

SPRINT DISTANCE TRIATHLON – 12 WEEK – INTERMEDIATE PLAN

This 12 week training plan is aimed at getting an intermediate triathlete through a sprint distance triathlon. So, if you've done a few races or have found our beginner plan a little too easy, then this is the plan for you.

While some sessions are slightly more demanding than a beginner program, the key element to this program is that it's designed to fit around your work and family life, so it's not too time consuming and sessions focus on quality over quantity.

The intensity of the training in this plan is 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 detailed in the appendix at the back of the plan. If you use a Heart Rate Monitor and/or GPS tracking, we recommend you use this in conjunction with RPE to monitor pace and effort as this will help you judge your pace more effectively.

Strength and Conditioning

This plan includes weekly strength & conditioning sessions. We've broken these sessions into phases to allow adaptations to your strength through the program that meet the demands of your training.

Base Phase

This is intended to prepare the joints and soft-tissue for the upcoming training load. Key elements include mobility, flexibility and balance work, core work with some easier compound movements to increase strength endurance.

Core Phase

This phase builds on the work you've done, adding in more demanding movements which challenge single legs strength and control of more complex movements. This added skill is essential to good performance and injury prevention.

Performance Phase

Building on the complexity of the existing program, this phase also includes the addition of explosive movements that build your power, completed as a circuit that will increase anaerobic fitness too. Exercises in this phase are targeted at improving your ability to maintain a strong form, and increase speed.

Flexibility and Mobility

If you are finding you're getting tight and sore muscles throughout training you can perform the 'Mobility/Warm-up' section of the 'Strength and Conditioning Sessions' more frequently as required to help loosen tight muscles.

Getting a sports massage once in a while can also be a good way to help keep your muscles moving well, if you're new to sports massage be careful not to get one too close to race day as you may find your muscles have a fatigued feeling afterwards like you've done a tough work out.

Missed a Session?

From time to time your busy lives may get in the way of the training schedule, sometimes this is unavoidable, don't feel guilty! In this situation don't try and make up the session you've missed, simply pick up your schedule as normal the following day. Also, don't train on your rest days! These are in there for a reason to allow your muscles to recover and repair themselves ready for the next training sessions in your plan.

WEEK 1								GOALS	
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	<p>During the first week you're just trying to build your training into your daily routine</p> <p>Use this time to get back into training and think about where you know you need to make improvements from your last race/season</p> <p>Use times from these early sessions as bench marks for when you increase distance and intensity later on</p> <p>If you've not already, look at getting a bike fit. This is about more than being quick, a proper fit can help prevent injuries</p>	
SESSION	Swim	Bike	Run	Rest	Strength & Run	Swim	Bike		
DISTANCE	1.5 km	15 km	4 km		45 min/1.5 km	1.4 km	25 km		
INTENSITY	Technique	Steady state	Aerobic		Steady state	CSS Test	Endurance		
SESSION DETAILS	<p>Swim: Session 2</p> <p><i>Session details can be found at the back of this document in the appendix</i></p>	<p>5 min warm up RPE 4-5</p> <p>Complete distance at RPE7 maintaining steady pace</p> <p>Keep a note of average HR for last 7 km</p> <p>Complete outdoors on flat or unchallenging terrain or on an indoor trainer</p>	<p>“Just run”</p> <p>Set out at a steady pace, using RPE to track effort, ignore any tracking devices. Use HR for last 15 minutes to work as your aerobic HR</p>		<p>Strength: Base Program</p> <p>Run: RPE-6/7</p>	<p>Swim: Session 1</p>	<p>Head out for an aerobic ride outside, start in an easy gear and work into a comfortable aerobic state</p> <p>Use natural hills and fast sections for any light efforts, but keep it aerobic</p> <p>Use HR from last 15 km as your aerobic HR</p>		
KEY FOCUS	Body position, kicking & catch	Establishing an aerobic pace based on HR for last 7 km	Getting into a running routine, establishing a baseline		<p>Starting strength program</p> <p>Finding a steady pace</p>	Set a baseline pace for the coming block of training	Getting out on your bike		<p>WEEKLY DISTANCE: 48.4 KM</p>
NOTES	It's all about getting started, working on body position and efficiency in the water	Maintain a comfortable cadence and rhythm. Try to stay in a comfortable and aero position. Use gearing to maintain effort	Make a note of your pace/speed during these sessions as a reference of your speed for a given effort		First strength session of the program, focus on technique and execution of the movements	Critical Swim Speed (CSS) is your swimming lactate threshold. Training at this pace will see optimal speed improvements. Use times from 400 & 200 efforts to use as bench mark for later sessions	Steady effort ride, using gears to maintain efforts. Some easy hill work allowed		

