

# ***rgActive***

***Event Specific Training Programmes***

**16 Week**

**OLYMPIC ADVANCED TRIATHLON TRAINING PLAN**

## Key Notes

Please find below a 16 week Advanced Standard/Olympic distance triathlon training plan to help you prepare for your event.

- ▶ This 16 week training plan is aimed at the more season athlete looking to push themselves a little more towards achieving a personal best or more competitive time in a standard distance triathlon. This program is only a little more time consuming than our intermediate program, because you still need to allow time to recover between sessions. However, the sessions are more challenging and set out to help you get the most out of your performance.
- ▶ For this training plan, we recommend you have good background in triathlon, perhaps a couple of seasons under your belt and be used to training at least 8+ hours per week. You should be comfortably able to complete the race distance for each discipline already.
- ▶ 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 are designed so the midweek ones can be done on a turbo or gym/watt bike as this might fit in with your working week. However were possible it's recommended to be outside when you can. The same goes for the running sessions. We would strongly advise that you do spend as much time as possible training outdoors since it will allow you to perfect technique and fitness in uncontrollable conditions; wind, terrain etc. Run sessions can be conducted on a variety of surfaces, taking advantage of track sessions for speed work and hills and off-road running for better run control and strength.
- ▶ While the majority of the swimming sessions are pool based for ease and practicality of training to a plan, as well as access for most people. Open water skills are important for making performance gains, especially if you're looking at that competitive edge. The more you can perfect skills like sighting, pacing and swimming in a wetsuit (as per most UK races).
- ▶ 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. The full RPE scale is at the back of the programme. If you are using heart rate or power meters, you should also relate these to how you feel. While technology like this is a fantastic tool for training and racing to a plan, ultimately your body can be the best source of information on how hard you can work. So, use all of the information available to you.
- ▶ 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	Building a routine of allocating time to train  Letting your muscles start to work into focused training  Adding skill/drill work for technique improvement  Embarking on strength training to improve strength endurance  If this volume is already similar to your previous work load you can adjust the intensity of some sessions to make them more challenging.
SESSION	Swim	Bike	Run	Rest	Strength & Run	Swim	Bike	
DISTANCE	2.5 km	20 km	10 km		60 min/5 km	2.5 km	40 km	
INTENSITY	Drills/Intervals	Mixed effort	Steady state		Negative split	Drills/Intervals	“Just Ride”	
SESSION DETAILS	Session #7  If you're doing this session outdoors on a loop then break it down into sections where you can have set effort and rest periods.	Turbo/Watt bike: 5 km @RPE 4-5 5 km @RPE 5-6 5 km @RPE 7-8 5 km @RPE 6-7  If you're doing this session outdoors on a loop then break it down into sections where you can have set effort and rest periods.	"just run", @RPE 5-6 trying to maintain steady pace; note pace/speed.  Use this as a guide to your current aerobic pace, which you can work of for future sessions in this plan.		Strength: Program 1a  Run: @RPE-6/7 Try and run each km a few seconds faster than the previous.	Session#8  Aim to ride at a comfortable pace around RPE 5-7  Over-gearing could be used to strengthen legs on flatter sections, focusing on pedal technique.		
KEY FOCUS	Body position, comfort in the water	Getting the legs moving, set a base speed/effort level to work from in later sessions.	Sustained pace & controlled effort. Setting a baseline.		Starting strength program. Finding a steady pace	Body position, arm position when beginning stroke, Holding a consistent pace	Miles in the legs. Try “over gearing” for strength work; (riding one gear higher)	
NOTES	Learning to pace yourself and use different speeds it key to maintaining good race pace. Shorter efforts in the pool allow you to focus on technique.	Alternatively: You can perform a Threshold test on a Watt bike if you have access and use the date to set your target zones for the duration of this plan.	Make a note of your pace/speed during these sessions as a reference of your speed for a given effort. This is a sub maximal effort and should feel comfortable.		First strength session of the program; focus on technique and execution of the movements	Learning to hold your pace is important. By shortening your sets as the session goes on you allow more rest and time to refocus on your stroke.	Time in the saddle will allow you to get used to your bike, and if you're thinking about changing the positions or using aero-bars then the more you can get used to them the better.	

WEEK 2								GOALS
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Building on the first week slightly, but not too much, so as to allow recovery.  Pace judgement and learning times for completing distances etc.  Getting to know the weights needed for each exercise on the strength program  Taking note of your pace for a given distance and intensity will make setting pace in later session more accurate and effective.
<b>SESSION</b>	<b>Strength &amp; Swim</b>	<b>Bike</b>	<b>Swim &amp; Run</b>	<b>Rest</b>	<b>Run</b>	<b>Run</b>	<b>Bike</b>	
<b>DURATION</b>	60 min/2.5 km	25 km	2 km/5 km		3 km	10 km	40 km	
<b>INTENSITY</b>	Drills/Intervals	Intervals	Interval/Threshold		Fartlek	Hills	"just ride"	
<b>SESSION DETAILS</b>	Strength: Program 1b  Swim: Session #7	3 km warm up @RPE 4-5  2 km @RPE 8 3 km @RPE 5 4 x through  2 km warm down @RPE 4	Swim: Session #8  Run: Run at a steady but sustainable Threshold pace that is you maximum effort for 5 km. This will give you a time/pace to work with for later sessions.		Run: Run at random intervals and varying levels of intensity. This can be done over flat or undulating ground.	Head out for a steady run around RPE 5-7.  Aim to include some undulation in your route, holding the effort level on the hills, both up and down. Up hills are great for building strength, but downhill control is very important for good run form and foot strike efficiency.	Head out for a ride at an RPE 5-8, some mixed efforts, taking in hills as they happen and making use of any flat safe areas to put a little power down.	
<b>KEY FOCUS</b>	Body position and kicking efficiency	Working towards a threshold pace, setting a pace for later sessions	Pace control and good form.		Holding a pace.	Maintaining pace even on undulating terrain.	Working at mostly aerobic & threshold. RPE 5-7.	<b>WEEKLY DISTANCE: 89 KM</b>
<b>NOTES</b>	Kicking work will aid body position and rotation through the hips which will propel a better stroke. Shorter efforts will introduce speed work	Session may be done on indoor trainers where practical, however don't ignore value of getting out on the bike	Maintain form even when working hard. This will be important for efficient come race day.		Strength training is valuable for making you more "robust", but exercises must be performed correctly; focus on technique. Run should be short and sharp	You may utilise sessions like these as off-road sessions. The mixed terrain & surface will challenge you more and may also be a nice break from tarmac.	Learning to vary the pace on the bike will keep training interesting, but will also teach pace judgment and your ability to overtake cleanly	

