

## **Triathlon Performance Solutions Presents:**

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

#### **Race distance: Olympic**

#### **Athlete level: Intermediate level with at least two years of Olympic distance racing experience**

#### **Hours Per Week: Seven 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 lifestyle 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 good aerobic base of fitness and has at least two years of experience competing in Olympic distance triathlons. 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 over 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, or swimming in the 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: a 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, and 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. This plan assumes that you already have a good level of Base endurance so this phase is relatively short.

| Week | Monday   | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday  | Sunday   |
|------|--|--|---|--|---|---|--|
| One  | <p><b>Easy Run 40:</b><br/>Set 1: 40min 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>Steady swim 1.8:</b><br/>Set 1: 300m Z1 swim with a little bit of backstroke.<br/>Set 2: 2x50m kick Z1 + 10sec.<br/>Set 3: 6x200m swim or pull Z2 + 20sec.<br/>Set 4: 200m Z1 swim. Don't worry about speed, work on technique and count your strokes on every 3rd 50m of your 200's. Write them down to compare to future sessions.</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</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/>Try doing 'catch up' as your drill and alternate your kicking with and without a board</p>  | <p><b>Option Session:</b><br/>Work on your weakest discipline:<br/><b>Easy Run 40 or Easy Bike 70 or Steady Swim 1.8.</b><br/>Work on Technique. Don't worry about speed, just get some extra miles in on your weakest sport.</p>                                     | <p><b>Bike to Run brick:</b><br/><b>Easy Bike 70:</b><br/>Set 1: 5min Z1 @ 90 RPM<br/>Set 2: 5min Z1 @ 80 RPM.<br/>Set 3: 55min Z1<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>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 1.8:</b><br/>Set 1: 300m Z1 swim with a little bit of backstroke.<br/>Set 2: 2x50m kick Z1 + 10sec.<br/>Set 3: 6x200m 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 swim the same speed as last week taking 1–2 less strokes</p> | <p><b>Long Run 60:</b><br/>Set 1: 60min 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>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.</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>Build Run 50:</b><br/>Set 1: 20min Z1<br/>Set 2: 15min Z2<br/>Set 3: 10min 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 150:</b><br/>Repeat the following 2x:<br/>Set 1: 55min Z1<br/>Set 2: 20min 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 20:</b><br/>Set 1: 20min Z1 Run off the bike. Aim for 30–50 grams of carb per hour.</p> | <p><b>Steady Bike 50:</b><br/>Set 1: 5min Z1 95 RPM<br/>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> |

**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  |
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| Three | <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: 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>Tech Run 36:</b><br/>Set 1: 10min Z1<br/>Repeat the following 6x:<br/>Set 2: 2min Z3<br/>Set 3: 1min Z1<br/>Finish with:<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>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>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)<br/>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>Moveable Day off:</b><br/>Take the day off to recover. 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> | <p><b>Build Run 50:</b><br/>Set 1: 20min Z1<br/>Set 2: 15min Z2<br/>Set 3: 10min 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>Long Bike 150:</b><br/>Repeat the following 2x:<br/>Set 1: 55min Z1<br/>Set 2: 20min Z2<br/>Long Easy to Steady ride on flat to undulating terrain. Focus on keeping cadence around 90-95 and being efficient. Remember to eat and drink during the ride and ride with a group of friends if you can.</p> |

