TRAININGZONE

Short and speedy

SPRINT TRIATHLON

WHETHER YOU'RE A NEWBIE OR SEASONED SPRINTER, GO FOR GOLD WITH OUR PLANS



Doug coaches novices and top age-groupers. He studied sport at the University of Bath

A SHORT, sharp sprint can be a great end to the race season and with our help you can achieve a speedier PB than you've ever dreamed of.

The Get Round plan is designed to be a guide to the bare minimum amount of training you'll need under your belt for sprint distance racing. It incorporates two rest days per week in order to ensure that there is enough recovery from the sessions that you'll be able to complete each week consistently. Although you may be racing a poolbased triathlon, the programme has included some open-water sessions, this will be a good chance to practise open water without the pressure of racing, for the inevitable time you decided to dip your toe into racing outdoors.

The Race Hard plan is designed for you if you've completed a few sprint distance races and perhaps needs a little bit of structure to take your

performance up a level. Or you may be new to triathlon, but have an athletic history in single sport competition. This plan focuses on quality over quantity, which for a sprint distance is extremely important. One day off training per week ensures an appropriate level of recovery from training.

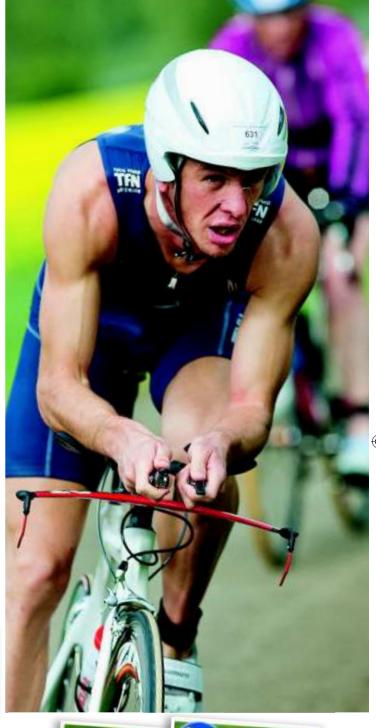
Both plans feature the traditional three-week build, one-week recovery cycle, gradually building you up to completing more and more each week. These progressions occur both in terms of training volume (hours completed) and intensity (how hard the training is).

Both plans feature a seven to 10 day taper leading into the race in order to bring you to the startline as fresh and as prepared as possible.

Be sure to check out the Key before you start, so you know what any abbreviations mean in advance. Try to judge your intensity either by perceived effort, heart-rate, speed or power output.

Are you ready to train?

- 1 Can you ride for at least 45 mins?
- 2 Can you run at least 30 mins?
- 3 Can you swim at least 400m?



How it works

Get your guide ready to go



Photos Nigel Farrow Illustrations Phil Nic

Cut out the guide following the dotted outline



Fold the guide in quarters using the fold guides

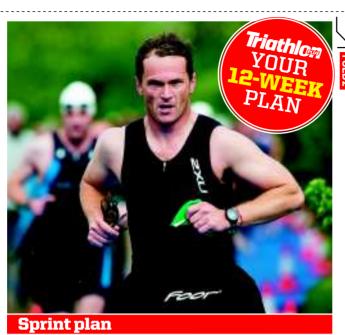


Now carry it with you for reference while training



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THE PLAN GET ROUND



FOLLOW OUR GUIDE TO RACE YOUR FIRST SPRINT TRIATHLON

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WEEK 02 WEEK 01

Type Swim Time 40mins approx Instructions Warmup; 300mchoice swimming Main set; 2x [4 x 50m + 15 secs rest]. Build effort on each set from BE to RT effort over reps 1-4. Take 60 secs extra rest between sets. Warmdown; 200mchoice swimming

Type Swim Time 40mins approx Instructions Warm up 300 measy. Main set5x100m+30 secs restas50 matrace pace/50 measy. Warm down; 200 mchoice swimming