WEEK 3								GOALS
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	<p>Consistency; keep the routine going. Modify session timings to fit your schedule if need be or if you find one session fatigues you for another too much</p> <p>Your first brick session is a change to is a chance to play around with any set up changes or attempting a quicker/flying mount or dismount. Perfecting this is free speed.</p>
SESSION	Strength & Swim	Bike	Swim & Run	Rest	Strength	Bike	Brick	
DURATION	60 min/2.5 km	25 km	2 km/11 km		60 min	40 km	15 km/5 km	
INTENSITY	Drills/Intervals	Mixed effort	Intervals/Steady			“Just Ride”	Mixed	
SESSION DETAILS	<p>Strength: Program 1a</p> <p>Swim: Session #7</p>	<p>5 km @RPE 5 5 km @RPE 6-7 5 km @RPE 5-6 5 km @RPE 7-8 5 km @RPE 5-6</p> <p>Use the gearing to keep your cadence between 85-95</p>	<p>Swim: Session #4</p> <p>Run: "just run" RPE @6-7 Aerobic or tempo. Maintaining a steady HR throughout.</p>		<p>Strength: Program 1b</p>	<p>Maintain a steady effort level RPE 5-7, pacing yourself on any climbs you come across. Use gears to control cadence to keep in comfort zone.</p>	<p>Bike @RPE 5-6 steady effort</p> <p>Run @RPE 6-7 steady effort</p> <p>Moderate effort bike with harder run; running on tired legs</p>	
KEY FOCUS	Leg & head position in the water. Pace & speed.	Pacing & cadence; working at aerobic & threshold levels.	Run posture/form and ability to hold pace and technique.		Execution & posture during exercise	Holding form while working hard	Getting used to running firm off the bike	<p><b>WEEKLY DISTANCE: 102.5 KM</b></p>
NOTES	Continuing with body positioning and kicking drills, moving into pacing with short sets with some sprint work.	Pace control; having the ability to switch pace based on perceived effort will be a key skill in pacing in a race	The focus of this run should be feeling comfortable with the distance, focusing on your posture and run form, finishing feeling strong. Try not looking at your tracker, purely go on feel to see how consistent you can be.		Third week in, the exercises should start to get easier as your body begins to adapt. Keep paying attention to good body position	Keep relaxed in your position and consider how you maintain efficiency through position, technique and adapting to environmental conditions.	Given the small margins between more competitive athletes, perfecting transitions a good way to shave off time.	



WEEK 4								GOALS
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Stick to the increases in distances as best you can, and where it fits.  You might be able to identify areas where you need more work. So perhaps structure your week so you get these key session in when you're more fresh.  If you training using HR or Power, then make sure by now you're using this information for pace consistently in sessions.
<b>SESSION</b>	<b>Strength &amp; Swim</b>	<b>Bike</b>	<b>Swim &amp; Run</b>	<b>Rest</b>	<b>Run</b>	<b>Swim &amp; Run</b>	<b>Bike</b>	
<b>DURATION</b>	60 min/2.5 km	30 km	2 km/12.5 km		6 km	2 km/5 km	50 km	
<b>INTENSITY</b>	Drills/Intervals	Intervals	Intervals/Steady		Tempo	Drills/Track	Hills	
<b>SESSION DETAILS</b>	Strength: Program 1a  Swim: Session #8	5 km @RPE 5 5 km @RPE 6 5 km @RPE 7 5 km @RPE 8 5 km @RPE 7 5 km @RPE 6  Use the gearing to keep your cadence between 85-95	Swim: Session #5  Run RPE 5-6: Steady effort, aim to hold pace even in later stages when you're tired. If you like, you may do this session as a trail/off-road session. It builds strength and adds variety.		Run RPE 6-7: Tempo run at best sustainable pace, just below threshold	Swim: Session #5  Run: Session #1	Steady state ride with some hills included. Maintain steady cadence and rhythm. Pace judgement on hills.	
<b>KEY FOCUS</b>	Body position, rotation through the hips	Pace judgement and working at higher efforts	Run: Keep it aerobic so you can hold a steady pace throughout		Learning to run at pace and maintain it	Arm position, rotation & speed work	Pace judgement on hills & descending skills & position.	<b>WEEKLY DISTANCE: 110 KM</b>
<b>NOTES</b>	Your kicking should be already feeling better, but still keep body position in mind and legs high in the water. Think about rotation through the hips.	This may be performed on a turbo or outside, whichever is convenient	Steady effort at a below max pace, focusing on holding form and keeping each km the same speed. If your form suffers then slow the pace.		You should already be feeling some improvements to the consistency of you pacing.	1 arm drills aid rotation & stroke efficiency. Keeping the other arm out in front, aim to breathe every two strokes.  Track sessions a great for pacing, and working on speed development.	Practice hills in and out of the saddle. Use a range of gears so your cadence is more versatile. Improved descending skills will improve the speed you can maintain safely.	

Week 5								GOALS
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	One month in you'll be starting to feel improvements in fitness from training.
SESSION	Strength & Swim	Bike	Swim & Run	Rest	Strength & Run	Swim	Brick	
DURATION	60 min/2.5 km	30 km	2.5 km/7.5 km		60 min/7.5 km	2.5 km	20 km/5 km	Stick to the increases in distances as best you can, and where it fits.
INTENSITY	Drills/Intervals	Intervals	Intervals/Track		Tempo	Drills	Negative split	
SESSION DETAILS	<p>Strength: Program 1a</p> <p>Swim: Session #7</p>	<p>5 km @RPE 5 5 km @RPE 6 5 km @RPE 7 5 km @RPE 8 5 km @RPE 7 5 km @RPE 6</p> <p>Use the gearing to keep your cadence between 85-95</p> <p>If outside find a loop or out-and-back that you can do set efforts at a controlled pace.</p>	<p>Swim: Session #8</p> <p>Run: Session #3</p>		<p>Strength: Program 1b</p> <p>Run: Tempo run at best sustainable pace, just below threshold</p>	<p>Swim: Session #7</p>	<p>Ride the first 10 km @RPE 5, then the second 10 km @RPE 7</p> <p>Run off the bike at RPE 6 for 2.5 km then finish @RPE 8</p>	By now you should be getting more familiar with judging your effort on the RPE scale, but might also be seeing improvements to speed/times for the same perceived RPE or HR. this is aa sign of improved fitness.
KEY FOCUS	Body position, rotation through the hips	Pace judgement and working at higher efforts	Run: Keep it light so you can hold a steady pace throughout and good run form.		Learning to run at pace and maintain it; just below target race pace.	Arm position, rotation & speed work	Pace control and running well on tired legs.	
NOTES	keep body position in mind and legs high in the water. Think about rotation through the hips. Keep efforts of the same distance consistently paced.	This may be performed on a turbo or outside, whichever is convenient	As you fatigue technique may suffer, so for both your swims and longer runs pay attention to your form towards the end of your session.		The strength program should be getting easier and you should be increasing your weights/times of each exercise.	Start looking at the consistency of efforts and distances from session to session to see improvements in pacing and fitness.	Set out your run kit so that you spend minimum time between your bike and run	

