

## **Triathlon Performance Solutions Presents:**

### **The Twelve-Week Race Plan**

**Race distance: Olympic**

**Athlete level: Beginner athlete in your first or second year of Olympic distance triathlon competition**

**Hours Per Week: Six to eight**

This training plan is to be used in conjunction with a Garmin multisport GPS device or devices. The plan is written so that each session is easy to understand and can be uploaded to your device via the Garmin Training Centre software so your device acts as your coach for each session, guiding you through every step. The plan is intended to be used as a starting point and is meant to be flexible, so move sessions and days around to fit in with your life when you need to, but try to avoid cramming too many Hard sessions back to back. If you don't have enough time to complete a full session, just go out and do what you can. A 10-minute run is better than no run at all and it reminds the body what you are training for.

This plan assumes the athlete is starting from a low to medium aerobic base of fitness.

If you come from a single sports background consider replacing one session in that sport with your weakest discipline once every 2–3 weeks.

Aim to be as consistent as possible. Consistency is the key to athletic improvement. Take the long view: you won't develop much in a week but you can progress a lot in 12 weeks.

Good luck and enjoy the journey.

**Technical Terms:**

Back: Backstroke swimming technique.

Breathing Pattern: The number of strokes you take between breaths. It's a good idea to have a regular breathing pattern as this will help you to find a rhythm and focus in open water especially.

Build: A repetition or session which increases in intensity and/or pace as you go through it.

Catch: After your hand has entered the water to begin your stroke you have the catch phase, where you need to grab as much water as possible with your palm and forearm so you can then pull your body over the water.

Dead Spot: When cycling you have two dead spots during the pedal stroke – one at the dead top and one at the dead bottom. Pedalling efficiently means you minimise the time spent in each dead spot.

Fartlek: A session where you mix your speed/intensity but never actually stop. Literally: to play with speed.

Free: Freestyle. Also known as Front Crawl swimming style.

OWS: Open Water Swimming: swimming outdoors in a lake, river, the sea etc. Many races in the UK are open water but there are also a lot of pool-based triathlons, especially early and late season. If you're doing an open water race make sure you practise a few times before your event.

Recovery: Time within a session where you are static or moving very slowly to allow the body to recover before the next bout of exercise.

Reps: Repetition: repeated time or distance exercises within a training session.

RPM: Revolutions Per Minute. The number of full revolutions one leg makes in a minute of cycling or the number of contacts with the ground one foot makes in a minute of running. Also described as Cadence.

Tech: Technique session: session where you are focusing on improvements to technique over speed or intensity.

Turbo: A piece of bike training equipment that locks your bike into a stationary position and applies resistance so you can cycle indoors. Usually a triangular frame.

TT: Time Trial: an effort against the clock where you are aiming to go as far or as fast as possible against a set time or distance target

## Intensity Guideline

### Easy or Zone 1:

Basic aerobic endurance training, 50-60% of your maximum heart rate. This zone is the basis of all endurance training and is vital to your ability to support training in the upper zones.

### Steady or Zone 2:

Using the mid to upper levels of the aerobic system at 60-70% of your maximum heart rate. You should still be able to talk to someone while training at this intensity; it is at or just below race pace for many athletes.

### Tempo or Zone 3:

This intensity is used mainly in repetitions and progressive sessions and is 70-80% of your maximum heart rate. This intensity corresponds to race pace/intensity for a well - trained athlete. Conversation in this zone is difficult and generally brief.

### Hard or Zone 4:

This zone is 80-90% of your maximum heart rate. Training in this zone increases your ability to process oxygen and lactic acid and pushes your maximal aerobic capacities higher but this can only be sustained if you have a good base in the lower intensities.

### Max or Zone 5:

Close to maximum pace and can only be maintained for short periods of time (1–8 minutes). This intensity corresponds to 90-100% of your maximum heart rate and is used sparingly in training compared to the other zones but it can have big benefits to production of power/force and maximum oxygen uptake.