>%

REST DAY

REST DAY

Type Lycte Time 4511115
Instructions IOminseasyspinning.
5x5minhill repsattempoeffort. Alternate between seated and standing. Use the downhill for recovery. 5minseasy spinning

Type Cycle Time 45mins Instructions 10mins easy

TypeCycle Time 45mins Instructions Warmup;10minseasy spinning Mainset; 3x(BminsatLTeffort/Zminseasy spinning). Tryto keepHR even within 10bpm. Warmdown;5minseasy within 10bpm. Warmdown;5minseasy

Type Run Time 30mins Instructions 30mins on hilly terrain. Run at BE effort on the flat, and increase effort to Tempo on any incline. Concentrate on reducing your HR as quickly as possible once at the top of the hill

Type Run Time 30 mins Instructions 30 mins at BE effort, maintain good running form throughout, run off-road if possible to reduce impact

REST DAY REST DAY

AMType Swim Time 35 minsapprox Instructions 300 measy. 10x50 mas 25 m single arm / 25 m swim. 200 measy.

PMType Run Time 35 minsapprox 10 minsipg. 12x400 m + 45 secs rest as 3 repsat RP/Irepeasy. 5 minsipg

Type Cycle Time 1hour Instructions 60 mins steady state riding at BE effort throughout Type Swim Time 35 mins approx Instructions Head to a local swimming lake, river or beach and swim up to 1,000m continuous front crawlinyour wetsuit

Type Bricksession Time 1 hour 30 Instructions Cycle; I0mins easy, 3x[10mins atrace pace/5mins easy spinning]. Run off bike; 20mins as [10mins atrace paceeffort/10mins easy jogging] Warmdown; 10mins easy jog

TRAINING NOTES

 $\label{plankey:bebase} \textbf{PLANKEY: BEBase Endurance steady effort, sustainable for several hours 75\% of MAX effort \textbf{TE} Tempo-Uncomfortable effort but still controllable 80\% of MAX effort. \textbf{LTL} actate Threshold-the point your body starts producing lactate acid 85\% of MAX effort. \textbf{RT} Race Tempo Your race pace effort sustainable for 60 mins \textbf{MAX} and \textbf{MAX} are the producing lactate acid 85\% of MAX effort. \textbf{RT} Race Tempo Your race pace effort sustainable for 60 mins \textbf{MAX} and \textbf{MAX} are the producing lactate acid 85\% of MAX effort. \textbf{RT} Race Tempo Your race pace effort sustainable for 60 mins \textbf{MAX} and \textbf{MAX} are the producing lactate acid \textbf{MAX} and \textbf{MAX} are the producing lactate acid \textbf{MAX} and \textbf{MAX} are the producing lactate acid \textbf{MAX} are the producing lactate acid \textbf{MAX} and \textbf{MAX} are the producing lactate acid \textbf{MAX} and \textbf{MAX} are the producing lactate acid \textbf{MAX} are the producing lactate acid \textbf{MAX} are the producing lactate acid \textbf{MAX} and \textbf{MAX} are the producing lactate acid \textbf{MAX} and \textbf{MAX} are the producing lactate acid \textbf{MAX} are the producing lactate acid \textbf{MAX} and \textbf{MAX} are the producing lactate acid \textbf{MAX} are the producin$ 95% of MAX effort. MAX Maximal efforts ustainable for only a short period of time. RP Your desired speed/effort for a sprint triathlon. Over gearing Cycling with a low cadence, less than 75 pedal revolutions per minute. Under gearing/spinning Cycling with a high cadence, more than 80 pedal revolutions per minute. Drill any swimming drill of your choice, e.g. one arm

WEEK 03

Type Swim Time 40mins approx Instructions 200measy. 4x200m + 60secsrest. Swimthe first and last 50m of each repatrace pace. 200measy

Instructions Warmup; 300measy. Main set; 10x50mas [25mdrill/25m swim] + 15secs rest. Warm down; 200m