WEEK 6								GOALS
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	By week 6 you should be more settled with the routine and moving any sessions to fit in with your day to day life.
SESSION	Strength & Swim	Bike	Swim & Run	Rest	Run	Swim & Run	Bike	
DURATION	60 min/3 km	25 km	2.5 km/12.5 km		7.5 km	2 km/5.5 km	70 km	As the bike distance increases you should start to find a comfortable speed/rhythm with your peddling that will become your natural cadence. Use gears to keep you in this range.
INTENSITY	Drill/Intervals	Intervals	Steady		Hills	Drills/Track	“Just Ride”	
SESSION DETAILS	<p>Strength Program 1b</p> <p>Swim: Session #9</p>	<p>3 km Warm up @RPE 4-5</p> <p>1 min @RPE 5 6 min @RPE 6 1 min @RPE 7 1 min @RPE 8 1 min @RPE 9</p> <p>Repeat as many times through until you reach 23 km.</p> <p>2 km Warm down @RPE 4</p>	<p>Swim: Session #8 You may use fins for kick work &amp; FS in between to add in a strength element</p> <p>Run: RPE 5-6 Steady state effort, start slightly easier than your normal aerobic pace, then settle into a steady rhythm. You should pace this to be completed comfortably.</p>		<p>Run: Run over a course of mixed/undulating terrain that will provide natural variation, or you can do repeat of a hill that takes 2-5 minutes to ascend. These are good sessions to complete off-road, but it's not essential.</p>	<p>Swim: Session #6</p> <p>Run: Session #1</p>	<p>Head out on a route with varying terrain, aiming to keep a steady tempo.</p> <p>Use longer rides to practice pacing and getting used to a more aero position where possible; bent elbows, low on the bars/drops or aero bars if you have them.</p>	The bike distance isn't super high, but this should mean you're able to work hard and smarter in the miles you do.
KEY FOCUS	Pace control and repeatability of each set time.	Adjusting and holding speed & recovery from efforts	Moderate effort with sustainable form throughout		Recovery from harder efforts. Improving run speed	Swim; endurance & arm position in water. Run: pacing over shorter distance	Utilising the best position or gear for the type of road you're on	<b>WEEKLY DISTANCE: 128 KM</b>
NOTES	Keep body position in mind and legs high in the water. The rotation through the hips should dictate your kick. Try to keep your form when working hard, as this is when it may drop slightly.	Remember RPE 6 is your sustainable moderate pace, then building up through to RPE 8 being your threshold pace (Race pace) with RPE 9 being unsustainable for much longer than 1 min	Remember that building run endurance is as much about maintaining run form as well as speed and distance		The strength program should be getting easier and you should be increasing your weights/times of each exercise.	Small increases in pace over short sets in the pool or on the track translate into quite big gaps at race distance, look for small, consistent improvements where you can.	Start looking at your average speed over these rides. They should be below your expected race pace (because of traffic, junctions etc.) but a good indication of your progress over the program.	



WEEK 7								GOALS
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	<p>If you're planning to use a new pair of shoes, now's a good time to get them so you've time to wear them in. Also, if you're intending on going sockless, then it's a good idea to do some of your runs like this to toughen up your feet. Use talc to avoid rubbing.</p> <p>Nearly half way through, you should be feeling fitter, but also make sure you're resting enough and getting suitable recovery nutrition.</p> <p>As the weekly distance increase make sure you're sleeping and eating enough to recover.</p>
SESSION	Strength & Swim	Bike	Swim & Run	Rest	Strength & Swim	Bike	Brick	
DURATION	60 min/3 km	30 km	2 km/7.5 km		60 min/2 km	50 km	20 km/5 km	
INTENSITY	Drills/Intervals	Intervals	Interval/Track		Drills/Intervals	"Just Ride"	Tempo	
SESSION DETAILS	<p>Strength: Program: 1a</p> <p>Swim: Session #10</p>	<p>5 min warm up @RPE 4</p> <p>5x5 workout: 5 min @RPE 6 5 min @RPE 8</p> <p>Repeat until you reach 28 km then ride easy for remaining time @RPE 4</p>	<p>Swim: Session #4</p> <p>Run: Session #2</p>		<p>Strength: Program 1b</p> <p>Swim: Session #5</p>	<p>Endurance ride over varied route some hills and some flat. Use a base RPE 5-6 and then attack hills, pacing yourself up so that you can continue your effort at the top. Use fast flat sections to practice your aero position</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 7 Run @RPE 8</p>	
KEY FOCUS	Pace control and repeatability of each set time.	Longer threshold efforts to get you used to race pace	Swim; drills & speed  Run; steady pace & good form.		Breathing control & rhythm & learning to breathe to your weaker side.	Holding a base pace with select efforts	Learning to run hard off a hard bike	<p><b>WEEKLY DISTANCE: 119 KM</b></p>
NOTES	If you cannot repeat the times from each set, adjust your speed, as pace consistency is key. Be strict with your turn around times, either going "off" a set time or limiting yourself to a set rest time.	While this session may be done outside on a flat loop; it's a good one for the turbo/indoor trainer too.	Remember that building run endurance is as much about maintaining run form as well as speed and distance. This is the longest run of the program		Your strength program should now be seeing effects in your swim, bike & run strength. Increase the intensity where possible, but always execute good form.	Use hills for strength building and descents for handling skills.	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>Make sure you're taking enough water out on longer rides &amp; experiment with electrolyte drinks &amp; any race fuel you might be planning to use.</p> <p>Use longer sessions to experiment with fuelling and start to think about what strategy you'll use on race day.</p> <p>If you're keeping track of your training via fitness tracker, look at regular training routes and look at your pace for a given effort. Comparing progress over track session will help you see pace improvements</p>
SESSION	Strength & Swim	Bike	Swim & Run	Rest	Run	Swim & Run	Bike	
DURATION	60 min/3 km	25 km	2.5 km/5 km		14 km	1 km/5 km	80 km	
INTENSITY	Drills/Intervals	Intervals	Intervals/Track		Steady	OW/Tempo	Hills	
SESSION DETAILS	<p>Strength@ Program 2a</p> <p>Swim: Session #9</p>	<p>5 km @RPE 5 3 km @RPE 6 2 km @RPE 8 5 km @RPE 5 3 km @RPE 6 2 km @RPE 8 5 km @RPE 5 3 km @RPE 6 2 km @RPE 8</p> <p>Progressive intervals; because the steps between stages are less, you HR has time to adjust so you can adjust &amp; maintain pace.</p>	<p>Swim: Session #7</p> <p>Run: Session #1 Aim to hit the 800s at 5 sec per lap faster than the 1600, and the 400s another 3-5 seconds per lap quicker. BUT; each repeated distance must be consistent.</p>		<p>Run: The longest run of the program. This will test if you're able to hold good run form. Pace @RPE 5-6 with the aim to finish with consistent pacing.</p>	<p>Swim: Open Water acclimatisation. Optional session, just a chance to dig out the wetsuit &amp; get in the water.</p> <p>Run: Running of fatigued legs from yesterday's session; head out for a 5 km Tempo run @RPE 7-8.</p>	<p>Steady state ride with some hills included. Maintain steady cadence and rhythm. Pace judgement on hills.</p>	
KEY FOCUS	Catch & Pull; stroke efficiency. Head position when breathing	Pace judgement and working at higher efforts	Run: Aim to match or beat previous times. Keep consistence with efforts.		Easy pace, endurance, holding run form.	Open water acclimation. Running hard on tired legs.	Pace judgement on hills	<p><b>WEEKLY DISTANCE: 138 KM</b></p>
NOTES	Your kicking should be already feeling better, but still keep body position in mind and legs high in the water. Think about rotation through the hips. Whenever you're getting tired, focus on your position and rotation.	Changing effort/speed gently allows HR and breathing rate to increase to avoid Oxygen debt, so you can maintain higher efforts for longer.	You should be able to repeat your efforts of the same distance in the pool and the track, so don't push too hard on the first ones. This will all help in teaching you to pace yourself.		Having the endurance to run beyond your race distance will improve your ability to work hard over a race distance.	Depending on how early in the season you get in, the water may be cold, so take time to acclimatise; focus on breathing & stroke rate as these become erratic in cold water.	Running up and down hills increases strength. Control pace on ascent so you're able to continue at a good pace once at the top.	

