

rgActive

Event Specific Training Programmes

12 Week

SUPER SPRINT TRIATHLON TRAINING PLAN

Key Notes

Please find below a 12 week beginner, super-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 super-sprint distance triathlon. It is not a complex or hugely time consuming programme, it will get you to the finish line in good shape.
- ▶ In order to be able complete the training you should have a basic level of fitness at the start of the training. You don't have to be already doing a huge amount, but a pre-requisite would be that you can swim 200 m continuously, you can cycle for 20 mins and run for 10 mins. If you are very new to exercise, then we advise you start as far in advance as possible so you can take your time to get in to it.
- ▶ The training sessions can be completed in a number of locations. The swim sessions are mostly designed for a pool, with open water sessions towards the latter half of the program. 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 as much time as possible 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 most of 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.
- ▶ From time to time your busy lives will get in the way, we recommend that you don't make up the missed sessions simply resume your plan on the current day. Similarly the particular days the various sessions are laid out on are an example of a suitable/ideal way to spread them out. However you may change them to suit your own timings or around existing club sessions that you may already attend. So long as you allow sufficient recovery between longer sessions, or the same discipline.
- ▶ **At the back of this training plan is the 'Appendix' where you will find the RPE scale, swim sessions and strength and conditioning programs that are referenced throughout the plan.**

WEEK 1								GOALS
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	<p>Create a routine of planning your sessions in ahead of time so you know what you're doing on each day.</p> <p>Remember this plan is flexible, so you can move session to fit around your work/social/family life</p> <p>If certain days don't match then make a plan of when is best to do them.</p> <p>Think of this as a 'benchmark' week, where you're setting a pace/time for yourself for each element of your training, as a level to work from.</p>
SESSION	Swim	Rest	Run/Walk	Rest	Strength	Swim	Bike	
DURATION	400 m		2 km		45-60 min	500 m	5 km	
INTENSITY	Just swim		Steady			Drills/Intervals	Steady state	
SESSION DETAILS	Swim: Aim to get into the water and just complete the distance however you wish. You could break it up into 100m and aim for consistency. Or 200m if you're able to.		Run Start your run at around RPE @5-6, start very easy and settle into a comfortable pace		Strength: Program 1a	Swim: Breath this session into: 250m 150m 100m Looking for consistent pacing	Just ride, aiming to complete the distance, @RPE 5-6	
KEY FOCUS	Leg & head position in the water. Head position when breathing		Run posture/form and ability to hold pace		Execution & posture during exercise	Consistent stroke rate and breathing	Comfort on the bike, getting used to gearing and position	WEEKLY DISTANCE: 8 KM
NOTES	Slow your stroke down to give you more time to focus.		The focus of this run should be feeling comfortable with the distance, focusing on your posture and run form, finishing feeling strong.		In the first session, just spend time getting to know the exercises, judging your ability and setting a bench mark for times and weights for exercises.	You can use a pull buoy to aid buoyance and help you focus on arms by taking legs out of the movement.		

WEEK 2								GOALS
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Stick to the increases in distances as best you can, and where it fits.
SESSION	Swim		Run/Walk	Rest	Strength	Swim & Run	Bike	
DURATION	500 m		1.5 km		60 min	500 m/1.5 km	7 km	
INTENSITY	Steady State		Steady state		Tempo	Tempo	Steady State	Improvements in speed are seen in the ability to repeat efforts consistently, not just go faster on one or two efforts.
SESSION DETAILS	Break this into 1 x 250 m @RPE 5-6 5 x 100 m @RPE 7-8		Try to maintain a smooth pace and finish at the same speed you started. @RPE 6-7		Strength: Program 1b	Swim: Break the distance into 2 x 200 m sets & 1 x 100 m set, with a minutes rest in-between. Aim to be consistent with your times over each split Run: Tempo run at above comfortable pace: @RPE 7-8	Ride over flat or undulating terrain aiming to keep a steady pace; @RPE 5-8	
KEY FOCUS	Body position, hip rotation, breathing smoothly		Run posture, light foot strike, breathing		Core, flexibility, technique	Breathing, pace control, technique	Smooth pedal stroke, using gears to keep your leg speed efficient	WEEKLY DISTANCE: 11 KM
NOTES	Think about your body position in the water, the flatter you are the more streamlined and easier it is to swim. Use floats and pull Buoys where you need to.		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.		Working on strength will improve your ability to hold technique for longer as well as help avoid injury. Focus on technique before increasing weights/time.	Working above your comfortable pace will help improve run strength & speed.	Get used to the increasing miles aiming to maintain your average speeds over the longer distances, or even notice small improvements.	