**Phase One – Establishing Base Fitness** – This phase is to establish your Base level endurance. This is a key stage that allows you to support the latter, higher intensity phases. Aim to be as consistent as possible.

| Week | Monday  | Tuesday  | Wednesday  | Thursday  | Friday  | Saturday  | Sunday   |
|------|---|--|--|---|---|---|--|
| One  | <p><b>Easy Swim 1:</b><br/>Set 1: 200m Z1 Free and Back Mix<br/>Set 2: 3x200m Z1 Pull + 20sec working on an early catch<br/>Set 3: 200m Z1 mix of free and Kick<br/>Don't worry too much about speed on this session, just get used to being in the water and feeling relaxed. Work on technique, especially your catch and body rotation</p> | <p><b>Easy Run 20:</b><br/>Set 1: 20min Z1<br/>Do 5–10 min of light mobility work before commencing your run. Aim to hold a consistent HR and pace so don't go out too hard. You should finish feeling good. 5min stretching to finish.</p>  | <p><b>Day off:</b> Take the day off to recover from your first couple of days. You might not feel as though you need it but the goal is to be consistent and taking recovery before you feel you need it will help this. Do some light stretching or get a massage if you can.</p>                                 | <p><b>Easy Bike 50:</b><br/>Set 1: 5min Z1 @ 90 RPM<br/>Set 2: 5min Z1 @ 80 RPM.<br/>Set 3: 35min Z1 Spinning at 90–95 RPM.<br/>Set 4: 5min Very Easy Can do this on road or turbo. Focus on smooth pedalling. This will help to recover your legs from yesterday's hard run</p>          | <p><b>Tech Swim .8:</b><br/>Set 1: 200m Z1 swim mix of free and back.<br/>Set 2: 3x(25m kick, 50m drill, 75m swim) All Z1+20sec.<br/>Set 3: 150m Pull or Swim Z1.<br/>Work on your recovery and catch at front of stroke.</p>                                       | <p><b>Bike to Run brick:</b><br/><b>Easy Bike 40:</b><br/>Set 1: 5min Z1 @ 90 RPM<br/>Set 2: 5min Z1 @ 80 RPM.<br/>Set 3: 25min Z1 @ 95 RPM<br/>Set 4: 5min Very Easy Straight off the bike and into:<br/><b>Easy Run 20:</b><br/>Set 1: 20min Z1. Keep RPM up when running off bike. Aim for around 93–95 RPM. Remember to Hydrate during the session.</p>                                   | <p><b>Moveable Day off:</b><br/>Take the day off to recover from your week. Ideally on this day but it can be moved if it works better to fit into your week. Do some light stretching or get a massage if you can.</p>  |
| Two  | <p><b>Steady swim 1.3:</b><br/>Set 1: 200m Z1 swim with a little bit of backstroke.<br/>Set 2: 2x50m kick Z1 + 10sec.<br/>Set 3: 4x200m swim or pull Z2 + 20sec.<br/>Set 4: 200m Z1 swim.. Count your strokes on every 3rd 50m of your 200's and aim to reduce the amount of strokes you take in subsequent sessions.</p>                     | <p><b>Long Run 45:</b><br/>Set 1: 45min running in Z1. Keep intensity even throughout the session. This will help to build your base endurance which will support your higher intensity work later on. Keep RPM high throughout and stand tall with good technique. 5–10min of light stretching to finish.</p> | <p><b>Steady Bike 50:</b><br/>Set 1: 6min Z1 95 RPM Repeat the following 3x:<br/>Set 2: 3min Z1 single leg @ 90 RPM swapping legs every 30sec<br/>Set 3: 8min Z2 @ 75 RPM<br/>Set 4: 2min Z1 @ 85 RPM<br/>Finish with:<br/>Set 5: 5min L1 Easy spinning.<br/>Do this session on the Turbo or a set of rollers.</p> | <p><b>Easy Swim 1.4:</b><br/>Set 1: 200m Z1 Free and Back Mix<br/>Set 2: 5x200m Z1 Pull + 20sec working on an early catch<br/>Set 3: 200m Z1 mix of free and Kick<br/>Use this session to loosen the legs from the past couple of days. Relax in the water and work on your technique</p> | <p><b>Build Run 32:</b><br/>Set 1: 15min Z1<br/>Set 2: 8min Z2<br/>Set 3: 4min Z3,<br/>Set 4: 5min Z1<br/>Before the run do 10–15min of core strength exercises. Build your pace throughout the session and maintain your form. Finish with 10min of stretching</p> | <p><b>Long Bike 90:</b><br/>Repeat the following 2x:<br/>Set 1: 35min Z1<br/>Set 2: 10min Z2<br/>Ride on undulating terrain. Don't worry too much if your HR goes into Z2 or even Z3 for short periods during the 45min Z1 over hills. Stay in seat over any hills and pedal smoothly.<br/><b>Easy Run 10:</b><br/>Set1: 10min Z1 Run off the bike. Aim for 30–50 grams of carb per hour.</p> | <p><b>Moveable Day off:</b><br/>Ideally take the day off here but you can move this day off to another day in the week if it fits your schedule better but try not to do back to back hard sessions if you can avoid it. Work on your nutrition, especially your recovery after a hard or long session where you need to take in both carbs and protein within 30min of finishing.</p> |