REST DAY

TypeCycle Time 40 mins Instructions Warm up; 10mins easy spinning Mainset; 2 x15mins at race pace effort throughout. Take a few mins easy spinning between efforts. Warm down; 5 mins easy

Type Run Time 30mins Instructions 30mins broken down as 3x [9mins at BE effort/1min accelerating pace and effort to MAX]

Type Cycle Time 45 mins Instructions Easy; 45 mins recovery spin at BE effort. Maintain a high cadence of 90 rpm +

REST DAY

Instructions Easy; up to 30mins steady jogging keeping effort to BE throughout

REST DAY

AM Type Swim Time 35 mins approx Instructions 300 measy.10 x 50 m + 15 secs rest as 25 m soulling / 25 m swim. 200 measy PM Type Run Time 30 mins approx 10 mins jog. 2x 6 m in hill repsat LT effort, jog downhill recovery. 5mins easy jog

AM Type Cycle Time 1 hour Instructions 1 hour on hilly terrain. Ride at BE effort on the flat(ish) sections, increase effort to tempo on any incline. Use gears to keep cadence around 90 rpm

REST DAY

Type Swim Time 35 minsapprox Instructions Optional; 400mswim, 300m pull, 200mkick, 100mswim+15 secs rest

MType Cycle Time 1hour **Instructions** 60mins easy spinning at BE effort. Pick an interesting route and stop

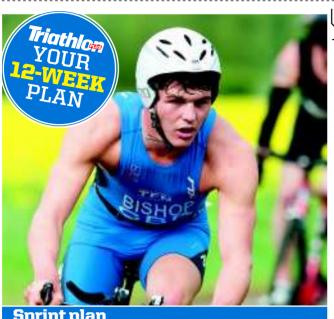
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TRAININGZONE