WEEK 3								GOALS
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	<p>You should already start to notice it's easier to hold a pace in steady sessions and gym training should be helping with strength on hills and speed work, especially in the pool.</p> <p>Your first brick session will be a chance to feel what it's like to run off the bike.</p>
SESSION	Swim	Bike	Run	Rest	Strength	Swim	Brick	
DURATION	600 m	8 km	2 km		45-60 min	750 m	5 km/1.5 km	
INTENSITY	Drills/Intervals	Steady State	Int./Steady		Strength	Drills/Intervals	Tempo	
SESSION DETAILS	<p>Swim: Warm up; 1 x 200 m @RPE 5</p> <p>2 x 150 m @RPE 6</p> <p>1 x 100 m @RPE 7</p>	<p>Either outside or on a turbo trainer; allow for a few minutes to warm up: @RPE 5</p> <p>Then complete the rest of the session playing around with your speed between; @RPE 6-8</p>	<p>Run: Maintain a steady (below threshold) pace of around RPE 5-6</p>		<p>Strength: Program 1a</p>	<p>Swim: Warm up 150m</p> <p>Kicking 2 x 25 m</p> <p>200 m @RPE 6</p> <p>1 x 150m @RPE 7</p> <p>50 m cool down.</p>	<p>Complete your bike/run brick in a tempo/race pace format; holding a firm but slightly below threshold pace on the bike and then running hard off the bike.</p> <p>Bike @RPE 6-7 Run @RPE 7-8</p>	
KEY FOCUS	Leg position high in the water, speed judgement on intervals	Pace control & variation Getting comfortable on the bike	Steady pace & good form. Try to match speed from previous week.		Core, flexibility, technique	Consistency in pacing & leg position in water	Learning to run hard off a hard bike, Pace control	<p>WEEKLY DISTANCE: 18 KM</p>
NOTES	<p>Head position when breathing; aim to keep one eye in the water.</p> <p>Keep sets of the same distance similar times.</p>	Using turbo sessions to focus on harder efforts and maintaining a good pace (without traffic interruption)	Make sure your running shoes fit well, and are in good condition. The support they provide can help reduce your injury risk.		Working on strength will improve your ability to hold technique for longer as well as help avoid injury. Focus on technique before increasing weights/time.	Make sure to continuously breath out under water, avoid holding your breath. Remember head position; eyes down.	Practice with gearing to find and maintain a steady cadence/rhythm so you can control your effort. Settle into a run pace quickly. Practice set up in transition so you can save valuable time	