WEEK 9								GOALS
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	"Time Trial" week. This is an opportunity to test how far you've come and get an idea of where you'll be setting your race target pace.
SESSION	Strength & Swim	Bike	Swim & Run	Rest	Strength & Swim	Bike	Brick	
DURATION	60 min//3 km	25 km	2.5 km/10 km		60 min/2 km	50 km	25 km/7.5 km	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.
INTENSITY	Drill/Pacing	TT	Drills & TT/Tempo		Intervals/Drill	Hills	Race test TT	
SESSION DETAILS	<p>Strength: Program 2a</p> <p>Swim: Session #10</p>	<p>1 km warm up @RPE 5</p> <p>Once warmed up using your pace from previous session aim to hit your threshold speed for the rest of the distance.</p> <p>Warm down, easy leg spin afterwards for a couple minutes.</p>	<p>Swim: Session #8</p> <p>Run: 10 km Time Trial; Using your training pace as a guide aim to complete the best possible 10 km run you can.</p>		<p>Strength: Program 2b</p> <p>Swim: Session #6</p>	<p>Option 1: Steady state ride on a hilly route. Hold a base of RPE 6 and hit hills with RPE 8+</p> <p>Option 2: if you don't have many hills in your area, perhaps plan a route where you can ride out to one hill, and repeat climb it as part of a small loop or just up &amp; down, for 45 minutes and then return along your route on the flat.</p>	<p>Use this brick session as an opportunity to test out your target race pace over a slightly shorter distance. You'll be able to pace your bike and test to see if you're able to hold your target pace running off the bike.</p>	
KEY FOCUS	Pace control and repeatability of each set time.	Maintaining intensity with minimal change in pace.	Start at just below your target pace and aim for a negative split.		Progression though your movement in the strength session	Holding a steady pace, keeping intensity on hills.	Holding threshold/target pace	<b>WEEKLY DISTANCE: 125 KM</b>
NOTES	If you cannot repeat the times from each set, adjust your speed. Be strict with your turn around times, either going "off" a set time or limiting yourself to 15 sec rest on shorter sets.	This should be done on a flattish route. Alternatively this may also be done on a turbo trainer, WATT bike or gym bike. The idea is to test how well you can hold a goal race pace and help you	Use the time from this run as a guide to where you are. From here you can update your training pace and target race plan.		2 months into a strength program you should be starting to feel stronger in your movement and notice the exercises are easier. This will translate into better performance in your swim, bike & run.	Pace your hill climbs so that you can continue at the top. Don't overcook your climbs otherwise your pace off the top may suffer.	Set up your transition kit, so you can switch from bike to run asap. Using your Trisuit/kit will save time changing.	

WEEK 10								GOALS
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Any new kit you're planning to use should be used 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	Strength & Swim	Bike	Swim & Run	Rest	Run	Swim & Run	Bike	
DURATION	60 min/3 km	30 km	2.5 km/12.5 km		7.5 km	2.5km/5 km	80 km	A good start in open water and being able to settle into your pace will count a lot towards a good swim time.
INTENSITY	Drill/Intervals	Intervals	Intervals/Steady		Track	OW/Tempo	Steady/Aerobic	
SESSION DETAILS	<p>Strength: Program 2a</p> <p>Swim: Session #9</p> <p>Count stroke per length as a way of keeping your technique in check; if you have to increase your strokes, you're losing efficiency, or fatiguing.</p>	<p>Incremental set:</p> <p>10 km @RPE 5 10 km @RPE 7 10 km @RPE 8-9</p> <p>Getting used to an increasing intensity which will feel like it's getting particularly hard at the end.</p> <p>If you're doing this set outside where the ground naturally varies, then try to make your average HR higher by 5-10 beats every 10 km.</p>	<p>Swim: Session #7</p> <p>Run: Steady, sub-max effort @RPE 6</p>		<p>Run: Session #3</p>	<p>Swim: Open water; take time to ensure your suit is fitted properly each time you swim, as better shoulder movement will mean a better stroke. Take time to warm up too, practice this over a couple minutes, as this is usually what you have on race day once you're in the water. Practice breathing to both sides and sighting.</p> <p>Run: Tempo, @RPE 6-7</p>	<p>One of your longer rides in this program; aim to fuel well before this ride and hold as near to your desired race pace as possible. Be creative with the route if you like, add in some hills as well as some fast, flat sections to power along.</p>	As the volume approaches the highest in the program, ensure you're resting enough, and look at your day-to-day nutrition to see if you're fuelling your training correctly.
KEY FOCUS	Head position when breathing, arm position; maximising stroke length.	Pace control, knowing what's easy and what's hard.	Run: Holding a steady pace, finishing as strong as you started.		Pacing is important; work hard but make sure you're able to maintain efforts.	Run: Hold a pace just below target race pace	Holding efforts for longer	<b>WEEKLY DISTANCE: 143 KM</b>
NOTES	When working hard or fatiguing, keep extra attention to you kick neatness, and good hip rotation.	While this session may be done outside on a flat loop; it's a good one for the turbo/indoor trainer too.	Ensure you warm up prior to running; foam rolling & mobility work to allow better run form. This run should be completed at below race pace		Track sessions should feel hard. They're almost all done at above race pace. This is where you peak fitness comes from, but remember that your run form is important.	Being able to cope with all conditions will make you a more rounded swimmer, so learn to cope with cooler water, wind & waves, and swimming into early morning sun	If you can hold your 40km race pace for longer than your race distance, you're more likely to be able to run strongly off the bike.	