GET ROUND PLAN WEEK 06 WEEK 07 WEEK 08 WEEK 05 Type Swim Time 50mins approx Instructions 300measy.10x50m+15secsre build effortfrom reps I-10,2mins rest. 8x50m 15secsrestbuildreps I-8,2mins rest. 6x50m+15secs, buildreps I-6,2mins rest. 4x50m+15secs, buildreps I-4,2mins rest 2x50m+15secs restatrace pace.200measy Type Swim Time 50mins approx Instructions 300measy.5x200m+ 45secsrest.10x50m+20secsrestas [openwaterstart/25mMAX/25measy.] 200measy Type Swim Time 50mins approx Instructions Warmup; 300measy.10x 100m+30secsrestalternating [100matRace pace/100msteadyswimming].200measy st.8x50m+ Instructions 300m choice swimming.10 x 50mas [25mdrill/25mswim] + 15secs rest. Warmdown; 200m choice swimming **REST DAY** REST DAY **REST DAY REST DAY** TypeCycle Time 45 mins Instructions Warm up; 10 mins easy spinning Mainset; 54 xmin hill reps. Alternating tempo effort/LT effort. Freewheel downhill for recovery. Warm down; 5 minseasy spinning Type Cycle Time I hour Instructions 5 mins easy spin. Mainset; 2 x 20mins atrace pace + 3 mins easy spin rests. 1st rep - overgearing, cadence less than 80 rpm 2ndrep - undergearing, cadence more than 95 rpm. Warm down; 5 mins easy spinning Type Cycle Time I hour Instructions Warmup; 10minseasy spinning Mainset; 2x[15minsatLT effort/5minseasy spinning] Warmdown; 10minseasy spinning Type Cycle Time 45mins Instructions Easy; 45mins recovery spin at BE effort. Maintain a high cadence of 90rpm + throughout Type Run Time 45mins Instructions 45mins on hilly terrain. Run at BE effort on the flat, and increase effort to tempo on any incline. Concentrate on reducing your HR as quickly as possible once at the top of the hill Type Run Time 45mins Instructions 45mins at BE effort, maintain good running form throughout, run offroad if possible to reduce impact Type Run Time 45mins Instructions 45minsbrokendownas 3x [12minsat BE effort/3min accelerating pace and effort to MAX] Type Run Time 30mins Instructions Easy; Up to 30mins steady jogging keeping effort to BE throughout **REST DAY** REST DAY **REST DAY REST DAY** AMType Swim Time 35 mins approx Instructions 300 measy.10 x50 m +15 secs restas [25m sightingevery 6-8 strokes/25m swim,]200 measy. PM Type Run Time 40 mins approx 10 minsjog.12 x400 m +45 secs restalternate1 repatLT effort/1rep@RT AMType Swim Time 30 mins approx Instructions Optional; 400mswim, 300m pull, 200mkick, 100mswim+15secsrest betweenreps Type Swim Time 35 mins approx Instructions Head to a local swimming lake, river or beach and swim up to 1,000 m continuous front crawl in your wetsuit 58 AMTypeBrick session Time 1h30 mins Instructions Cycle; Warmup; 10 mins easy spinning, Mainset; 3x [10 mins atrace pace effort/5 mins easy spinning]. Run off bike; 20 mins as [15 mins at Race pace effort/5 mins easy jogging] Warm down; 10 mins easy AM Type Cycle Time I hour Instructions I hour on hilly terrain. Rideat BE effort on the flat(ish) sections, increase effort to tempo on any incline. Use gears to keep cadence around 90 rpm. AM Type Cycle Time 1 hour Instructions Easy; 1 hour easy spinning at BE effort. Pick an interesting route and stop by a **Type**Cycle **Time** I hour **Instructions** I hour steady state riding at BE effortthroughout WEEK 09 **WEEK 10** WEEK 11 WEEK **12** Type Swim Time 50mins approx Instructions Warm up; 300-500m. Main set; 400mor 750matdesiredrace pace, complete open water if possible. Warm down; 200mchoice swimming, practice taking your wetsuit off Type Swim Time 50mins approx Instructions 300measy. 3x500m+60secs as[100mracepace/300msteadystate/ 100mracepace] Warmdown; 200mchoice **REST DAY** Type Swim Time 15 mins Instructions Up to 500m choice swimming. Keepit easy and clearyou head about the weekend REST DAY **REST DAY REST DAY** Type Cycle Time 50 mins approx Instructions Warmup; 10 mins easy spinning Main set; 3x [10 mins a trace pace effort / 5 mins above race pace effort] Take a few mins easy spinning between efforts. Warmdown; 5 mins easy spinning Type Cycle Time I hour Instructions I Dmins easy spinning Mainset; 45mins as 2mins @RT effort/Imin easy spinning Warmdown; 5mins easy Type Cycle Time 45 mins Instructions Easy; 45 mins recovery spin at BE effort. Maintain a high cadence of 90 rpm **Type** Cycle **Time** 30 mins **Instructions Easy;** spinning on the bike to keep the blood flowing before the weekend Type Run Time 1 hour Instructions 1 hour at BE effort, maintain Type Run Time 45mins Instructions 45mins on hilly terrain. Run @ BE effort on the flat, and increase effort to Type Run Time 30mins Instructions Easy; Up to 30mins steady jogging, keeping effort to BE throughout good running form throughout, run offroad if possible to reduce impact. This is an over Type Run Time 15 mins tempo on any incline. Concentrate on reducing your HR as quickly as possible once at the top of the hill 15 Easy 15mins jog distance run, so only run as far as you can maintainquality E **REST DAY REST DAY REST DAY REST DAY** AM Type Swim Time 35 minsapprox 300 measy.10 x50 m +15 secs restas [25 m sighting every 6-8 strokes / 25 mswim]. 200 m easy. PM Type Run Time 35 mins. 10 mins jog. 4 x 400 m +45 secs rest. Build pace over reps 1-4.5 mins jog. 800 matrace pace. 5 mins jog **Type** Swim **Time** 35 mins approx Head to a local swimming lake and swim up to 1,000m continuous front crawl in your wetsuit. **Type** Swim **Time** 35 mins approx **Optional;** 400 mswim, 300 mpull, 200 m kick, 100 mswim + 15 secs rest between reps Type Brick Time 20 mins Instructions Easy spin on bike to check it over Sat Sat before race day Instructions Cycle; Warmup; 10minseasy spinning, Mainset; 3x[10minsatracepace effort/5minseasy spinning] Run offbike; 20minsatracepaceeffort Warmdown; Type Cycle Time 1hour Type Cycle Time 1 hour Instructions 1 hour steady state riding at BE Instructions Easy; 1 hour easy spinning at BE effort. Pickan interesting route and stop by a RACEDAY 7 effortthroughout 5mins easy jogging