WEEK 4								GOALS	
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	<p>One month in you'll be able to maintain harder efforts for longer and more consistently.</p> <p>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.</p> <p>Day-to-day as well as recovery nutrition may be worth considering to make sure you're recovered fully from each session.</p>	
SESSION	Swim		Run	Rest	Strength	Swim & Run	Bike		
DURATION	750 km		3 km		60 min	750m/2.5 km	10 km		
INTENSITY	Steady State		Steady state		Tempo	Tempo	Steady State		
SESSION DETAILS	<p>Swim: Warm up 100m easy effort @RPE4-5</p> <p>4 x 25 m kicking with rest in between</p> <p>200 m Pull buoy @RPE 6</p> <p>200 m @RPE 6</p> <p>100 m @RPE 7</p> <p>50 m cool down</p>		<p>Try to maintain a smooth pace and finish at the same speed you started.</p> <p>@RPE 6-7</p> <p>If you like this can be an off-road run. It adds variety and increases run strength over uneven terrain.</p>		<p>Strength: Program 1b</p>	<p>Swim: Warm up; 1 x 200 m @RPE 5</p> <p>2 x 150 m @RPE 6</p> <p>2 x 100 m @RPE 7</p> <p>50 m cool down</p> <p>Run: Tempo run at above comfortable pace: @RPE 7-8</p>	<p>Ride over flat or undulating terrain aiming to keep a steady pace;</p> <p>@RPE 5-8</p>		
KEY FOCUS	Body position, hip rotation, breathing smoothly		Run posture, light foot strike, breathing		Core, flexibility, technique	Breathing, pace control, technique	Smooth pedal stroke, using gears to keep your leg speed efficient		WEEKLY DISTANCE: 17 KM
NOTES	Think about your body position in the water, the flatter you are the more streamlined and easier it is to swim. Use floats and pull Buoys where you need to.		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.		Working on strength will improve your ability to hold technique for longer as well as help avoid injury. Focus on technique before increasing weights/time.	Working above your comfortable pace will help improve run strength & speed.	Get used to the increasing miles aiming to maintain your average speeds over the longer distances, or even notice small improvements.		

WEEK 5								GOALS
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	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. As the distances improve ensure you're getting enough rest, and look at what you're eating to make sure you're fuelled and recovered from each session.
SESSION	Swim	Bike	Run	Rest	Strength	Swim	Brick	
DURATION	750 m	12 km	3.5 km		45-60 min	800 km	7 km/2 km	
INTENSITY	Drills/Intervals	Steady State	Int./Steady		Strength	Steady State	Tempo	
SESSION DETAILS	Swim: Warm up 150m Kicking 2 x 25 m 200 m @RPE 6 1 x 150m @RPE 7 50 m cool down.	Either outside or on a turbo trainer; allow for 5 minutes to warm up: @RPE 5 Then complete the rest of the session playing around with your speed between; @RPE 6-8	Run: Maintain a steady (below threshold) pace of around RPE 5-6 Throw in a couple of harder efforts where your route allows for fun and to test yourself.		Strength: Program 1a	Swim: Warm up 100m easy effort @RPE4-5 4 x 25 m kicking with rest in between 200 m Pull buoy @RPE 6 150 m @RPE 6 50 m @RPE 7 50 m cool down	Complete your bike/run brick in a tempo/race pace format; holding a firm but slightly below threshold pace on the bike and then running hard off the bike. Bike @RPE 6-7 Run @RPE 7-8	
KEY FOCUS	Consistency in pacing & leg position in water	Pace control & variation	Run; steady pace & good form.		Core, flexibility, technique	Body position, hip rotation, breathing smoothly	Learning to run hard off a hard bike, Pace control	WEEKLY DISTANCE: 26.5 KM
NOTES	Make sure to continuously breath out under water, avoid holding your breath. Remember head position; eyes down.	Using turbo sessions to focus on harder efforts and maintaining a good pace (without traffic interruption)			Working on strength will improve your ability to hold technique for longer as well as help avoid injury. Focus on technique before increasing weights/time.	Think about your body position in the water, the flatter you are the more streamlined and easier it is to swim. Use floats and pull Buoys where you need to.	Practice with gearing to find and maintain a steady cadence/rhythm so you can control your effort. Settle into a run pace quickly. Practice set up in transition so you can save valuable time	