|       |   |  |  |   |   |   |   |
|-------|---|--|--|---|---|---|---|
| Three | <p><b>Tech Run 30:</b><br/>Set 1: 10min Z1<br/>Repeat the following 6x:<br/>Set 2: 1min Z3<br/>Set 3: 1min Z1<br/>Set 4: 8min Z1<br/>Work on your technique during the pace variation. Maintain a high RPM, stand tall and pick your knees up whether you are running fast or slow.</p> | <p><b>Easy Swim 1.9:</b><br/>Set 1: 200m Z1 Free and Back Mix<br/>Set 2: 5x300m Z1 Pull + 30sec working on an early catch<br/>Set 3: 200m Z1 mix of free and Kick<br/>Slight increase in distance. Continue to focus on technique rather than speed. This session will help to build your aerobic base without taxing your system too much</p> | <p><b>Steady Bike 60:</b><br/>Set 1: 5min Z1 95 RPM<br/>Repeat the following 4x:<br/>Set 2: 3min Z1 single leg @ 90 RPM swapping legs every 30sec<br/>Set 3: 8min Z2 @ 75 RPM<br/>Set 4: 2min Z1 @ 85 RPM<br/>Finish with:<br/>Set 5: 3min L1 Easy spinning.<br/>Do this session on the Turbo or a set of rollers.</p> | <p><b>Option Session:</b><br/>If you are feeling tired take the day off here, otherwise work on your weakest discipline:<br/><b>Easy Run 20 or Easy Bike 50 or Steady Swim 1.3.</b><br/>Work on Technique. Don't worry about speed, just get some extra miles in on your weakest sport.</p>                       | <p><b>Day off:</b> How old are the shoes you are running in? A common cause of injury is running in shoes that have lost their spring or support due to age or use. If your shoes are more than a year old or you have been doing a lot of running in the past 6 months it might be worth getting a new pair.</p> | <p><b>Bike to Run brick:</b><br/><b>Easy Bike 60:</b><br/>Set 1: 5min Z1 @ 90 RPM<br/>Set 2: 5min Z1 @ 80 RPM.<br/>Set 3: 45min Z1 @ 95 RPM<br/>Set 4: 5min Very Easy Straight off the bike and into:<br/><b>Easy Run 30:</b><br/>Set 1: 30min Z1. Keep RPM up when running off bike. Aim for around 93-95 RPM. Remember to Hydrate during the session.</p> | <p><b>Steady OW 40:</b><br/>Swim Open water to start getting used to that environment.<br/>Set 1: 5min Z1<br/>Repeat the following 3x:<br/>Set 2: 8min Z2 breathing bilaterally if you can<br/>Set 3: 2min Recovery<br/>Finish with:<br/>Set 4: 5min Z1 kicking and swimming.<br/>Nice and relaxed and enjoy.</p> |
| Four  | <p><b>Day off:</b><br/>This week is a recovery and testing week. Make the most of some easier sessions and days off to get mentally ready for the next few weeks of hard work.</p>  | <p><b>Tech Swim 1.2:</b><br/>Set 1: 300m Z1 swim mix of free and back.<br/>Set 2: 5x(25m kick, 50m drill, 75m swim) All Z1+20sec.<br/>Set 3: 150m Pull or Swim Z1.<br/>See if you can get a swim coach to have a look at your stroke and give you some tips on your technique.</p>   | <p><b>Day off:</b><br/>Do some light stretching or go to a Yoga class if you can. Get your bike serviced if you haven't had it done for a while.</p>   | <p><b>Test Run 40:</b><br/>Set 1: 5min Z1<br/>Set 2: 3min Z2<br/>Set 3: 2min Z3<br/>Set 4: 5min Z1<br/>Set 5: 3km TT Best effort. Record Time and HR<br/>Set 5: 10min Z1<br/>Run on a flat surface. Try to use the same location for subsequent tests. Don't go out too hard, aim to build through the effort</p> | <p><b>Easy Bike 70:</b><br/>Set 1: 5min Z1 @ 90 RPM<br/>Set 2: 5min Z1 @ 80 RPM.<br/>Set 3: 55min Z1 Spinning at 90-95 RPM.<br/>Set 4: 5min Very Easy Can do this on road or turbo. Focus on smooth pedalling. This will help to recover your legs from yesterday's hard run</p>                                  | <p><b>Test Swim 1.3:</b><br/>Set 1: 300m Z1 swim with a little bit of backstroke.<br/>Set 2: 4x50m + 15sec building each 50m Z1-Z2-Z3-Z4.<br/>Set 3: 50m Z1 Recovery.<br/>Set 4: 400m TT aiming for the best time you can do. Don't go out too hard. Take your time and HR at the end of the swim.<br/>Set 5: 4x25m kick Z2 + 10sec, 150m Z1 swim.</p>      | <p><b>Moveable Day off:</b><br/>Ideally take the day off here but you can move this day off to another day in the week if it fits your schedule better but try not to do back to back hard sessions if you can avoid it.</p>  |