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
SESSION	Swim	Bike	Run	Rest	Strength & Run	Swim	Bike	
DURATION	1.8 km	20 km	5 km		45 min/3.5 km	1.7 km	30 km	Pace judgement and acquiring times for completing distance
INTENSITY	Endurance	Intervals	Aerobic		Mixed effort	Speed work	Long Ride	
SESSION DETAILS	Swim: Session 3	5mins warm up RPE 5 3 min RPE 8 2 min RPE 6 Repeat until there's 1 km to go then warm down RPE 4	Ease into your run with the first 1 km RPE 5 Then up your effort to RPE 7 or to your target aerobic HR		Strength: Core Program Run: 1.5 km RPE 5 2 km RPE 8	Swim: Session 4	Head out for a longer ride, spend the first 5-10 min warming up then work hard over the route you've planned RPE 7 If you know of moderate climbs and flat sections ideal for time trail efforts then add these in as threshold intervals	Getting to know the weights needed for each exercise on the strength program
KEY FOCUS	Building endurance and consistency	Working at threshold & recovery	Good running form and foot strike		Starting to add in some speed work	Strength from paddle work, hip rotation when using pull buoy	Working at threshold and below	
NOTES	Efficiency is key to building great swimming. Look to be able to repeat effort times of the same distance and concentrate on consistency in strokes per length and breathing	Session may be done on indoor trainers where practical, however don't ignore value of getting out on the bike Keep efforts consistent	Building slightly on the run, aim to keep the form and technique the same Adjust speed where need be		Strength training is valuable for making you more "robust", but exercises must be performed correctly; focus on technique Run should be short and sharp	Use paddles to slow down your arm speed so you can think about position, set up and breathing	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	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
SESSION	Swim	Bike	Run	Strength	Rest	Swim	Bike	
DURATION	1.7 km	20 km	7.5 km	45-60 min		1.8 km	35 km	
INTENSITY	Technique	Intervals	Steady state			Endurance	Long Ride	
SESSION DETAILS	Swim: Session 2	5mins warm up RPE 5 5 min RPE 8 3 min RPE 6 Repeat until there's 1 km to go then warm down RPE 4	"Just run" RPE 6-7	Strength: Core Program		Swim: Session 3	Similar to last week, building on the distance. Head out for a longer ride, spend the first 5-10 min warming up then work hard over the route you've planned RPE 7 If you know of moderate climbs and flat sections ideal for time trail efforts then add these in as threshold intervals	As the bike distance increases, try to maintain speed and form Vary handle bar/grip position when you ride to optimise your body position for the type of road/gradient you're on
KEY FOCUS	Body position, kicking & catch	Working at threshold & recovery. Increasing time spent at threshold	Run posture, consistent pacing, steady HR	Execution & posture during exercise		Building endurance and consistency	Working at threshold and below	WEEKLY DISTANCE: 66 KM
NOTES	It's all about getting started, working on body position and efficiency in the water	Session may be done on indoor trainers where practical, however don't ignore value of getting out on the bike	The focus of this run should be feeling comfortable with the distance, focusing on your posture and run form, finishing feeling strong	Third week in, the exercises should start to get easier as your body begins to adapt. Keep paying attention to good body position		Efficiency is key to building great swimming. Look to be able to repeat effort times of the same distance and concentrate on consistency in strokes per length and breathing	Riding well above your race distance will build endurance, and because there's less impact with riding that running, shorter recovery time. Fitness improvements from cycling will overlap into running too	