WEEK 11								GOALS
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Manage fatigue, and sessions around your life. If you're not feeling recovered from session, then re-arrange them to fit in, or modify the distance to allow more rest and focus on
SESSION	Strength & Swim	Bike	Swim & Run	Rest	Strength & Run	Swim	Brick	
DURATION	60 min/3 km	40 km	2.5km/10 km		60 min/7.5 km	2.5 km	30km/5 km	
INTENSITY	Drills/Intervals	Hills	Drill/Int/Steady		Track	OWS	Mixed effort	
SESSION DETAILS	<p>Strength: Program 2a</p> <p>Swim: Session #10</p>	<p>Using a hilly route or one with at least one good climb that takes &gt;3 min to ascend. Mix up between seated and standing climbing, keeping rhythm. Get used to descending too.</p> <p>If completing indoors; simulate hills with gearing and resistance. In &amp; out saddle efforts.</p>	<p>Swim: Session #8</p> <p>Run: Steady sub maximal pace, holding good form throughout. If you wish to do this run off-road you can. It's add variety but also naturally changing surface and terrain will improve strength and run form. Sub-maximal pace RPE 6-7</p>		<p>Strength: Program 2b</p> <p>Run: Session #2</p>	<p>Swim: By now you should be back into the swing of open water. So start to go through shorter race pace efforts. Depending on your swim course, look to do 400-750 m efforts. Practice starts, sighting, exit etc.</p>	<p>Option 1: Split into two mini-bricks of 15k/2.5k and do twice through, for more transition practice and more speed work</p> <p>Option 2: Complete through once at race pace.</p>	<p>Focus on your ability to hold higher efforts for longer</p> <p>Use hills sessions to focus on power and bike handling.</p> <p>Keep improving open water skills &amp; confidence</p> <p>Throw in a quick transition practice after your OWS; getting wetsuit off asap while still moving, running after a swim.</p>
KEY FOCUS	Pace control and being able to repeat pace of each set.	Climbing, descending, maintaining rhythm	Focus on run form and posture especially when you begin to tire.		Hold form, and ensure times are repeated on shorter sets.	Working to improve open water speed.	Set at race pace. Running well off the bike.	<b>WEEKLY DISTANCE: 100.5 KM</b>
NOTES	While aiming to swim hard on the shorter efforts, also try to maintain good alignments and form in the water since losing technique will make you slower.	If you've not a hilly route you can do plan a 5-8 km loop around 1 particular hill and rep around that.	Ensure you're hydrated and perhaps practice with any energy products you're planning to use on race day.		The longer set should be closer to your goal race pace. The shorter sets should be faster.	Adapting your stroke to wearing a wetsuit will help you be faster in the water, If possible swim with a similar standard swimmer to practice drafting and swimming in close proximity.	Experiment with different positions on the bike; hoods, drops etc., aiming to be more 'aero' where it counts.	

Week 12								GOALS	
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	<p>This is your second largest volume week, so ensure you allow sufficient fuelling and recovery/sleep.</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>	
<b>SESSION</b>	<b>Strength &amp; Swim</b>	<b>Bike</b>	<b>Swim &amp; Run</b>	<b>Rest</b>	<b>Run</b>	<b>Swim</b>	<b>Bike</b>		
<b>DURATION</b>	60 min/2.5 km	50 km	3 km/7.5 km		5 km	2 km	80 km		
<b>INTENSITY</b>	Drills/Intervals	Efforts/Hills	Intervals/Track		Fartlek	Open Water	Hills		
<b>SESSION DETAILS</b>	<p>Strength: Program 2b</p> <p>Swim: Session #7</p>	<p>If using an indoor trainer, following a 5 min warm up, structure a set of hills or efforts: 5 min @RPE 8+ 5 min @RPE 5-6 And repeat through for the duration.</p> <p>If outdoors, target this session as a hill session. Use the hills as above threshold efforts RPE 8-9, then recover on flats and down hills.</p>	<p>Swim: Session #9</p> <p>Run: Session #3</p>		<p>Run: Random intervals based on how you're feeling or landmarks on your route; short-medium burst of speed. Trail running at a constant speed provides a similar "random" fluctuation in HR and effort.</p>	<p>After a brief warm up: Split this swim into 2-3 even distance efforts. To test your pacing swim each effort at the same time but with the following pacing:</p> <ol style="list-style-type: none"> <li>1) Steady</li> <li>2) Slow&gt;fast</li> <li>3) Fast&gt;slow</li> </ol>	<p>Steady state ride with some efforts and/or hills included. Maintain steady cadence and rhythm to keep a constant work rate on climbs and flat.</p> <p>If you have access to your race course, you could do a recon ride (2 laps).</p>		
<b>KEY FOCUS</b>	Body position, rotation through the hips	Strength on the bike, working with elevated HR and recovery.	Run: Keep it light so you can hold a steady pace throughout		Adding some fun into training but also learning to return to base pace following effort.	Open water pacing & technique	Maintaining steady RPE 6-8		<b>WEEKLY DISTANCE: 150 KM</b>
<b>NOTES</b>	Your kicking should be already feeling better, but still keep body position in mind and legs high in the water. Think about rotation through the hips; this is where your stroke power comes from.	Working above your threshold HR will improve fitness. But also; feeling what it's like to go up a hill 'too hard' will help you manage your pace come race day.	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.		Your average pace should be similar to an aerobic (RPE 6-7) run but with lots of variation in speed. This can be a good session to do with a friend, since you can take turns to call sprints, or efforts.	Pacing in a pool is easy because you have regular turns and can see a clock/watch to keep you on track. In open water there's less reference points so you have to rely on how you feel.	Being able to ride your race route give you more confidence on descents & corners. You can also pace judge climbs and look for prevailing wind direction etc.		