**Phase Two – Progressing Specific Endurance** – This phase builds on your Base phase and introduces more race – specific sessions where you are working at or above race intensity.

| Week | Monday   | Tuesday   | Wednesday   | Thursday   | Friday   | Saturday   | Sunday   |
|------|--|---|---|--|--|--|--|
| Five | <p><b>Steady Swim 2:</b><br/>Set 1: 3x100m Z1 + 10sec. Mix of kick, pull and swim<br/>Set 2: 4x400m Z2 Swim + 30sec.<br/>Set 3: 200m Z1 mix free and back<br/>Pushing your swim totals up a little. Focus on your form as you get tired.</p> | <p><b>Test Bike 60:</b><br/>Set 1: 5min Z1 @ 85 RPM<br/>Set 2: 5min Z2 @ 90 RPM<br/>Set 3: 5min Z3 @ 95 RPM<br/>Set 4: 5min Z1<br/>Set 5: 16km TT best effort. Record Time and HR<br/>Set 5: 10min Z1<br/>Try to use the same location for subsequent tests – Road or Turbo</p> | <p><b>Easy Run 50:</b><br/>Set 1: 50min Z1<br/>Do 5–10 min of light mobility work before commencing your run. Aim to hold a consistent HR and pace so don't go out too hard. You should finish feeling good. 5min stretching to finish.</p> | <p><b>Day off:</b><br/>How comfortable are you on the bike? People spend thousands on buying a bike but then never get it fitted properly. For £100–£200 it's a worthwhile investment. Not only will it help you to be more comfortable and efficient on the bike, it will also help your running because you won't get off the bike as fatigued</p> | <p><b>Easy Swim 1.9:</b><br/>Set 1: 200m Z1 Free and Back Mix<br/>Set 2: 5x300m Z1 Pull + 30sec working on an early catch<br/>Set 3: 200m Z1 mix of free and Kick<br/>Compare times and stroke counts to the same session in Week 3. You should be going faster with the same stroke count or using less strokes for the same speed.</p> | <p><b>Long Bike 150:</b><br/>Repeat the following 2x:<br/>Set 1: 55min Z1<br/>Set 2: 20min Z2<br/>Pushing your long ride out a bit.<br/>Ride on undulating terrain.<br/>Stay in seat over any hills and pedal smoothly.<br/>Cake to finish</p> | <p><b>Long Run 60:</b><br/>Set 1: 60min running in Z1. Keep intensity even throughout the session. Legs might be tired from your long ride the day before so make sure you focus on holding good form. Keep RPM high and stand tall.</p> |

