your body begins to adapt. Keep paying attention to good body position	Single arm drills aid rotation and stroke efficiency. Keeping the other arm out in front, aim to breathe every two strokes	Riding up increases strength. Control pace on ascent so you're able to continue at a good pace once at the top. Learning to descend too is a skill that will build confidence and help you be safer

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.

WEEKLY DISTANCE: 39KM

WEEK 5

GOALS

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SESSION	Swim	Bike	Run	Rest	Strength and run	Swim	Brick
DURATION	1.6km	12.5km	4.5km		60 mins/3km	1.5km	15km/3km
INTENSITY	Drill/intervals	Incremental	Mixed effort			Drill/intervals	
SESSION DETAILS	<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>2.5km blocks @ RPE 4 RPE 5 RPE 6 RPE 7 RPE 8</p> <p>Light spin to cool down for a few minutes after</p>	<p>0-2 km @RPE 6 2-3 km @RPE 8 3-4.5km @RPE 6</p>		<p>Strength: Programme 1B</p> <p>Run at steady effort: @RPE 4-6</p>	<p>200m warm up 300m drill (kick 25/FS 50m x 4) 600m (200m pull buoy/100m FS x2) 100m x 3 @RPE 7-8 (30 secs rest) 100m cool down</p>	<p>Steady 15km ride @RPE 6-7, taking it easy for first km. Finish ride in good form</p> <p>Try to run hard off the bike; RPE 7-8</p>
KEY FOCUS	Arm position, rotation and speed work	Finding your threshold	Holding steady pace throughout		Posture, form, technique	Body position, rotation through the hips	Maintaining pace on bike. Running hard off the bike
NOTES	Single arms 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		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	The bike section of this workout should be fairly easy, focus on pedal efficiency. Then on the run; push yourself

WEEKLY DISTANCE: 41KM

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

A second brick session is an opportunity to feel what it's like to do two disciplines back-to-back and see if you can improve on your first session.

WEEK 6

GOALS

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SESSION	Swim	Bike	Run	Rest	Strength	Swim	Bike
DURATION	1.6 km	15km	5km		60 mins	1.8 km	20 km
INTENSITY		Intervals	Track/intervals			Kick and intervals	
SESSION DETAILS	<p>150m warm up 300m drill (1 arm drill 25m/FS 25m/1 arm drill/25 FS x 3)</p> <p>200m drill (breathing drill; bilateral every 5 strokes for 25m, then 3 strokes for 25m, 4 x through)</p> <p>100m cool down</p>	<p>2 km blocks @ RPE 5 RPE 6 RPE 7 RPE 6 RPE 8 RPE 6 RPE 9 last 1 km warm down RPE 4-5</p>	<p>Drills; foot strike, grape vines, side steps</p> <p>400m warm up 1600m @RPE 6 1000m @RPE 6-7 800m @RPE 7-8 800m @RPE 7-8 400m cool down easy effort</p>		<p>Strength: Programme 1B</p>	<p>200m warm up 400m drill (kick 50/FS 50m x 4) 600m (200m pull buoy/100m FS x2) 150m x 2 @RPE 6-7 (45 secs rest) 100m x 2 @RPE 8-9 (30 secs rest) 100m cool down</p>	<p>Ride steady for the first 10 km @RPE 5-6. Ride the next 10 km at a harder effort RPE 6-7</p>
KEY FOCUS	Learning to control breathing patterns is useful for pacing	Learning to judge and control speed/effort	Drills, speed work and pace judgement		Increasing volume from previous sessions	Leg position high in the water, speed judgement on intervals	Learning to ride hard on tired legs
NOTES	Make sure to continuously breathe out under water, avoid holding your breath. Remember head position; eyes down	While this session may be done outside; 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	If you struggle with kicking, you may break up your lengths with breastbone and free style leg kicks, which will also work different muscles	Practice with gearing to find and maintain a steady cadence/rhythm so you can control your effort

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.

Due to last week's higher run volume, this week you rest the run legs and spend more time on the bike.