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THE PLAN RACE HARD



Sprint plan

SPEED UP YOUR SPRINT WITH OUR **GET FASTER PLAN**

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Sum

 $\label{plankey:bebase} \textbf{PLANKEY: BE} \ Base \ Endurance steady effort, sustainable for several hours 75\% of MAX effort \ \textbf{TE} \ Tempo \ Uncomfortable \ effort \ but still \ controllable \ 80\% \ of \ MAX effort. \ LT \ Lactate \ Threshold- the point your body \ MAX effort. \ LT \ Lactate \ Threshold- the point your body \ MAX effort. \ LT \ Lactate \ Threshold- the point your body \ MAX effort. \ LT \ Lactate \ Threshold- the point your body \ MAX effort. \ LT \ Lactate \ Threshold- the point your body \ MAX effort. \ LT \ Lactate \ Threshold- the point your body \ MAX effort. \ LT \ Lactate \ Threshold- the point your body \ MAX effort. \ LT \ Lactate \ Threshold- the point your body \ MAX effort. \ LT \ Lactate \ Threshold- the point your body \ MAX effort. \ LT \ Lactate \ Threshold- the point your body \ MAX effort. \ LT \ Lactate \ Threshold- the point your body \ MAX effort. \ LT \ Lactate \ Threshold- the point your body \ MAX effort. \ LT \ Lactate \ Threshold- the point your body \ MAX effort. \ LT \ Lactate \ Threshold- the point your body \ MAX effort. \ LT \ Lactate \ Threshold- the point your body \ MAX effort. \ LT \ Lactate \ Threshold- the point your body \ MAX effort. \ LT \ Lactate \ Threshold- the point your body \ MAX effort. \ MAX effort. \ MAX effort \ MAX effort. \ MAX effort \ MAX effort \ MAX effort. \ MAX effort \ MAX effort. \ MAX effort \ MAX$ starts producing lactate acid 85% of MAX effort. RT Race Tempo Your race pace effort sustainable for 60 mins Str. of MAX effort. MAX Maximal effort sustainable for only a short period of time. RP Your desired speed/ effort for a sprint triathlon. Over gearing Cycling with a low cadence, less than 75 pedal revolutions per minute. Under gearing/spinning Cycling with a high cadence, more than 80 pedal revolutions per minute Drill any swimming drill of your choice, e.g. one arm

WEEK **01**

Type Swim Time 40mins approx Instructions Warm up; 300m easy. Main set; 4x[4x50m + 15secs rest]. Buildeffort oneach set from BE to RTeffort over reps 1-4. Take 60secs rest between sets. 300m

Type Your choice **Time** 1 hour approx **Instructions** Optional swim, bike or run for up to 1 hour at BE effort

Type Cycle Time 55mins Instructions Warm up;10mins easy spinning Mainset;3x[10minsatLT effort/5mins easy spinning] tryok leep HR even within 10bpm. Warmdown;5mins easy spinning

Type Run Time 30mins Instructions 30mins on hilly terrain. Runat BE effort on the flat, and increase effort to tempo on any incline. Concentrate on reducing your HR as quickly as possible once at the top of the hill