|       |   |  |   |  |  |   |  |
|-------|---|--|---|--|--|---|--|
| Six   | <p><b>Moveable Day off:</b><br/>Update your training diary today if you've not done it for a while. It's good to add comments about how you felt and the conditions when you were training to give a bit more insight into how you are coping with the training</p>                       | <p><b>Tempo Swim 2.2:</b><br/>Set 1: 200m Z1 swim Free and Back<br/>Set 2: 2x50m Z1 Drill + 10sec<br/>Set 3: 4x50m + 15sec building each 50m Z1-Z2-Z3-Z4.<br/>Set 4: 1500 Z3 swim + 30sec<br/>Set 5: 200m Z1 swim Free and Back<br/>Use the 1500m rep to practice your pacing for your race. Visualise yourself swimming in the event.</p>             | <p><b>Easy Run 40:</b><br/>Set 1: 40min Z1<br/>Do 5-10 min of light mobility work before commencing your run. Keep working on your technique, even when running slowly. Don't get sloppy. Pick up knees, stand tall and keep RPM around 93-95</p> | <p><b>Hilly Bike 90:</b><br/>Repeat the following 3x:<br/>Set 1: 20min Z1 @ 90 RPM<br/>Set 2: 10min Z2 @ 75 RPM<br/>Long Ride over hilly terrain. Pedal smoothly over hills. Remember to hydrate and fuel during the ride.</p> | <p><b>Steady swim 2.1:</b><br/>Set 1: 200m Z1 swim with a little bit of backstroke.<br/>Set 2: 2x50m kick Z1 + 10sec.<br/>Set 3: 2x800m swim Z2 + 80sec.<br/>Set 4: 200m Z1 swim. Slightly longer reps to improve endurance. Keep counting strokes every 3rd 50m to check you are holding your form together</p> | <p><b>Bike to Run Brick</b><br/><b>Tempo Bike 80:</b><br/>Set 1: 10min Z1 @ 85 RPM<br/>Set 2: 10min Z2 @ 90 RPM<br/>Set 3: 5min Z3 @ 95 RPM<br/>Set 4: 5min Z1<br/>Set 5: 40min Z3 @ 95 RPM<br/>Set 6: 10min Z1<br/><b>Run off bike</b><br/><b>Tempo Run 30:</b><br/>Set 1: 20min Z3<br/>Set 2 10min Z1<br/>Work on form during your run.</p> | <p><b>Option Session:</b><br/>If you are feeling tired take the day off here, otherwise work on your weakest discipline:<br/><b>Easy Run 20 or Easy Bike 50 or Easy Swim 1.4.</b><br/>Work on Technique. Don't worry about speed, just get some extra miles in on your weakest sport.<br/><b>Congratulations!</b><br/>You're half way through your preparation. Aim to continue being consistent with your training.</p> |
| Seven | <p><b>Easy Swim 1.8:</b><br/>Set 1: 200m Z1 Free and Back Mix<br/>Set 2: 6x200m Z1 Pull + 20sec working on an early catch<br/>Set 3: 200m Z1 mix of free and Kick<br/>Use this session to loosen the legs from the past couple of days. Relax in the water and work on your technique</p> | <p><b>Fartlek Run 50:</b><br/>Set 1: 5min Z1<br/>Set 2: 4min Z2<br/>Set 3: 3min Z3<br/>Set 4: 2min Recovery<br/>Repeat the following 6x:<br/>Set 5: 2min Z3<br/>Set 6: 1min Z1<br/>Set 7: 1min Z4<br/>Set 8: 1min Z1<br/>Then finish with:<br/>Set 7: 6min Z1<br/>Make sure you've got your recovery nutrition in place before you start this one.</p> | <p><b>Moveable Day off:</b><br/>Ideally take the day off here but you can move this day off to another day in the week if it fits your schedule better but try not to do too many back to back hard sessions if you can avoid it.</p>             | <p><b>Hilly Bike 90:</b><br/>Repeat the following 3x:<br/>Set 1: 20min Z1 @ 90 RPM<br/>Set 2: 10min Z2 @ 75 RPM<br/>Long Ride over hilly terrain. Pedal smoothly over hills. Remember to hydrate and fuel during the ride.</p> | <p><b>Tempo Swim 2.1:</b><br/>Set 1: 200m Z1 swim Free and Back<br/>Set 2: 2x50m Z1 Drill + 10sec<br/>Set 3: 4x50m + 15sec building each 50m Z1-Z2-Z3-Z4.<br/>Set 4: 5x300m Z3 swim + 30sec<br/>Set 5: 200m Z1 swim Free and Back<br/>Aim for your target race speed on the 300's.</p>                           | <p><b>Long Run 70:</b><br/>Set 1: 70min running in Z1. Slight increase in the length of your long run. Keep working on your technique. Take a couple of gels with you and take one at 20min and another at 40min to keep energy levels up and to help you recovery faster.</p>  | <p><b>Easy Bike 80:</b><br/>Set 1: 5min Z1 @ 90 RPM<br/>Set 2: 5min Z1 @ 80 RPM.<br/>Set 3: 65min Z1 Spinning at 90-95 RPM.<br/>Set 4: 5min Very Easy Can do this on road or turbo. Focus on smooth pedalling. This will help to recover your legs from yesterday's hard run</p>   |