WEEKLY DISTANCE: 43KM

WEEK 7

GOALS

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SESSION	Swim	Bike	Run	Rest	Strength and run	Swim	Brick
DURATION	1.8km	16km	6km		60 mins/4km	1.9km	20km/3km
INTENSITY	Drill/speed	TT	Hills		TT	Drill/TT	
SESSION DETAILS	300m warm up 200m drill (Fist 25m/FS 25m x 4) 300m drill (1 arm 25m/FS 25m/1 arm/25 FS x 3) Pull buoy set: 300m x 3 as: 200m pull/100m FS 150m pull/150m FS 100m pull/200m FS 100m cool down	1 km warm up @ RPE 5 15km Time Trial at steady pace to test race speed RPE 8 Warm down, easy leg spin afterwards for a couple minutes	Find a hilly route with continuous undulation, or a single hill that you can use as part of a small loop Run @RPE 5-7 for duration of distance		Strength: Programme 2B Run: Tempo run at best sustainable pace	150m warm up 300m drill (kick 25/FS 50m x 4) 400m x 3 @RPW 6-7 (45 secs rest) 200 @RPE 7-8 100m cool down	Learning to ride hard and run hard off the bike is key to a good transition Break ride up as 5km @RPE 6-7 5km @RPE 7-8 5km @RPE 6-7 5km @RPE 7-8 Run: 1.5km @RPE 8 1.5km @RPE 6
KEY FOCUS	Arm position, rotation and speed work	Pacing and working out race speed	Pacing on hills, descending under control		Learning to run at pace and maintain it	Consistent pacing through the 400s (race pace indicator)	Pacing and running hard off the bike
NOTES	Pull buoy sets for shoulder strength and shorter sets for speed work and taking you out of your comfort zone	This should be done on a flattish route. Alternatively, this may also be done on a turbo trainer, WATT bike or gym bike	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	After the drills, a change to test your pacing over 400m intervals at your race pace and 200m at above pace. Learning to pace will make racing easier	If you're able to, as an option you can split this brick up into a double brick; bike/run/bike/run (10/1.5/10/1.5)

'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: 50KM

WEEK 8

GOALS

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SESSION	Swim	Bike	Strength and run	Rest	Strength	Swim	Bike
DURATION	2.5km	17.5km	45 mins/5km		60 mins	1.5km/6km	25km
INTENSITY	Drill/intervals	intervals	Track/intervals			Open water	Hills
SESSION DETAILS	200m warm up 300m drill (kick 25/ FS 50m x 4) 400m x 4 @RPW 6-7 (45 secs rest) 100m x 3 @RPE 7-8 (30 secs rest) 50m mixed stroke 100m cool down	2.5km splits as: RPE 4 RPE 6 RPE 7 RPE 8 RPE 6 RPE 7 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 6 km run @RPE 5-7 cover the distance at steady intensity, however feel free to add in some undulation to your route or off- road	Steady state ride with some hills included. Maintain steady cadence and rhythm. Pace judgement on hills
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	Pace judgement on hills
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	Use your times from your previous track session as a guide and try to match if not slightly improve them		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 it	Play with position on bars for flat and climbing. Use gears to keep your peddle cadence smooth

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.

Open water competency will be a massive factor in your comfort, confidence and will count come race day.

**WEEKLY DISTANCE:
55KM**

WEEK 9

GOALS

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	2km	20km	8km		60 mins/5km	1.8km	20 km/5km	
INTENSITY	Drills/intervals	Hills	Track/intervals		Hills	Open water		
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 200m x 2 @RPE 7-8 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	Drills: Foot strike, side steps, high knees, Grape vine 400m warm up Main set: 1 x 1200m @RPE 5 3 x 400m @RPE 8-9 Rest 45 secs between each set. Repeat 3 times through 400m warm down		Strength: Programme 2B Run: 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	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	Race simulation: Using your intended race kit, clothing etc Bike: warm up over the first couple of km then build into RPE 8 Run: strong off the bike and into race pace as soon as you can RPE 8	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	Maintaining leg position high in water. Hand placement	Climbing, descending, maintaining rhythm	Pacing, speed work, foot strike, consistency		Form and technique. Holding pace	Getting in your wetsuit and experiencing open water		WEEKLY DISTANCE: 57KM
NOTES	After a short drill set you will be doing a race distance set, but not at race pace. This is just a chance to set a time to then aim to break on race day	If you've not got access to a hilly route you can plan a loop around one particular hill and rep around that	This is a great opportunity to develop your speed, get your muscles used to working harder. Be consistent with pacing sets of same distance		Try to hold a steady pace for your run, setting out fairly hard and trying to maintain it. This will be a test of your pacing	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	Prep your bike as you intend to on race day; bottles, nutrition, spares etc. Field test all your planned equipment and transition strategies	