Week 6								GOALS
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	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.
SESSION	Swim		Run	Rest	Strength	Swim & Run	Bike	
DURATION	850 km		4 km		60 min	750 m/2.5 km	15 km	
INTENSITY	Steady State		Steady state		Tempo	Tempo	Steady State	
SESSION DETAILS	Swim: Warm up 100m easy effort @RPE4-5 4 x 25 m kicking with rest in between 200 m Pull buoy @RPE 6 200 m @RPE 6 150 m @RPE 7 50 m cool down		Try to maintain a smooth pace and finish at the same speed you started. If you're feeling up to it, you can speed up slightly towards the end of the run to test out a little speed work. @RPE 6-7		Strength: Program 1b	Swim: Warm up; 1 x 200 m @RPE 5 2 x 150 m @RPE 6 2 x 100 m @RPE 7 50 m cool down Run: Tempo run at above comfortable pace: @RPE 7-8	Ride over undulating terrain aiming to keep a steady pace; @RPE 5-8 If you're feeling up to it, you can have some fun pushing up the hills and challenging yourself.	
KEY FOCUS	Body position, hip rotation, breathing smoothly		Run posture, light foot strike, breathing		Core, flexibility, technique	Body position, hip rotation, breathing smoothly	Smooth pedal stroke, using gears to keep your leg speed efficient	WEEKLY DISTANCE: 23 KM
NOTES	Think about your body position in the water, the flatter you are the more streamlined and easier it is to swim. Use floats and pull Buoys where you need to.		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.		Working on strength will improve your ability to hold technique for longer as well as help avoid injury. Focus on technique before increasing weights/time.	Think about your body position in the water, the flatter you are the more streamlined and easier it is to swim. Use floats and pull Buoys where you need to.	Get used to the increasing miles aiming to maintain your average speeds over the longer distances, or even notice small improvements.	

WEEK 7								GOALS
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	As the volume reaches this level you should really feel the endurance improvements. Focus on your ability to hold higher efforts for longer Use hills sessions to focus on power and control Keep track of your pace on runs and ride with tracking aps on your phone or fitness trackers and you can use this to monitor progress in speed and fitness.
SESSION	Swim	Bike	Run	Rest	Strength	Swim	Brick	
DURATION	900 km	15 km	3.5 km		45-60 min	800 km	10 km/2 km	
INTENSITY	Drills/Intervals	Steady State	Fartlek		Strength	Drills/Intervals	Tempo	
SESSION DETAILS	Swim: Warm up 200 m easy 2 x 25 m Fist drill 100 m Freestyle @RPE 6 2 x 25 m kicking 300 m Pull buoy @RPE 6 200 m @RPE 7	Either outside or on a turbo trainer; allow for 5 minutes to warm up: @RPE 5 Then complete the rest of the session playing around with your speed between; @RPE 6-8 If outside you can add in some hill work for variety and strength	Run: After a brief warm up run the rest of your distance with random changes in intensity and speed base don on your environment; running between lampposts, up hills etc.		Strength: Program 1a	Swim: Warm up 100m easy effort @RPE4-5 2 x 25 m kicking with rest in between 200 m Pull buoy @RPE 6 250 m @RPE 6 150 m @RPE 7 50 m cool down	Complete your bike/run brick in a tempo/race pace format; holding a firm but slightly below threshold pace on the bike and then running hard off the bike. Bike @RPE 6-7 Run @RPE 7-8	
KEY FOCUS	Leg position high in the water, speed judgement on intervals	Pace control & variation	Run; steady pace & good form.		Core, flexibility, technique	Body position, hip rotation, breathing smoothly	Learning to run hard off a hard bike, Pace control	WEEKLY DISTANCE: 31.5 KM
NOTES	Head position when breathing; keep your strokes smooth, & practice breathing to your weaker side, so that if you have to in a race you can breath away from splashy swimmers, or sunlight	Using turbo sessions to focus on harder efforts and maintaining a good pace (without traffic interruption)	The constant change in heart rate will teach you to adapt to different speeds, keep it interesting and improve your fitness.		Working on strength will improve your ability to hold technique for longer as well as help avoid injury. Focus on technique before increasing weights/time.	Make sure to continuously breath out under water, avoid holding your breath. Remember head position; eyes down.	Practice with gearing to find and maintain a steady cadence/rhythm so you can control your effort. Settle into a run pace quickly. Practice set up in transition so you can save valuable time	