|              |  |   |  |  |   |   |   |
|--------------|--|---|--|--|---|---|---|
| <p>Eight</p> | <p><b>Day off:</b><br/>This week is a recovery and testing week so take it easy and enjoy some easier session.</p> | <p><b>Moveable Day off:</b><br/>Do some light stretching or get a massage if you can.</p> | <p><b>Easy Run 40:</b><br/>Set 1: 40min Z1<br/>Do 5-10 min of light mobility work before commencing your run.<br/>If legs are sore you could do this session as an aqua jog at the pool.</p> | <p><b>Test Swim 1.3:</b><br/>Set 1: 300m Z1 swim with a little bit of backstroke.<br/>Set 2: 4x50m + 15sec building each 50m Z1-Z2-Z3-Z4.<br/>Set 3: 50m Z1<br/>Recovery.<br/>Set 4: 400m TT aiming for your best time.<br/>Compare with the test in week 2. Control your intensity to start<br/>Set 5: 4x25m kick Z2 + 10sec, 150m Z1 swim.</p> | <p><b>Option Session:</b><br/>If you are feeling tired take the day off here, otherwise work on your weakest discipline:<br/><b>Easy Run 20 or Easy Bike 50 or Easy Swim 1.3.</b><br/>Work on Technique. Don't worry about speed, just get some extra miles in on your weakest sport.</p> | <p><b>Test Bike 60:</b><br/>Set 1: 5min Z1 @ 85 RPM<br/>Set 2: 5min Z2 @ 90 RPM<br/>Set 3: 5min Z3 @ 95 RPM<br/>Set 4: 5min Z1<br/>Set 5: 16km TT best effort. Record Time and HR<br/>Set 5: 10min Z1<br/>Use the same location as your test in week 3.</p> | <p><b>Long Run 60:</b><br/>Set 1: 60min running in Z1.<br/>Remember to keep working on technique - high knees, RPM around 94 and standing tall.</p> |
|--------------|--|---|--|--|---|---|---|



**Phase Three – Race Specific** – Now you have done the bulk of the hard work and the sessions now become shorter but often with higher intensity. This is the time to practice pushing yourself hard like you will in you race and understand how to pace yourself properly.

| Week | Monday   | Tuesday  | Wednesday  | Thursday   | Friday  | Saturday   | Sunday  |
|------|--|--|--|--|---|--|---|
| Nine | <p><b>Tempo Swim 2.2:</b><br/>Set 1: 200m Z1 swim Free and Back<br/>Set 2: 2x50m Z1 Drill + 10sec<br/>Set 3: 4x50m + 15sec building each 50m Z1-Z2-Z3-Z4.<br/>Set 4: 1500 Z3 swim + 30sec<br/>Set 5: 200m Z1 swim Free and Back<br/>Use the 1500m rep to practice your pacing for your race. Visualise yourself swimming in the event.</p> | <p><b>Moveable Day off:</b><br/>Ideally take the day off here but you can move this day off to another day in the week if it fits your schedule better but try not to do too many back to back hard sessions if you can avoid it.</p>  | <p><b>Test Run 40:</b><br/>Set 1: 5min Z1<br/>Set 2: 3min Z2<br/>Set 3: 2min Z3<br/>Set 4: 5min Z1<br/>Set 5: 3km TT Best effort. Record Time and HR<br/>Set 5: 10min Z1<br/>Use the same location as your run test in week 4. Don't go out too hard, pace your effort. Run in the same shoes as you'll race in and don't wear socks if you won't race in them</p> | <p><b>Easy Bike 60:</b><br/>Set 1: 5min Z1 @ 90 RPM<br/>Set 2: 5min Z1 @ 80 RPM.