WEEK 4								GOALS
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	One month in you'll be starting to feel improvements in fitness from training
SESSION	Swim	Bike	Run	Rest	Strength	Swim	Brick	
DURATION	1.7 km	25 km	6 km		45 min	1.8 km	15km/4km	
INTENSITY	Speed work	Intervals	Trail Run		Tempo	Technique	Tempo	Use the brick sessions to practice transition speed also; laying out kit as you might in a race & aim to go from one to the other as quickly as possible
SESSION DETAILS	Swim: Session 4	5mins warm up RPE 5 7 min RPE 8 3 min RPE 6 Repeat until there's 1 km to go then warm down RPE 4	Plan to run on a challenging route that will make it hard to pace yourself. This can be muddy, hilly, trail or a mix. Aim to keep effort steady but you may have to work harder on hills		Strength: Core Program	Swim: Session 5	First brick session; focus on a steady paced ride RPE 6 Aim to run off the bike and settle into tempo pace RPE 7 Perform run straight after bike with as little break as possible while the legs are still fatigued	
KEY FOCUS	Strength from paddle work, hip rotation when using pull buoy	Increasing time spent at threshold	Good run form and foot strike even off road		Focusing on good posture and form in all exercises	Body position, kicking & catch	Running well off the bike	WEEKLY DISTANCE: 53.5KM
NOTES	Use paddles to slow down your arm speed so you can think about position, set up and breathing	Session may be done on indoor trainers where practical, however don't ignore value of getting out on the bike Keep efforts consistent	Off road running builds strength as you have to work hard to balance, and natural undulation in terrain and uneven surfaces make for good natural intervals		The strength program should be getting easier and you should be increasing your weights/times of each exercise	As the distance increases, you'll have to work hard to maintain good form in the water	Think about how you set up your brick; from home, or bike in the car etc. Have your stuff ready so you can go from bike to run quickly	

WEEK 5								GOALS
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Increasing fitness and working on pacing by introducing more varied set lengths in the pool with a mix of drills and speed work
SESSION	Swim	Bike	Strength & Run	Rest	Strength	Swim	Brick	
DURATION	2.2 km	25 km	45 min/5.2 km		60 min	2.5 km	15km/5km	
INTENSITY	Endurance	Intervals	Track Session		Tempo	Speed work	Tempo	
SESSION DETAILS	Swim: Session 6	5mins warm up RPE 5 8 min RPE 8 2 min RPE 6 Repeat until there's 1 km to go then warm down RPE 4	Strength: Base Program Run: Track Session 1		Strength: Core Program	Swim: Session 7	Steady 15 km ride RPE 6-7, taking it easy for first km. finish ride in good form Try to run hard off the bike, straight into sub-max race pace RPE 7-8	When doing 2 strength sessions in a week you might be sorer, so bare this in mind when you do your other sessions. Expect your normal RPE to be a little slower when fatigues. Listen to your body
KEY FOCUS	Building endurance and consistency	Working at threshold & recovery. Increasing time spent at threshold	Speed work, technique, pacing		Posture, form, technique, posture	Strength from paddle work, hip rotation when using pull buoy	Maintaining pace on bike. Running hard off the bike	WEEKLY DISTANCE: 54.9 km
NOTES	Efficiency is key to building great swimming. Look to be able to repeat effort times of the same distance and concentrate on consistency in strokes per length and breathing	If you've a suitable route or loop you can include a small hill during the efforts too	Track sessions are a great tool for learning to pace yourself over shorter, repeated efforts. Running beyond your sustainable pace helps to improve fitness, and get used to mentally tough efforts		Where exercises are starting to feel easier, increase the time or resistance you're using, or reduce the rest time	Use paddles to slow down your arm speed so you can think about position, set up and breathing	Think about body position; use of drops or aero bars, getting comfortable there Run hard off the bike to get used to "jelly legs"	