WEEK 13								GOALS
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	This is a high volume week for running and your last tough one before you begin to taper down.
SESSION	Swim & Strength	Bike	Swim & Run	Rest	Strength & Run	Swim	Brick	
DURATION	3 km/60 min	50 km	3 km/12.5 km		60 min/7.5 km	2 km	40 km/7.5 km	Speed work and pacing is key
INTENSITY	Drills/Intervals	Mixed effort	Intervals/neg. split		Track	Open water	Bike/Run	
SESSION DETAILS	Swim: Session #10  Strength: Program 2A	Preferably outdoors ride on a naturally varied route. Add in some harder "fartlek" style efforts. Pick a route where you can practice longer aerobar/drop efforts to work hard in a lower position	Swim: Session #9  Run: 12.5 km negative split; Break the run into 5 x 2.5 km sections and aim to run each section around 5 sec/km faster than the previous, ending up at race pace for the last 2.5 km		Strength: program 2B  Run: Session #2	Longer steady duration swimming, run through wetsuit fitting, lubricant, and use your tri-suit underneath. Practice your sighting and start to play around with speed work	Race simulation: Using your intended race kit, clothing etc.  Bike: warm up over the first couple of km then build into RPE 8.  Run: strong off the bike and into race pace as soon as you can RPE 8+	Start to think about how much fluid you're using in training as a predictor of what you'll need on race day
KEY FOCUS	Pace control and being able to repeat pace of each set.	Simulating holding a pace in a race with shorter higher efforts like hills/overtaking	Pace control		Speed work and pushing into peak fitness	Swimming an accurate course and holding pace in open water		
NOTES	Final fitness push. The hard work you do here will fine tune your race fitness.	If being performed indoors, replicate a session from an earlier week.	If you've got any new shoes for race day, start to wear them in now, similarly if you're using elastic laces practice running in them when running hard	If you haven't already start thinking about recovery massage. With the volume of training you're doing your body will thank you for a little maintenance.	Strength session here are now key in keeping your body mobile and working muscles that you'll be relying on.	Even though we want to try and race at a steady pace, mixing up your speed will simulate fatigue or being out of breath and help you learn to cope with it.	Prep you bike as you intend to on race day; bottles, nutrition, spares etc. Field test all your planned equipment and transition strategies.	

Week 14								GOALS
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	<p>The longest week on the plan and the last long week before you begin to taper down. This week is about endurance, and about maintaining race pace efforts in shorter distances.</p> <p>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.</p> <p>Make sure you have all the equipment you need, and any last minute purchases are tested in training over race distance at least.</p>
<b>SESSION</b>	<b>Strength &amp; Swim</b>	<b>Bike</b>	<b>Run</b>	<b>Rest</b>	<b>Bike &amp; Run</b>	<b>Swim &amp; Run</b>	<b>Bike</b>	
<b>DURATION</b>	60 min/3 km	50 km	12.5 km		25 km/7.5 km	2 km/5 km	80 km	
<b>INTENSITY</b>	Drills/Intervals	Inter/Fartlek	Steady		Inter/Tempo	OW/Track	Hills	
<b>SESSION DETAILS</b>	<p>Strength: Program 2a</p> <p>Swim: Session #10</p>	<p>Indoors: 5 km Warm up @RPE 4-5</p> <p>1 min @RPE 5 6 min @RPE 6 1 min @RPE 7 1 min @RPE 8 1 min @RPE 9</p> <p>Repeat until 3-5 km to go, then cool down @RPE 4</p> <p>Outdoors: Fartlek ride with longer efforts on hills or segments of your choosing.</p>	<p>Run: @RPE 6-7</p> <p>Steady effort, keep it aerobic and run over a route of your choosing. If you're off-road or on a hilly route, pace yourself to keep effort in the correct zone.</p>		<p>Plan a hilly route or laps of one or two hills. Effort level:</p> <p>RPE 7-9 Hills RPE 5-7 Flats</p> <p>Average RPE should be similar to sustained race pace.</p> <p>Run: @RPE 7 just below race pace (or 5-10 sec per/km slower)</p>	<p>Swim: Run through a prep as if race day; get your suit on in plenty of time, fit it properly. Warm up on land, then get in and acclimatise and warm up within 2 minutes (similar what you'll have on race day) then do a practice start and swim race distance. Use remaining distance for sprints.</p> <p>Run: Session #1</p>	<p>Steady state ride with some hills included. Maintain steady cadence and rhythm. Pace judgement on hills. RPE 6-7</p>	
<b>KEY FOCUS</b>	Strength; focus on form on harder sets. Swim; really push for improved times on sprint sets.	Holding threshold pace for longer	Focus on run form, posture and finishing feeling strong.		Control of efforts and pacing	Swim: Working at race pace.	Pace judgement on hills	
<b>NOTES</b>	Longer swim sets should feel easy now, and you should be able to hold a good pace even at the end of a session. Start to think about your race pace and replicating this in your medium efforts.	Being able to work above and below your threshold/race pace and then return to working there is a useful skill for racing on courses with challenging terrain or technical segments.	Steady effort at a below max pace, focusing on holding form and keeping each km the same effort level or HR.		The strength program should be getting easier and you should be increasing your weights/times of each exercise.	Final race pace prep. Polishing off you technique and race pacing.	Try to spend as much time in your aero position or on the drops if on a road bike. Learning to maintain an aero position even when getting tired, will make you more efficient.	