<br/>Repeat the following 5x:<br/>Set 3: 15sec Z5 Spinning at 100-105 RPM.<br/>Set 4: 4min 45sec Z1 @ 90 RPM<br/>Finish with:<br/>Set 4: 5min Z1<br/>The sprints will help to wake your legs up.</p> | <p><b>Tech Swim 1.2:</b><br/>Set 1: 300m Z1 swim mix of free and back.<br/>Set 2: 5x(25m kick, 50m drill, 75m swim) All Z1+20sec.<br/>Set 3: 150m Pull or Swim Z1.<br/>Work on your recovery and catch at front of stroke.</p>  | <p><b>Race Simulation Brick</b><br/><b>Tempo Bike 70:</b><br/>Set 1: 5min Z1 @ 85 RPM<br/>Set 2: 5min Z2 @ 90 RPM<br/>Set 3: 5min Z3 @ 95 RPM<br/>Set 4: 5min Z1<br/>Set 5: 30km Z3 @ 95 RPM<br/><b>Run off bike</b><br/><b>Tempo Run 45:</b><br/>Set 1: 7km Z3<br/>Set 2 10min Z1<br/>Use this session to practice pacing for the race. Use race kit.</p> | <p><b>Easy Run 30:</b><br/>Set 1: 30min Z1<br/>Do 5-10 min of light mobility work before commencing your run. Aim to hold a consistent HR and pace so don't go out too hard. You should finish feeling good. 5min stretching to finish.</p> |
| Ten  | <p><b>Max Swim 1.2:</b><br/>Set 1: 200m Z1 swim with a little bit of backstroke.<br/>Set 2: 2x50m kick Z1 + 10sec.<br/>Set 3: 4x50m as 25m Z5, 25m Z1 + 30sec<br/>Set 4: 100m Z1 swim and kick<br/>Set 5: 400m Z3 swim<br/>Set 6: 200m Z1 swim.</p>  | <p><b>Easy Bike 60:</b><br/>Set 1: 5min Z1 @ 90 RPM<br/>Set 2: 5min Z1 @ 80 RPM.<br/>Repeat the following 5x:<br/>Set 3: 15sec Z5 Spinning at 100-105 RPM.<br/>Set 4: 4min 45sec Z1 @ 90 RPM<br/>Finish with:<br/>Set 4: 5min Z1<br/>Can do this on road or turbo. The sprints will help to wake your legs up.</p> | <p><b>Build Run 40:</b><br/>Set 1: 15min Z1<br/>Set 2: 12min Z2<br/>Set 3: 8min Z3,<br/>Set 4: 5min Z1<br/>Aiming to maintain the same pace as the build run the week before but for slightly longer. Finish with 10min of stretching</p>  | <p><b>Day Off:</b><br/>Enjoy a bit of a sleep in and do some light stretching or Yoga in the evening. Book your bike in to be serviced now so it's not a last minute rush before you race.</p>   | <p><b>Steady swim 2.3:</b><br/>Set 1: 200m Z1 swim with a little bit of backstroke.<br/>Set 2: 2x50m kick Z1 + 10sec.<br/>Set 3: 1800m swim Z2 + 80sec.<br/>Set 4: 200m Z1 swim.<br/>Over distance swim to build confidence in the water. Keep counting strokes every 3rd 50m to check you are holding your form together</p> | <p><b>Long Bike 120:</b><br/>Repeat the following 2x:<br/>Set 1: 45min Z1<br/>Set 2: 15min Z2<br/>Ride on undulating terrain. Don't worry too much if your HR goes into Z2 or even Z3 for short periods during the 45min Z1 over hills.<br/><b>Easy Run 20:</b><br/>Set1: 20min Z1 Run off the bike. Aim for 30-50 grams of carb per hour.</p>             | <p><b>Easy Run 40:</b><br/>Set 1: 40min Z1<br/>Do 5-10 min of light mobility work before commencing your run. If legs are sore you could do this session as an aqua jog at the pool.</p>  |