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| Four | <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>Hard Bike 80:</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 the following 5x:<br/>Set 5: 5min L4 @ 95 RPM<br/>Set 6: 5min L1 @ 85 RPM<br/>Finish with:<br/>Set 7: 10min Z1 @ 90RPM</p> | <p><b>Option Session:</b><br/>Work on your weakest discipline:<br/><b>Easy Run 40 or Easy Bike 70 or Steady Swim 1.8.</b><br/>Work on Technique. Don't worry about speed, just get some extra miles in on your weakest sport.</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>Steady Swim 2.1:</b><br/>Set 1: 3x100m Z1 + 10sec. Mix of kick, pull and swim<br/>Set 2: 15x100m Z2 + 10sec. Do the first 5 pull and the last 10 swim<br/>Set 3: 300m Z1 mix free and back<br/>Work on your stroke during the pull and then maintain form when you introduce your kick.</p>  | <p><b>Bike to Run Brick 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: 40min Z3 @ 95 RPM<br/><b>Run off bike Tempo Run 30:</b><br/>Set 1: 20min Z3<br/>Set 2 10min Z1<br/>Work on form during your run.</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> |
| Five | <p><b>Tempo Swim 2.5:</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: 6x300m 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>Easy Run 40:</b><br/>After 5-10 min of light mobility work run in Z1 Heart Rate for 40 min. 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>Steady Swim 2.4:</b><br/>Set 1: 3x100m Z1 + 10sec. Mix of kick, pull and swim<br/>Set 2: 6x300m Z2 + 30sec. Do the first 2 pull and the last 2 swim<br/>Set 3: 300m Z1 mix free and back<br/>Aim to hold the same speeds relative to the Steady Swim 2.1 session</p> | <p><b>Day off:</b><br/>How comfortable are you on the bike? Many 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>Hard Run 50:</b><br/>Set 1: 5min Z1<br/>Set 2: 5min Z2<br/>Set 3: 5min Z3<br/>Set 4: 2min Recovery<br/>Repeat the following 3x:<br/>Set 5: 6min Z4<br/>Set 6: 2min Recovery<br/>Then finish with:<br/>Set 7: 9min Z1<br/>Aim to be as fast on your third rep as your first. Keep cadence high even when tiring and remember your recovery nutrition.</p> | <p><b>Hilly Bike 150:</b><br/>Repeat the following 3x:<br/>Set 1: 30min Z1 @ 90 RPM<br/>Set 2: 20min 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 OW 40:</b><br/>Swim Open water to start getting used to that environment again.<br/>Set 1: 5min Z1<br/>Repeat the following 3x:<br/>Set 2: 8min Z2<br/>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>  |

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| Six   | <p><b>Day Off:</b><br/> <b>Recovery Week.</b><br/>         Massage or light stretching session – focus on the big muscles: Glutes, Quads, and Hamstrings.</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>Easy Run 50:</b><br/>         Set 1: 50min 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>Day Off:</b><br/>         Enjoy a bit of a sleep in and do some light stretching or Yoga in the evening</p>  | <p><b>Option Session:</b><br/>         Work on your weakest discipline:<br/> <b>Easy Run 40 or Easy Bike 70 or Steady Swim 1.8.</b><br/>         Work on Technique. Don't worry about speed, just get some extra miles in on your weakest sport.</p>   | <p><b>Bike to Run Brick</b><br/> <b>Tempo Bike 80:</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: 50min 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>Long Run 80:</b><br/>         Set 1: 80min 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.<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 2.4:</b><br/>         Set 1: 200m Z1 Free and Back Mix<br/>         Set 2: 10x200m 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>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<br/>         Can do this on road or turbo. Focus on smooth pedalling</p>  | <p><b>Tempo Swim 2.5:</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: 6x300m 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>Hilly Bike 150:</b><br/>         Repeat the following 3x:<br/>         Set 1: 30min Z1 @ 90 RPM<br/>         Set 2: 20min Z2 @ 75 RPM<br/>         Stay in the seat over the hills and practice pedalling a full circle, so no 'dead spots'.</p> | <p><b>Long Run 80:</b><br/>         Set 1: 80min 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>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>   |