REST DAY

AMType Swim Time 35 mins approx Instructions 300 measy swim.10x50 mas 25 m single arm drill /25 m swim. 200 measy AMType Run Time 1 hour approx 10 minsjog. 20x400 m + 45 secs rest as 3 repsatrace pace / Irepeasy jog.5 minsjog

Type Cycle **Time** 1 hour **Instructions** 1 hour steady state riding at BEeffortthroughout

WEEK 02

Type Swim Time 40mins approx Instructions Warmup; 300m choice swim, Mainset; 5x 200m + 60 secs rest. Swim the first and last 50m of each rep atrace pace. Warm down; 200m choice swimming

Type Your choice **Time** 1 hour approx Instructions Optional swim, bike or run for up to 1 hour at BE effort

Type Cycle Time 55mins
Instructions Warmup; 10mins easy
spinning, Mainset; 7.x5min hill repsat TE.
Alternate between seated and standing. Use
the downhill for recovery. Warm down; 5mins
easy spinning

Type Run Time 30mins Instructions 30mins at BE effort, maintain good running form throughout, run offroad if possible to reduce impact

REST DAY

Type Swim Time 35 mins approx Instructions Head to a local swimming lake, river or beach and swim up to 1,000m continuous front crawl in your wetsuit

TypeBricksession Time I hour IO Instructions Cycle; IOminseasy.3x[IOmins atracepace/5minseasy spinning. Runoffbike; 20minsas [IOmins atrace pace effort/IOminseasy]

WEEK 03

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TRAINING NOTES

Instructions Warmup 300m.Mainset;5 x200m+60secsrest. Swimthe first and last50moreach repatrace pace. Warm down;200measy

Type Your choice **Time** 1 hour approx **Instructions** Optional swim, bikeorrun for up to 60 mins at BE effort

TypeCycle Time I hour Instructions Warmup; 10mins easy spinning Main set; 3x I 5mins at race pace effort throughout. Take a few mins easy spinning between efforts. Warmdown; 5mins easy spinning

Type Run Time 30mins Instructions 30mins broken down as 3x [9mins at BE effort/Imin accelerating pace and effort to MAX]

REST DAY

AMType Swim Time 35 minsapprox Instructions 300 measy. 10 x 50 m +15 secs restas 25 m drill / 25 m swim. 200 measy PMType Run Time 45 minsapprox 10 minsiog. 4 x 6 min hiltreps at LT effort, jog downhilt recovery. 5 minseasy jog

AM Type Cycle Time I hour Instructions I hour on hilly terrain. Ride at BE effort on the flat(ish) sections, increase effort to tempo on any incline. Usegears to keep cadence around 90 rpm

Instructions Warmup; 300mchoice swimming.Mainset; 10x50mas [25mdrill /25mswim] + 15secs rest. Warmdown; 200measy

Type Your choice Time 1 hour approx Instructions Optional swim, bike or run for up to 1 hour at BE effort

Type Cycle Time 45 mins Instructions Easy; 45 mins recovery spin at BE effort. Maintain a high cadence of 90 rpm

Type Run Time 30mins Instructions Easy; up to 30 mins steady jogging keeping effort to BE throughout

REST DAY

Type Swim Time 35 minsapprox Instructions Optional; 400m swim, 300m pull, 200m kick, 100m swim+15 secs rest between reps

AM Type Cycle Time 1 hour Instructions 1 hour easy spinning at BE effort. Pick an interesting route and stop by a good café