|        |  |   |   |   |  |  |  |
|--------|--|---|---|---|--|--|--|
| Eleven | <p><b>Easy Swim 1.6:</b><br/>Set 1: 200m Z1 Free and Back Mix<br/>Set 2: 3x400m Z1 Pull + 20sec working on an early catch<br/>Set 3: 200m Z1 mix of free and Kick<br/>Longer reps to prepare for your race. If you're going to be racing in a wetsuit, use it for part or all of this session.</p> | <p><b>Fartlek Run 40:</b><br/>Set 1: 5min Z1<br/>Set 2: 4min Z2<br/>Set 3: 3min Z3<br/>Set 4: 2min Recovery<br/>Repeat the following 4x:<br/>Set 5: 2min Z3<br/>Set 6: 1min Z1<br/>Set 7: 1min Z4<br/>Set 8: 1min Z1<br/>Then finish with:<br/>Set 7: 6min Z1<br/>Don't force the pace, just focus on technique and let the speed come.</p> | <p><b>Option Session:</b><br/>Day off if tired or work on your weakest discipline:<br/><b>Easy Run 30 or Easy Bike 60 or Tech Swim 1.2.</b><br/>Work on Technique. Don't worry about speed, just get some extra miles in on your weakest sport.</p>   | <p><b>Hard Bike 55:</b><br/>Set 1: 5min Z1 @ 85 RPM<br/>Set 2: 5min Z2 @ 90 RPM<br/>Set 3: 5min Z3 @ 95 RPM<br/>Set 4: 5min Z1<br/>Repeat 4x:<br/>Set 5: 3min L4 @ 95 RPM<br/>Set 6: 2min L1 @ 85 RPM<br/>Set 7: 30sec L5 @ 100 RPM<br/>Set 8: 2min L1 @ 85 RPM<br/>Finish with:<br/>Set 7: 5min Z1 @ 90RPM</p> | <p><b>Tempo Swim 1.6:</b><br/>Set 1: 200m Z1 swim Free and Back<br/>Set 2: 2x50m Z1 Drill + 10sec<br/>Set 3: 4x50m + 15sec building each 50m Z1-Z2-Z3-Z4.<br/>Set 4: 800m Z3 swim + 30sec<br/>Set 5: 200m Z1 swim Free and Back<br/>Use the 800m rep to practice your pacing for your race. Visualise yourself swimming in the event.</p>        | <p><b>Short Brick</b><br/><b>Tempo Bike 50:</b><br/>Set 1: 5min Z1 @ 85 RPM<br/>Set 2: 5min Z2 @ 90 RPM<br/>Set 3: 5min Z3 @ 95 RPM<br/>Set 4: 5min Z1<br/>Set 5: 30min Z3 @ 95 RPM<br/><b>Run off bike</b><br/><b>Tempo Run 30:</b><br/>Repeat the following 2x:<br/>Set 1: 10min Z3<br/>Set 2: 5min Z1<br/>Practice pacing and use race equipment</p>                          | <p><b>Day off:</b><br/>Congratulations – All of the hard work is done now. Start to do some visualisation of your race to mentally prepare.</p>  |
| Twelve | <p><b>Max Swim 1.2:</b><br/>Set 1: 200m Z1 swim with a little bit of backstroke.<br/>Set 2: 2x50m kick Z1 + 10sec.<br/>Set 3: 4x50m as 25m Z5, 25m Z1 + 30sec<br/>Set 4: 100m Z1 swim and kick<br/>Set 5: 400m Z3 swim<br/>Set 6: 200m Z1 swim.</p>  | <p><b>Day off:</b><br/>Get a massage here, but only if you have been getting them regularly. Otherwise some light stretching. Write out a timeline from the evening before the race up to race start so you are clear about what you are doing and where you need to be. Refer to the race website or info you have received.</p>           | <p><b>Hard Bike 30:</b><br/>Set 1: 3min Z1 @ 85 RPM<br/>Set 2: 3min Z2 @ 90 RPM<br/>Set 3: 5min Z3 @ 95 RPM<br/>Set 4: 3min Z1<br/>Repeat 2x:<br/>Set 5: 2min L4 @ 95 RPM<br/>Set 6: 1min L1 @ 85 RPM<br/>Set 7: 30sec L5 @ 100 RPM<br/>Set 8: 2min L1 @ 85 RPM<br/>Finish with:<br/>Set 7: 5min Z1 @ 90RPM</p> | <p><b>Day off:</b><br/>Start organising all your race kit and put it in one place or in the bag you will take to the race. Take spares of essential kit like goggles, shoe laces, inner tubes and a tyre.</p>   | <p><b>Pick up Run 20:</b><br/>Set 1: 5min Z1<br/>Repeat the following 5x:<br/>Set 2: 30sec Z4<br/>Set 3: 1.5min Z2<br/>Finish with:<br/>Set 4: 5min Z1<br/>Run on a soft surface in your race shoes if you can. Don't force the pace during your 30sec pick ups. You should be starting to feel pretty good so let the speed come naturally.</p> | <p><b>Easy Swim .8:</b><br/>Set 1: 200m Z1 + 20sec<br/>Set 2: 200m Z2 + 20sec<br/>Set 3: 200m Z3 + 20sec<br/>Set 4: 4x25m Z4 + 20sec<br/>Set 5: 100m Z1 Free and Back<br/><b>Easy bike 20:</b><br/>Set 1: 20min Z2 @ 95RPM<br/>Use the bike ride just to check your gears and brakes to make sure everything is working. Try to do both these in the am and relax in the pm.</p> | <p><b>Race!</b><br/>Get there with plenty of time to spare so you're not rushed and stressed. Use your Garmin as a guide through the event but race on feel as well as what it is telling you. HR can often be higher than normal due to adrenaline. Aim to even or negative split through each leg, just like you have practiced in training. Most of all enjoy yourself!</p> |



## TRI TRAINING PROGRAME 12-WEEK OLYMPIC - BEGINNER



Ben Bright is the Great Britain Men's Olympic Triathlon coach for the 2012 Games. He is also a former Olympic triathlete (Sydney 2000) who has coached World Champion and Olympic triathletes. His business, Triathlon Performance Solutions, provides coaching and training camps for age group athletes who are serious about maximising their potential.

More information on Ben and Triathlon Performance Solutions at  
[www.triathlonperformancesolutions.com](http://www.triathlonperformancesolutions.com)