Week 8								GOALS	
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	<p>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.</p> <p>Stick to the increases in distances as best you can, and where it fits.</p> <p>The more familiar session in the program should be seeing noticeable improvements. If you're happy to do so you can tweak sessions e.g. swims to work on weaker areas like drills or sprints.</p>	
SESSION	Swim		Run	Rest	Strength	Swim & Run	Bike		
DURATION	950 km		4.5 km		60 min	800 km/3 km	20 km		
INTENSITY	Steady State		Steady state		Tempo	Tempo	Steady State		
SESSION DETAILS	Swim: Warm up 200 m easy 2 x 25 m Fist drill 100 m Freestyle @RPE 6 2 x 25 m kicking 300 m Pull buoy @RPE 6 200 m @RPE 7 50 m @RPE 5		Try to maintain a smooth pace and finish at the same speed you started. @RPE 6-7		Strength: Program 1b	Swim: Warm up 200m Kicking 2 x 25 m 200 m @RPE 6 2 x 150m @RPE 7 50 m cool down. Run: Tempo run at above comfortable pace: @RPE 7-8	Ride over flat or undulating terrain aiming to keep a steady pace; @RPE 5-8 If you like you can work harder for the last 5 km to build strength and speed into the later part of your ride.		
KEY FOCUS	Body position, hip rotation, breathing smoothly		Run posture, light foot strike, breathing		Core, flexibility, technique	Breathing, pace control, technique	Smooth pedal stroke, using gears to keep your leg speed efficient		WEEKLY DISTANCE: 28.5 KM
NOTES	Think about your body position in the water, the flatter you are the more streamlined and easier it is to swim. Use floats and pull Buoys where you need to.		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.		Working on strength will improve your ability to hold technique for longer as well as help avoid injury. Focus on technique before increasing weights/time.	Working above your comfortable pace will help improve run strength & speed.	Get used to the increasing miles aiming to maintain your average speed. Being able to finish strong will make running off the bike easier.		

WEEK 9								GOALS
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	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. If you've got any new shoes for race day, start to wear them in now, Open water competency will be a massive factor in your comfort, confidence and will count come race day. The goal of this week is simply to get into the open water and feel what it's like and build your confidence.
SESSION	Swim	Bike	Run	Rest	Strength	Swim	Brick	
DURATION	1 km	20 km	4.5 km		45-60 min	400 km	12.5 km/3 km	
INTENSITY	Drills/Intervals	Steady State	Int./Steady		Strength	Open Water	Tempo	
SESSION DETAILS	Swim: Warm up 200 m easy 2 x 25 m Fist drill 100 m Freestyle @RPE 6 2 x 25 m kicking 300 m Pull buoy @RPE 6 250 m @RPE 7 50 m @RPE 5	Either outside or on a turbo trainer; allow for 5 minutes to warm up: @RPE 5 Then complete the rest of the session playing around with your speed between; @RPE 6-8	Run: Maintain a steady (below threshold) pace, focusing on being consistent over the distance. RPE 5-6		Strength: Program 1a	Swim: First open water swim of the program. You're first goal is to ensure proper wetsuit fitting, and spend some time getting used to the water which may be colder earlier in the season. Cover the distance aiming to swim smoothly, keeping a good technique.	Complete your bike/run brick in a tempo/race pace format; holding a firm but slightly below threshold pace on the bike and then running hard off the bike. Bike @RPE 6-7 Run @RPE 7-8	
KEY FOCUS	Leg position high in the water, speed judgement on intervals	Pace control & variation	Run; steady pace & good form.		Core, flexibility, technique	Water acclimatisation, Stroke adaptation & breathing	Learning to run hard off a hard bike, Pace control	WEEKLY DISTANCE: 41.5 KM
NOTES	Head position when breathing; aim to keep one eye in the water. Keep sets of the same distance similar times.	Using turbo sessions to focus on harder efforts and maintaining a good pace (without traffic interruption)	Nearly up to race distance, and your focus should be consistency. The aim is to be more than comfortable over the eventual race distance, so that you find it easier when you run off the bike.		Working on strength will improve your ability to hold technique for longer as well as help avoid injury. Focus on technique before increasing weights/time.	Add in some sighting practice, getting better at this will pay off on race day. Practice breathing to your weaker side, in case you need to on race day.	Practice with gearing to find and maintain a steady cadence/rhythm so you can control your effort. Settle into a run pace quickly. Practice set up in transition so you can save valuable time	