WEEK 6								GOALS
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Start thinking about suitable hydration for longer sessions & practicing race nutrition in your longer rides
SESSION	Swim	Bike	Strength & Run	Rest	Strength & Run	Swim	Bike	
DURATION	1.8 km	20 km	60 min/5 km		60min/4.5km	2.2 km	40 km	
INTENSITY	Technique	Intervals	Hill Session		Tempo	Endurance	Hills	
SESSION DETAILS	Swim: Session 5	5mins warm up RPE 5 8 min RPE 8 2 min RPE 6 Repeat until there's 1 km to go then warm down RPE 4	Strength: Base Program Run: Create a loop around a hill that takes 2-3 minutes to complete. Repeated as many times as the distance allows. RPE 8-9 Rest approx. 60-90 seconds between reps		Strength: Core Program Run: Short & sharp effort, after a few hundred meters to settle in, run RPE 7-8	Swim: Session 6	Plot a hilly ride with some varying gradient. Practice in and out of saddle climbing to find your rhythm and also get comfortable on the descents	With the inclusion of hills and intervals this week, the key here is pacing. Learning to control your speed to a desired pace, working to a particular RPE, and learning to climb hills effectively will help you maintain a higher average speed come race day
KEY FOCUS	Body position, kicking & catch	Working at threshold & recovery. Increasing time spent at threshold	Leg strength, stability, technique		Increasing volume from previous sessions, maintain technique	Building endurance and consistency	Climbing, descending, rhythm	WEEKLY DISTANCE: 73.5 KM
NOTES	As the distance increases, you'll have to work hard to maintain good form in the water Consistency is key	If you've a suitable route or loop you can include a small hill during the efforts too	Hill reps are a fantastic training tool, especially when combines with an off-road element wince not only do they provide a very different style of fitness to track work, but also increase strength in your stability muscles		Hold a tough but comfortable pace, just below your expected race pace	Efficiency is key to building great swimming. Look to be able to repeat effort times of the same distance and concentrate on consistency in strokes per length and breathing	Hills get easier when you do hills. Learn to tackle them and you'll race a lot easier. In saddle or out, find a rhythm that works for you	

WEEK 7								GOALS
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Start thinking about kit selection for your race. If there's any new equipment you are thinking of using, then test it out in these sessions
SESSION	Swim	Bike	Strength & Run	Rest	Strength & Run	Swim	Brick	
DURATION	2.2 km	25 km	60min/6.4km		60min/4km	2 km	20 km/4 km	
INTENSITY	Endurance	Hills/Intervals	Track/Interval			Open Water		Hydration and nutrition are important as the training volume increases. Ensure you're recovering from each session and resting enough too
SESSION DETAILS	Swim: Session 6	Option 1: Outdoor ride on a route with a mix of hills and fast flat sections. Keep average effort around RPE 6-7, then work hard on the hills around RPE 8 Option 2: Turbo session; 5 min warm up then 5 min RPE 8 5 min RPE 6	Strength: Performance Program Run: Track Session: 4		Strength: Core Program Run: Steady run RPE 7-8	Acclimatisation to the wetsuit, water clarity, temperature etc Practice sighting, learning how it feels to swim in a wetsuit, learn to let it help you	Learning to ride hard and run hard off the bike is key to a good transition Break session up as Bike 5 km RPE 6 10 km RPE 7 5 km RPE 8 Run: 1 km RPE 9 2 km RPE 8	
KEY FOCUS	Body position, sustained technique even at the end of long sets	Aim to be consistent with your efforts through both sets	Pacing, recovery, speed work, foot strike		Increasing intensity/duration of exercises	Getting in your wetsuit and experiencing open water	Pacing & running hard off the bike	WEEKLY DISTANCE: 63.6 KM
NOTES	Keeping stroke efficiency even when fatigued is key to maintaining good speed. You can choose to do either of the sessions above depending on your ability	By now you should know your speeds at different intensities, so stick to them here as best you can	Be consistent with your sets so that each set of the same distance are done at a similar pace		Increase the resistance and repetitions to increase difficulty	Try breaking up your swim down into 3-4 sets and focus on little bits of your technique at a time	If you're able to, as an option you can split this brick up into a double brick; bike/run/bike/run (10/2/10/2)	