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TRAININGZONE

TRAIN HARD PLAN WEEK 06 WEEK 07 WEEK 05 WEEK 08 Type Swim Time 50mins approx Instructions Warmup; 300mchoice swimming Main set; 10x100m+30secs restalternating [100m atrace pace/100m steady swimming] Warmdown; 200m Type Swim Time 50mins approx Instructions 300measy, 5x200m+45secs rest Sprintset; 10x50m+20secsrestas [openwaterstart/25mMAX/25measy]. Type Swim Time 50mins approx Instructions Warm up; 300m choice swimming Main set; 10x50mas [25mdrill/ 25mswim] + 15secsrest. Warm down; 200m Mon rest, build effortfromerps1-10.8x50m+15secs, build effortfromerps1-10.8x50m+15secs, build reps1-6.4x50m+15secs, build reps1-6.4x50m+15secs rest, build reps1-4.2x50m+15secs restatrace pace.200measy Tue Type Your choice Time 1 hour Instructions Optional swim, bike or run for up to 1 hour at BE effort Type Your choice Time I hour Instructions Optional swim, bike or run forupto I hour at BE effort **Type** Your choice **Time** 1 hour **Instructions** Optional swim, bike or run for up to 1 hour at BE effort **Type** Your choice **Time** 1 hour **Instructions** Optional swim, bike or run for up to 1 hour BE effort Type Cycle Time I hour Instructions Warmup; 10mins easy spinning Main set; 8 x 4min hill reps. Alternating tempo effort/LTeffort. Freewheel downhill for recovery. Warm down; 5mins easy spinning Type Cycle Time 1 hour Wed Type Cycle Time I hour Instructions 5 mins easy spin. Mainset; 2 x 20mins atrace pace + 3 mins easy spin rests. 1strep – Overgearing, cadence less than 80 rpm 2nd rep – Undergearing, cadence more than 95 rpm. Warm down; 5 mins easy TypeCycle Time1hour Instructions Warmup;10minseasyspinning Mainset;2x[15minsatLT effort/5minseasy spinning] Warmdown;10minseasyspinning Wed Type Cycle Time 45mins Instructions Easy; 45mins recovery spin at BE effort. Maintain a high cadence of 90rpm Type Run Time 30mins Instructions 45mins on hilly terrain. Run at BE effort on the flat, and increase effort to tempo on any incline. Concentrate on reducing your HR as quickly as possible once at the top of the hill Thur Type Run Time 45mins Instructions 45mins at BE effort, maintain goodrunning form throughout, run offroad if possible to reduce impact Type Run Time 45mins Instructions 45mins broken down as 3x [12mins at BE effort/3min accelerating pace and effort to MAX] Type Run Time 30mins Instructions Easy; Up to 30mins steady jogging keeping effort to BE throughout E E **REST DAY REST DAY REST DAY REST DAY** AM Type Swim Time 35 mins approx 300 measy. 10 x 50 m + 15 secs rest as [25 m Sighting every 6 * 8 strokes / 25 m swim]. 200 m easy. PM Type Run Time I hour approx Warm up: 10 mins jog. 20 x 400 m + 45 secs rest atternating I repatLT effort/I repatRT effort. 5 mins jog AM Type Swim Time 35 minsapprox 300measy. 10x50m + 15secs restas 25m singlearmdril/ 25m swim. 200measy PM Type Run Time I hour approx Warmup I Omins jog. 3x5 mins at tempo. Warmup Omins jog. 3x5 mins at tempo. Warmdown; 5 mins easy jogging Type Swim Time 35 mins approx Instructions Head to a local swimming lake, river or beach and swim up to 1,000 m continuous front crawlin your wetsuit AM Type Swim Time 30 minsapprox Instructions Optional; 400mswim, 300m pull, 200m kick, 100mswim + 15secs rest between reps Sat Sat AMType Brick session Time 1 hour 5mins Instructions Cycle: Warmup; 10minseasy spinning, Main set; 3x [10mins at race pace effort; 5mins easy spinning, Run off bike; 20minsas [15mins at race pace effort; 5mins easy jogging] Warmdown; 10mins easy AM Type Cycle Time I hour Instructions I hour on hilly terrain. Ride at BE effort not the flat(ish) sections, increase effort to tempo anay incline. Use gears to keep cadence around 90 rpm AM Type Cycle Time 1 hour Instructions Easy; 1 hour easy spinning at BE effort. Pick an interesting route and stop by Sun **Type** Cycle **Time** I hour **Instructions** 60mins steady state riding at BE effort throughout WEEK 09 WEEK 10 WEEK **WEEK 12** Type Swim Time I hour I0 approx Instructions Warmup; 300measy. 