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| Eight | <p><b>Steady swim 2.5:</b><br/>Set 1: 200m Z1 swim with a little bit of backstroke.<br/>Set 2: 2x50m kick Z1 + 10sec.<br/>Set 3: 2x1000m swim Z2 + 50sec.<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>Steady Bike 70:</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: 10min 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>Build Run 50:</b><br/>Set 1: 20min Z1<br/>Set 2: 15min Z2<br/>Set 3: 10min Z3,<br/>Set 4: 5min Z1<br/>Use the same course as you did in week 3 and compare. You should see an increase in distance run for the same effort.</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. Have you thought about what equipment you are going to use in your race? Now is a good time to start getting organised so you can practise using it in training.</p> | <p><b>Tempo Bike 90:</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 the following 5x:<br/>Set 5: 10min L3 @ 95 RPM<br/>Set 6: 2min L1 @ 85 RPM<br/>Then finish with:<br/>Set 7: 10min Z1 @ 90RPM</p>  | <p><b>Steady OW 45:</b><br/>Set 1: 5min Z1<br/>Set 2: 1800m Z2<br/>Finish with:<br/>Set 4: 10min Z1 kicking and swimming.<br/>Use the goggles and wetsuit that you intend to race in. Practice taking your wetsuit off quickly at the end of the session (make sure you've got something on underneath)</p> | <p><b>Steady Run 70:</b><br/>Set 1: 70min running in Z2. Slight increase in intensity, getting used to pushing at a higher intensity for longer. Keep RPM high throughout and stand tall with good technique. 5-10min of light stretching to finish.</p>    |
| Nine  | <p><b>Moveable Day off:</b><br/>This week is a recovery and testing week so take it easy and enjoy some easier session.</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>  | <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 your best time. 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>Easy Bike 60:</b><br/>Set 1: 5min Z1 @ 90 RPM<br/>Set 2: 5min Z1 @ 80 RPM.<br/>Repeat the following 8x:<br/>Set 3: 15sec Z5 Spinning at 100-105 RPM.<br/>Set 4: 4min 45sec Z1 @ 90 RPM<br/>Finish with:<br/>Set 4: 10min Z1<br/>The sprints will help to wake your legs up.</p>  | <p><b>Build Swim 2.4:</b><br/>Set 1: 3x100m Z1 + 10sec. Mix of kick, pull and swim<br/>Set 2: 800m Z2 swim + 60sec.<br/>Set 3: 600m Z3 swim + 40sec<br/>Set 4: 400m Z4<br/>Set 5: 300m Z1 mix free and back<br/>Hold your technique together as you increase your speed. Remember to relax your arm during the recovery phase.</p> | <p><b>Option Session:</b><br/>Work on your weakest discipline:<br/><b>Easy Run 40 or Easy Bike 70 or Steady Swim 1.8.</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> |



**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  |
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| Ten  | <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>Easy Bike 60:</b><br/>Set 1: 5min Z1 @ 90 RPM<br/>Set 2: 5min Z1 @ 80 RPM.<br/>Repeat the following 8x:<br/>Set 3: 15sec Z5 Spinning at 100-105 RPM.<br/>Set 4: 4min 45sec Z1 @ 90 RPM<br/>Finish with:<br/>Set 4: 10min Z1<br/>Can do this on road or turbo. The sprints will help to wake your legs up.</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>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 your race.</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: 1500m 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>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>Option Session:</b><br/>If you are still feeling tired take another day off here, otherwise work on your weakest discipline:<br/><b>Easy Run 40 or Easy Bike 70 or Steady Swim 1.8.</b><br/>Work on Technique. Don't worry about speed, just get some extra miles in on your weakest sport.</p> |

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| <p>Eleven</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/> Don't force the speed. Focus on your technique and it will come naturally</p> | <p><b>Easy Swim 2:</b><br/> Set 1: 200m Z1 Free and Back Mix<br/> Set 2: 4x400m 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>Option Session:</b><br/> Work on your weakest discipline:<br/> <b>Easy Run 40 or Easy Bike 70 or Steady Swim 1.8.</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 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: 1500m 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>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 the hard work is done now. Start to do some visualisation of your race to mentally prepare.</p> |
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| <p>Twelve</p> | <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 to check gears and brakes are working properly. Do both sessions 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> |
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## TRI TRAINING PROGRAME 12-WEEK OLYMPIC - INTERMEDIATE



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.

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