WEEK 15								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 & Strength	Bike	Swim & Run	Rest	Strength & Run	Swim	Brick	
DURATION	45 min/3 km	30 km	2.5 km/5 km		45 min/5km	2 km	25km/7.5 km	Everything should be aimed at setting up your race plan.
INTENSITY	Drill/Interval	TT	Intervals/Track		Tempo/neg.	Open water		
SESSION DETAILS	<p>Strength: Program 2a</p> <p>Swim: Session #9</p>	<p>Preferably outside on a route you know well and can ride hard safely. Aim to complete the ride at race intensity. RPE 7-8</p> <p>If weather allows, use race kit as well: Shoes, socks/sockless? Trisuit Sunglasses</p>	<p>Swim@ Session #8</p> <p>Run: Session 1</p>		<p>Strength: Program 2b</p> <p>Run: Steady pace @RPE 7-8 Aim to run the second 2.5 km slightly quicker than the first. About 5 sec/km quicker.</p>	<p>If you like you can do this session as a straight 2 x 1 km swim TT. Otherwise break it up into shorter/faster efforts. Where ever you feel you stand to gain the most, based on how your training has gone.</p> <p>If swimming with a group, practice starts, drafting &amp; turning buoys in close proximity</p>	<p>Race day simulation: Use all your kit and practice how you'll lay it out come race day. Bike &amp; Run @RPE 7-8 working on your pacing and trying to settle into your run as soon as you can off the bike. Work on transition time</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, as this will prepare you better than overtraining.</p>
KEY FOCUS	Pacing and speed work	Sustained race pace	Speed, pacing, consistency. Aiming to better times from 3-4 weeks ago.		Pacing and running a negative split.	Distance, breathing, sighting, pace.	Transition speed, pacing	
NOTES	Maintaining for even when working hard and when beginning to fatigue.	keep hydrated and note your intake, practice nutrition strategy	Bringing the volume down and working on pace consistency towards your desired race pace		Keeping your muscles working, but more importantly keeping them mobile and recovering will be important for being at your best on day	Run through the race instructions and think about the type of course you're swimming. Consider the length of transition too.	Everyone lays out transition slightly differently. Find what works for you and practice it; e.g. race belt, elastic laces, nutrition	

WEEK 16 – 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>	
<b>SESSION</b>	<b>Swim</b>	<b>Bike</b>	<b>Run</b>	<b>Strength (Run)</b>	<b>Run</b>	<b>Swim</b>	<b>RACE DAY</b>		
<b>DURATION</b>	1.5 km	15 km	2.5 km	30 min	2 km	1 km	1.5/40/10 km		
<b>INTENSITY</b>	Mixed	Mixed efforts	Mixed efforts	Easy	Easy	Easy	Race Pace		
<b>SESSION DETAILS</b>	<p>200 m warm up 200 m pull buoy @RPE 6</p> <p>400 m @RPE 7 2 x 200 m @RPE 8 2 x 100 m @RPE 9</p> <p>100 m warm down</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 5-8</p>	<p>Run at a steady pace focusing on your form and keeping a light foot strike. Add in shorts burst of harder efforts for a little bit at a time. @RPE 6-8</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>Relaxed effort swim, loosening off with a few short bursts. @RPE 5-7</p>	<p>The hard work is over, stick to what you know in training. Race hard, race well and have fun!</p>		
<b>KEY FOCUS</b>	Speed, pacing,	How the bike feels	Run form	Flexibility, recovery	Relaxed form	Good position, technique in the water. Relaxed stroke.			<b>WEEKLY DISTANCE: 73.5 KM</b>
<b>NOTES</b>	<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>This distance should feel very easy now and you should feel good when you finish.</p>	<p>If possible book a massage.</p>		<p>Nice short session to loosen off. You could even do this session in open water for a confidence boost and wetsuit removal practice.</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	<b>Very Weak:</b> I am just about moving
2	<b>Weak:</b> I am walking at a faster pace and can hold a conversation easily
3	<b>Light:</b> I am beginning to sweat a little, but can hold conversation throughout
4	<b>Moderate:</b> I am very happy at this effort
5	<b>Somewhat Strong:</b> I am sweating more heavily and starting to feel my breathing is becoming more stressed
6	<b>Strong:</b> I am beginning to feel more out of breath but could maintain this pace for a few hours
7	<b>Very Strong:</b> My breathing is very laboured, but I can still maintain pace for an hour without slowing
8	<b>Hard:</b> I am starting to struggle to hold this pace and my heart is racing and am sweating heavily
9	<b>Very Hard:</b> This is hurting and I can only hold this effort for up to 5mins
10	<b>Extremely Hard:</b> I am absolutely flat out and this is sprinting. I will need to stop after 30secs

## SWIM SESSIONS

SESSION 1 – 1 KM
<p><b>WARM UP</b></p> <p>100 m – FS RPE 4-5 200 m Drill (25m fist/25m FS x 4)</p>
<p><b>MAIN SET</b></p> <p>2 x 200 m FS + Pull buoy @RPE 5 2 x 100 m FS @RPE 7</p>
<p><b>COOL DOWN</b></p> <p>100 m – FS RPE 4-5</p>

SESSION 2 – 1.5 KM
<p><b>WARM UP</b></p> <p>200 m – FS RPE 4-5 200 m Drill (25m fist/25m FS x 4)</p>
<p><b>MAIN SET</b></p> <p>1 x 400 m FS + Pull buoy @RPE 5 2 x 200 m FS @RPE 6 2 x 100 m FS @RPE 7</p>
<p><b>COOL DOWN</b></p> <p>100 m – FS RPE 4-5</p>

SESSION 3 – 1.5 KM
<p><b>WARM UP</b></p> <p>200 m FS @RPE 4-5 200 m Drill (50m Drill/50m FS x 2) (Drill can be; Kickboard/catch-up/1-arm)</p>
<p><b>MAIN SET</b></p> <p>1 x 300 m FS + Pull buoy @RPE 6 2 x 150 m FS @RPE 7 4 x 75 m FS @RPE 7-8</p>
<p><b>COOL DOWN</b></p> <p>200 m – FS RPE 4-5</p>

SESSION 4 – 2 KM
<p><b>WARM UP</b></p> <p>400 m FS @RPE 5 400 m FS + Pull @RPE 5-6</p>
<p><b>MAIN SET</b></p> <p>200 m FS @RPE 6 100 m FS @RPE 7 50 m FS @RPE 8</p>
<p><b>COOL DOWN</b></p> <p>150 m – any stroke RPE 4-5</p>

SESSION 5 – 2 KM
<p><b>WARM UP</b></p> <p>200 m FS @RPE 5 300 m Drill (25m 1-arm FS/25m 1-arm FS/50m FS x 3)</p>
<p><b>MAIN SET</b></p> <p>400 m FS @RPE 5-6 200 m FS + Paddle + Pull buoy @RPE 6 4 x 200 m FS @RPE 7-8 (30 sec rest)</p>
<p><b>COOL DOWN</b></p> <p>100 m – any stroke RPE 4-5</p>