5x 500m+60secsas [100mracepace/300m steady state/100mracepace]. Kick set; 5x 100m+15secs restatternating 25mMAX/25measy. 200m Warm down; 300measy Type Swim Time 50mins approx Instructions Warmup; 300-500m. Main set; 400mor/50matdesiredrace pace, complete open water if possible. Warm down; 200m choice swimming, practice taking your wetsuit off. Type Swim Time 50mins approx Instructions Warmup; 300m choice swimming Main set; 10x50mas [25mdrill/ 25mswim] + 15secsrest Warmdown; 200m **REST DAY Type** Your choice **Time** 1 hour **Instructions** Optional swim, bike or run for up to 1 hour at BE effort Type Your choice Time 1 hour Instructions Up to 500m choice swimming. Keep it easy and clear you head about the woodlead. Type Your choice Time 1 hour Instructions Optional swim, bike or run for up to 1 hour at BE effort ctions Optional swim, bike or run for upto1houratBEeffort Type Cycle Time I hour approx Instructions Warm up; I Dmins easy spinning Main set; 4x [I Dmins a trace pace effort / 5mins above race pace effort] Take a few mins easy spinning between efforts. Warm down; 5mins easy spinning Type Cycle Time I hour Instructions Warmup; 10mins easy spinning Main set; 2x [I5mins@LTeffort/Sminseasy spinning] Warmdown; 10mins easy spinning Type Cycle Time 45 mins Instructions Easy; 45 mins recovery spin @ BE effort. Maintain a high cadence of 90 rpm + **Type** Cycle **Time** 30 mins **Instructions** Easy spinning on the bike to keep the blood flowing before the weekend Type Run Time 1hour Type Run Time 45mins **structions** 1houratBEeffort,maintain Instructions 45mins on hilly terrain. Run at BE effort on the flat, and increase effort to Type Run Time 30mins Type Run Time 15 mins good running form throughout, run off road if possible to reduce impact. This is an over Instructions Easy; Up to 30 mins steady jogging keeping effort to BE throughout Tempo on any incline. Concentrate on reducing your HR as quickly as possible once s Easy 15mins jog distancerun, so only run as far as ancerun, so only run as far as you can maintain quality H E **REST DAY REST DAY REST DAY REST DAY** AM Type Swim Time 35 mins approx 300 measy.10 x 50 m + 15 secs restas [25 m Sighting every 6-8 strokes / 25 m swim.] 200 m easy. PM Type Run Time 35 mins. 10 minsjog. 4 x 400 m + 45 secs rest build pace over reps 1-4.5 minsjog. 800 matrace pace. 5 minsjog **Type** Swim **Time** 35 mins approx **Optional**; 400m swim, 300 m pull, 200 m kick, 100 m swim + 15 secs rest between Sat **Type** Swim **Time** 35 mins approx Head to a local swimming lake and swim up to 1000 m continuous front crawl in your wetsuit Sat **Type** Bike **Time** 20 mins **Instructions** Easy spin on bike to check it over before race day Type Brick Time 1 hour 15 mins Sun Instructions Cycle; Warmup; 10mins easy spinning Mainset; 3x[10mins atrace pace effort/5mins easy spinning] Run off bike; 20mins atrace pace effort/5mins Sun Type Cycle Time 1hour nstructions Cycle; Easy; I houreasy pinning at BE effort. Pick an interesting route nd stop by a good café mstructions 60minssteady state riding at BE effort throughout RACEDAY

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