Week 10								GOALS
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	By the end of this week you will have a good idea of your race plan and be able to set a realistic target and plans your pacing and nutrition strategy around this.
SESSION	Swim		Run	Rest	Strength	Swim & Run	Bike	
DURATION	1 km		5 km		60 min	600 m/4.5 km	20 km	
INTENSITY	Steady State		Steady state		Tempo	Tempo	Steady State	<p>WEEKLY DISTANCE: 31 KM</p>
SESSION DETAILS	Swim: Warm up 200 m easy 2 x 25 m Fist drill 100 m Freestyle @RPE 6 2 x 25 m kicking 200 m Pull buoy @RPE 6 350 m @RPE 7 50 m @RPE 5		Try to maintain a smooth pace and finish at the same speed you started. @RPE 6-7		Strength: Program 1b	Swim: Further developing open water confidence and skills. Spend time fitting wetsuit properly Take time to acclimatise to the water. Then get a feel for what it's like in the suit; allowing the buoyancy to assist you, relax your stroke Run @RPE 7+	Ride over flat or undulating terrain aiming to keep a steady pace, add in some harder efforts to get your heart rate up; hills or fast flats. @RPE 5-8	
KEY FOCUS	Body position, hip rotation, breathing smoothly		Run posture, light foot strike, breathing		Core, flexibility, technique	Open water confidence, breathing and sighting	Smooth pedal stroke, using gears to keep your leg speed efficient	
NOTES	Think about your body position in the water, the flatter you are the more streamlined and easier it is to swim. Use a pull buoy for more of your sets if you wish to mimic the wetsuit buoyancy.		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.		Working on strength will improve your ability to hold technique for longer as well as help avoid injury. Focus on technique before increasing weights/time.	If you can join a group this may help you with confidence and receive some coaching points.	Get used to the increasing miles aiming to maintain your average speeds over the longer distances, or even notice small improvements.	

WEEK 11								GOALS
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	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
SESSION	Swim	Bike	Run	Rest	Strength	Swim	Brick	
DURATION	1 km	18 km	5.5 km		45-60 min	600 m	7.5 km/4 km	Everything should be aimed at setting up your race plan.
INTENSITY	Drills/Intervals	Steady State	Int./Steady		Strength	Open Water	Tempo	
SESSION DETAILS	<p>Swim: Warm up 200m easy effort @RPE4-5</p> <p>4 x 25 m kicking with rest in between</p> <p>200 m Pull buoy @RPE 6</p> <p>250 m @RPE 6</p> <p>150 m @RPE 7</p> <p>50 m cool down</p>	<p>Either outside or on a turbo trainer; allow for 5 minutes to warm up: @RPE 5</p> <p>Then complete the rest of the session playing around with your speed between; @RPE 6-8</p>	<p>Run: Maintain a steady (below threshold) pace of around RPE 5-6</p>		<p>Strength: Program 1a</p>	<p>Swim: Keeping with your acclimatisation; the more confident you are in open water the better your race will be. Getting more comfortable with the wetsuit and learning to use its buoyancy to your advantage. Make sure you're comfortable sighting every few stroke, so you can make sure you're swimming in the right direction.</p>	<p>Complete your bike/run brick in a tempo/race pace format; holding a firm but slightly below threshold pace on the bike and then running hard off the bike.</p> <p>Bike @RPE 6-7 Run @RPE 7-8</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>
KEY FOCUS	Leg position high in the water, speed judgement on intervals	Pace control & variation	Run; steady pace & good form.		Core, flexibility, technique	Shorter intervals for more speed work	Learning to run hard off a hard bike, Pace control	
NOTES	<p>Head position when breathing; aim to keep one eye in the water.</p> <p>Keep sets of the same distance similar times.</p>	Using turbo sessions to focus on harder efforts and maintaining a good pace (without traffic interruption)	Your longest run, just to make sure you can cover the race distance easily.		Working on strength will improve your ability to hold technique for longer as well as help avoid injury. Focus on technique before increasing weights/time.	Make sure to continuously breath out under water, avoid holding your breath. Remember head position; eyes down.	Practice with gearing to find and maintain a steady cadence/rhythm so you can control your effort. Settle into a run pace quickly. Practice set up in transition so you can save valuable time	