SESSION 6 – 2 KM
<p><b>WARM UP</b></p> <p>400 m FS @RPE 5 100 m Kicking w/kickboard</p>
<p><b>MAIN SET</b></p> <p>400 m FS + Pull buoy @RPE 5-6 200 m FS @RPE 6-7 2 x 100 FS @RPE 8</p>
<p><b>COOL DOWN</b></p> <p>100 m – any stroke RPE 4-5</p>



## SWIM SESSIONS

### SESSION 7 – 2.5 KM

#### WARM UP

200 m FS @RPE 5  
200 m Drill (25m fist drill/25m FS x 4)

#### MAIN SET – Repeat twice through

1 x 400 m FS @RPE 5-6  
2 x 200 m FS + Paddles @RPE 6-7  
2 x 100 m FS @RPE 8

#### COOL DOWN

100 m – any stroke RPE 4-5

### SESSION 8 – 2.5 KM

#### WARM UP

400 m FS @RPE 5  
400 m Drill (50m kick/50m FS x 4)  
200 m FS + Pull buoy @RPE 6

#### MAIN SET – repeat twice through

400 m FS @RPE 6  
200 m FS @RPE 7-8  
100 m Mixed stroke @RPE 5-6

#### COOL DOWN

100 m – FS RPE 4-5

### SESSION 9 – 3 KM

#### WARM UP

400 m FS @RPE 5+  
100 m Kickboard  
100 m FS + Pull buoy @RPE 6

#### MAIN SET – repeat three times through

1 x 200 m FS @RPE 6  
2 x 100 m FS @RPE 7 (paddle + pull optional)  
4 x 50 m FS @RPE 8+

#### COOL DOWN

100 m – any stroke RPE 4-5

### SESSION 10 – 3 KM

#### WARM UP

400 m warm up FS @RPE 5  
100 m Kicking

#### MAIN SET

1 x 400 m FS @RPE 6 (45 sec rest)  
2 x 200 m FS Paddle + Pull buoy @RPE 7 (30 sec rest)  
4 x 100 m FS @RPE 8 (20 sec rest)  
2 x 200 m FS + Paddle + Pull buoy @RPE 7 (30 sec rest)  
1 x 400 m FS @RPE 6 (45 sec rest)  
2 x 200 m Medley (if you cannot do fly, replace with FS)

#### COOL DOWN

100 m – any stroke RPE 4-5

## Explanation of swim drills

*Included within the swim sessions are a number of drills. Please find an explanation of each drill below:*

**KICK:** Swim on your front and using a kickboard you use only your legs to aid propulsion. You must kick from the hips using a straight leg action. Concentrate on pointing your feet behind you and having floppy and flexible ankles. Engage your core to keep your hips elevated. When using the kickboard aim to keep the board horizontal by applying a small amount of pressure down on the board thus raising your chest. You can either keep your head up or pop your face into the water to simulate the correct body position. You can use fins to help with your kick if necessary.

**SIDE KICK:** Hold the kickboard in one hand and keep that hand outstretched in front of your head and body, your other arm will rest on your side. Kick from the hips with the hips facing the sides of the pool. Concentrate on pointing your feet towards the end of the pool with floppy and flexible ankles. Engage your core to keep your hips elevated. You should keep your face pointing down to the bottom of the pool only turning your head sideways to breathe. You can use fins to help with your kick if necessary.

**DEAD MAN FLOAT:** Push off the wall keeping your arms in front of the head then when you begin to lose momentum bring your arms back to being by your sides, where they now stay. Use only your kick for propulsion, using fins where necessary. Concentrate on body and head position, keep your head facing down with the chin slightly tucked inwards to your chest and push your chest out down towards the floor. The hips should gently break the surface of the water. If you become stationary simply do a few arm strokes to gain momentum again.

**PENCIL FLOAT:** Apply the same principles as for the Dead Man Float, except this time you keep your arms fully stretched out in front of the body and have your head squeezed in between your arms. Concentrate on keeping the arms straight and long.

**CATCH-UP:** When swimming a standard Front Crawl technique apply a slower arm revolution so that each arm is completing a full stroke before the other arm begins the next stroke. Complete a full stroke with your Right arm, holding your Left arm in a forward and outstretched position, with your Right hand coming through and making contact with your Left hand before you begin a full stroke with the Left arm. Continue to do this resisting the temptation to begin the next stroke too soon. A handy tip is to use a kickboard or pull buoy and hold this in the leading hand and exchange hands between strokes. If you struggle to maintain body position doing this drill hold a pull buoy between your thighs.

**PULL:** Swim standard Front Crawl holding a pull buoy between your thighs. Concentrate on the power needed to complete the full stroke without any kick being applied. You must be strict to not use any kick doing this. Do not speed your stroke up to compensate for the lack of a leg kick.

**ZIPPER:** Swim standard Front Crawl, as your arm is beginning its movement up the body trail your thumb up from the thigh, past the hip and into towards the arm pit before allowing the hand to exit the water and reach forwards. This encourages a high elbow exit from the water as well as keeping your recovery arm in close proximity to the body.

**PADDLES:** Wear hand paddles to apply greater resistance to the water through each stroke. This promotes greater strength through your arms and shoulders. To use paddles properly ensure that you have the correct size paddle for your hand, then when using you must enter the water with the fingers pointing down to the bottom of the pool and pull through the water with your elbow always higher than your hand. Continue to push all of the way through the stroke past your hip to get full use of the paddle.

**POLO-SIGHTING:** Introduce some open water skills to your pool swim with this drill. When turning your head to breathe also turn your head forwards to look in front of you. When trying to look forwards activate a strong stroke that will allow you to bring your shoulders higher out of the water. Do not do 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.

## Running – Track Sessions

SESSION 1	SESSION 2	SESSION 3
<b>Warm Up</b>	<b>Warm Up</b>	<b>Warm Up</b>
400m at RPE 4-5	400m at RPE 4-5	400m at RPE 4-5
<b>Main Set*</b>	<b>Main Set*</b>	<b>Main Set*</b>
1 x 1600m	3 x 1600m	1 x 1200m
2 x 800m	3 x 800m	3 x 400m
4 x 400m		1 x 1200m
		3 x 400m
		1 x 1200m
		3 x 400m
<b>Total 5200m</b>	<b>Total 7600m</b>	<b>Total 7600m</b>

\*You should aim to run your main set as fast as you can, however the pace you set should be consistent for all of your 400m efforts for example in Session 1 the 400m pace during your 1600m effort should be the same as your final 400m effort. If you start out too fast your 400m times will start slipping. Find a pace you can maintain then gradually chip away at your 400m time gradually.

## 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 it 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 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	
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	