WEEK 10

GOALS

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SESSION	Swim	Bike	Strength and run	Rest	Strength and run	Swim	Bike
DURATION	2.2km	25km	45 mins/5km		45 mins/7.5km	2km	30km
INTENSITY	Drills/Intervals	Intervals	Track/Intervals			Open water	Mixed effort
SESSION DETAILS	250m warm up 100m drill (kick 25m/FS 25m x3) 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 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 1600m @RPE 7 800m x 2 @RPE 8 400m x 4 @RPE 8-9 200m easy jog warm down		Strength: programme 2B Run: Sub maximal effort, holding same pace and form for the entire distance. @RPE 6	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	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	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	Using your gears to maintain effort
NOTES	After a short drill set you will be doing a race distance set, but not at race pace. This is just a change to set a time to then aim to break on race day	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	Experiment with different positions on the bike; hoods, drops etc., aiming to be more 'aero' where it counts

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: 72KM

WEEK 11

GOALS

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	<p>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.</p> <p>Everything should be aimed at setting up your race plan.</p> <p>NB; All plans need to be flexible, this is a critical stage in training and if you feel over fatigued you must rest.</p>
SESSION	Swim	Bike	Run and swim	Rest	Strength	Swim	Brick	
DURATION	2 km	21 km	5km/1 km		45 mins	1.5km	15km/5km	
INTENSITY	Drill/interval	TT	Track/sprint		Mixed effort	Open water		
SESSION DETAILS	<p>200m warm up</p> <p>300m drill (kick 50m/FS 50m x 3)</p> <p>400m pull buoy</p> <p>300m drill (1 arm 25m, 2 arm, 25, 1 arm 25, FS 25m x3)</p> <p>400m @RPE 7</p> <p>200m @RPE 8</p> <p>100m @RPE 10</p> <p>100m warm down</p>	<p>Last long ride before your race, use this as a chance to test your race pace</p> <p>21 km @RPE 8</p>	<p>Run:</p> <p>Drills</p> <p>1000m x 5 RPE</p> <p>5-8 negative split, running each one a few seconds quicker than the last. Walk 50m from finish to start of the next rep as your rest time</p> <p>Swim:</p> <p>100m warm up</p> <p>200m x 4 @RPE 8</p> <p>100m warm down</p>		<p>Strength:</p> <p>Your programme choice</p> <p>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</p>	<p>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 your stroke and breathing</p>	<p>Race day simulation and transition practice.</p> <p>Break this session down into two back-to-back brick of:</p> <p>7.5k bike</p> <p>2.5k run</p> <p>7.5k bike</p> <p>2.5k run</p> <p>Complete them through as quickly as you can</p>	
KEY FOCUS	Pacing and speed work	Sustained race pace	Speed, pacing, consistency		Flexibility	Distance, breathing, sighting	Transition speed, pacing	WEEKLY DISTANCE: 50KM
NOTES	By now you should feel how much easier the drills feel and directly how the feel in your stroke. Your pacing too should be getting more consistent	Keep hydrated and note your intake, practice nutrition strategy. Working for just longer than race distance will help you hold your speed more come race day	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 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	

WEEK 12

GOALS

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
SESSION	Swim	Bike	Run	Strength and (run)	Rest	Swim	Race day	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.
DURATION	1km	12km	2.5km	30 mins/ 1km		0.75km	750m/20k/5k	
INTENSITY	Sprints	Mixed efforts	Mixed efforts	Easy		Easy	Race pace	Keep the sessions high quality with good pace work. Reduced volume/ distance will allow for adaptation/recovery.
SESSION DETAILS	200m warm up 400m @RPE 7 200m @RPE 8 100m @RPE 9 100m warm down	Final pre-race checks; 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 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 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		WEEKLY DISTANCE: 46KM
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 for a confidence boost and wetsuit removal practice	Do your best!	

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 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	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 calf's, 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