WEEK 12 – Race Week								GOALS
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	<p>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.</p> <p>Keep the sessions high quality with good pace work</p> <p>Reduced volume/distance will allow for adaptation/recovery</p> <p>If you've travelled to an event having a run or swim when you get there can help you get over a journey</p>
SESSION	Swim	Bike		Strength (Mobility)	Run	Rest	RACE DAY	
DURATION	400 m	5 km		30 min	1 km		400m/10k/2.5k	
INTENSITY	Mixed	Mixed efforts		Easy	Easy		Race Pace	
SESSION DETAILS	<p>Gentle swim with some shorter efforts added in. Keep loose and practice sighting.</p> <p>This can be open water or pool based.</p>	<p>Final pre-race check; ride a steady effort bike in race set up, carry what you're planning to carry in the race. Add in some bursts 2-4 minute efforts. RPE 5-7</p>		<p>Just do the WARM-UP/flexibility part of your routine ONLY.</p> <p>If you're feeling good head out for a gentle 1 km run @RPE 5-6 to keep you loose (optional)</p>	<p>Still warming up beforehand this should be about keeping your legs moving. Still working at a good tempo, but not quite race pace. RPE 7</p>		<p>The hard work is over, stick to what you know in training. Race hard, race well and have fun!</p>	
KEY FOCUS	Speed, pacing,	How the bike feels		Flexibility, recovery	Relaxed form			
NOTES	<p>With all the training under your belt, you shouldn't feel tired after this session. This is steady work with a few bursts.</p>	<p>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.</p>		<p>If possible book a massage.</p>			<p>Do your best, and have fun!</p>	

APPENDIX

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 5mins
10	Extremely Hard: I am absolutely flat out and this is sprinting. I will need to stop after 30secs

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, 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 this every breath, start with every 4 breathes and work up to every 8. 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 1 stroke at a time, building to a maximum of 7 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.

FIST DRILL: Close your hands like fists and swim normal front crawl. This takes away the paddle action of your hand and you will need to concentrate on the position of your forearm to be used to pull you through the water.

Strength & Conditioning Session 1A

Warm Up						
Flexibility/Movement	Duration	Notes				
Foam roller; Back	30-45 sec	Roll over back, especially lower, to ease off connective tissue & increase mobility				
Foam roller; ITB	30-45 sec	Roll ITBs to release tension in connective tissue that may inhibit knee/hip movement				
Foam roller; Calf's	30-45 sec	Rolling calf's, especially Achilles, can aid ankle flexibility and recovery from training				
Kneeling hip flexor stretch	30-45 sec	Gently driving hips into stretch, with arms overhead to feel stretch in hips & 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	2-3es	45sec	static	20sec	BW	
Front plank on stability ball (knees or toes)	2-3	16-20	Slow	20sec	BW	
Tube walking	2	20	Slow	20sec	RB	
2 leg glute press w/foot on step	2-3	12-15	Slow	30sec	BW	
Stability ball wall squat	2-3	12-15	Slow	30sec	BW	
Laying over stability ball, arm raise	2-3	12-15	Slow	30sec	BW	
Kneeling press up	2-3	Max	Slow	30sec	BW	

Strength & Conditioning Session 1B

Warm Up						
Flexibility/Movement	Duration	Notes				
Foam roller; Back	30-45 sec	roll over back, especially lower, to ease off connective tissue & increase mobility				
Foam roller; ITB	30-45 sec	Roll ITBs to release tension in connective tissue that may inhibit knee/hip movement				
Foam roller; Calf's	30-45 sec	Rolling calf's, especially Achilles, can aid ankle flexibility and recovery from training				
Kneeling hip flexor stretch	30-45 sec	gently driving hips into stretch, with arms overhead to feel stretch in hips & 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)	2-3es	45sec	static	20sec	BW	
Dead bug	2-3	16-20	Slow	20sec	BW	
Laying on side leg raise	2	20	Slow	20sec	RB	
Hamstring curl on stability ball	2-3	8-10	Slow	30sec	BW	
Lateral lunge, alternating sides	2-3	20	Slow	30sec	BW	
Resistance band pull over on stability ball	2-3	12-15	Slow	30sec	BW	
Stability ball chest press	2-3	Max	Slow	30sec	BW	

Strength & Conditioning Session 2A

Warm Up					
Flexibility/Movement	Duration	Notes			
Foam roller; Back	30-45 sec	Roll over back, especially lower, to ease off connective tissue & increase mobility			
Foam roller; ITB	30-45 sec	Roll ITBs to release tension in connective tissue that may inhibit knee/hip movement			
Foam roller; Calf's	30-45 sec	Rolling calf's, especially Achilles, can aid ankle flexibility and recovery from training			
Kneeling hip flexor stretch	30-45 sec	Gently driving hips into stretch, with arms overhead to feel stretch in hips & torso			
Hamstring 'track stretch'	8-10 reps	From "start" position to semi-standing while holding foot, until stretch it felt, in hamstring			
Main Set					
Exercise	Sets	Reps	Tempo	Rest	Weight
Side plank from toes	2-3es	45sec	static	20sec	BW
Stability ball roll outs from knees	2-3	16-20	Slow	20sec	BW
Tube walking	2	20	Slow	20sec	RB
1 leg glute press w/foot on step	2-3	12-15	Slow	30sec	BW
Split squat (with weights if too easy)	2-3	12-15	Slow	30sec	BW
Laying over stability ball; dumbbell row	2-3	12-15	Slow	30sec	BW
Kneeling press up	2-3	Max	Slow	30sec	BW

Strength & Conditioning Session 2B

Warm Up					
Flexibility/Movement	Duration	Notes			
Foam roller; Back	30-45 sec	Roll over back, especially lower, to ease off connective tissue & increase mobility			
Foam roller; ITB	30-45 sec	Roll ITBs to release tension in connective tissue that may inhibit knee/hip movement			
Foam roller; Calf's	30-45 sec	Rolling calf's, especially Achilles, can aid ankle flexibility and recovery from training			
Kneeling hip flexor stretch	30-45 sec	Gently driving hips into stretch, with arms overhead to feel stretch in hips & torso			
Hamstring 'track stretch'	8-10 reps	From "start" position to semi-standing while holding foot, until stretch it felt, in hamstring			
Main Set					
Exercise	Sets	Reps	Tempo	Rest	Weight
Front plank (from toes or knees)	2-3es	45sec	static	20sec	BW
Dead bug	2-3	16-20	Slow	20sec	BW
Laying on side leg raise	2	20	Slow	20sec	RB
Walking lunges	2-3	20	dynamic	30sec	BW
Lateral lunge to balance	2-3	12-15	Slow	30sec	BW
Resistance band pull over on stability ball	2-3	12-15	Slow	30sec	BW
Stability ball chest press	2-3	Max	Slow	30sec	BW