WEEK 8								GOALS
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Final prep for any race kit; you won't want to change much after this point. Any final experiments or changes should happen this week, so you've time to test and adapt
SESSION	Swim	Bike	Strength & Run	Rest	Strength	Swim	Brick	
DURATION	2.5 km	30 km	60 min/6 km		60min/4km	2 km	20 km/4 km	Race pacing and particularly transition practice would be useful, after OWS session practice getting wetsuit off
INTENSITY	Speed work	Threshold	Hill Session			Open Water	Threshold	
SESSION DETAILS	Swim: Session 7 or 10	Working at around your threshold pace with minimal recovery 5 min warm up RPE 4 12 min RPE 8+ 3 min RPE 5 Repeat until there's 2 km to go then drop to RPE 4	Strength: Performance Program Run: Create a loop around a hill that takes 2-3 minutes to complete. Repeated as many times as the distance allows RPE 8-9 Rest approx. 60-90 seconds between reps		Strength: Core Program	Continuing from last weeks swim, getting used to being back in the open water, and continuing to work on open water skills Practice sighting, working with the wetsuit and adapting your stroke for open water. Add in some practice starts too	Aim to get up to speed on the bike as quickly as possible, as you'll need to in the race. If you've a route that undulate naturally, then add in some efforts on the hills Bike: RPE 7-9 Run: Negative split RPE 7-9	Test out any "pre-race nutrition" meals, like dinner or breakfast before the brick session to see how you feel and perform
KEY FOCUS	Strength from paddle work, hip rotation when using pull buoy	Work hard to hold consistent efforts. Take on hydration in recovery	Leg strength, stability, technique		Increasing intensity/duration of exercises	Practise quick wetsuit removal at the end of your session	Pacing on the bike and building run speed towards the end of the run	WEEKLY DISTANCE: 68.5 KM
NOTES	Use paddles to slow down your arm speed so you can think about position, set up and breathing You can choose session 7 or 10	This is an ideal session for an indoor trainer You can do it easily outdoors if you can plan a route or loop that's fairly uninterrupted & allows constant efforts	Focus on being powerful up the hill, and even on your last rep, when tired, keep your foot strike and run form in good shape		After 8 weeks you should be noticing a difference in your strength. Increase intensity, but maintain good technique	Try breaking up your swim down into 3-4 sets and focus on little bits of your technique at a time Adapting your pool stroke to open water and learning to work with the buoyancy of the suit	Practice transition to since in shorter distance races this can be one of the largest time savers	

WEEK 9								GOALS
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	<p>As the volume reaches this level you should really feel the endurance improvements</p> <p>Focus on your ability to hold higher efforts for longer</p> <p>Use hills sessions to focus on power and control</p> <p>Keep improving open water skills & confidence</p>
SESSION	Swim	Bike	Strength & Run	Rest	Run	Swim	Bike	
DURATION	2.1 km	25 km	6.4 km		6 km	2 km	50 km	
INTENSITY	Technique	Hills	Track/Intervals		Hilly/off-road	Open water	Mixed effort	
SESSION DETAILS	Swim: Session 8	Using a hilly route or one with at least a couple of good climbs that takes over 2min to ascend You can also choose to rep one specific climb too Mix up between seated and standing climbing, keeping rhythm. Get used to descending too Repeat as many times as the distance allows	Strength: Performance Program Run: Track Session 5		Run a hilly route and/or off road. Technically challenging terrain will help strengthen your legs and core as well as make your joints more robust Hills can be shorts and sharp to make pacing tougher	Depending on the size of swim loop you've access to; aim to break this down into 3-4 blocks: 1) warm up; focus on breathing & stroke 2) Shorter efforts RPE 7-8 3) 750m RPE 7 4) remainder, sighting & breathing	Head out on a ride with varied terrain where you know you'll get a mix of fast flat and some climbs. Ride at a steady pace adding in the odd burst on a climb or your favourite flat bit	
KEY FOCUS	Kicking, arm position	Climbing, descending, maintaining rhythm	Pacing, speed work, foot strike		Form & technique. Holding pace, working at threshold	Longer distance in open water, sighting, faster pacing	Using your gears to maintain effort	WEEKLY DISTANCE: 91.5 KM
NOTES	Better kicking means better body position and hip rotation. Improving your catch will improve your speed through the water	If you've not a hilly route you can do plan a loop around one particular hill and rep around that. Aim for 6-10 reps in a session	This is a great opportunity to develop you speed, get you muscles used to working harder. Be consistent with pacing sets of same distance		Pay attention on uneven surfaces, and try to keep a smooth rhythm to you running as best you can	Think about frequency of sighting and how you work it in between your breaths	Experiment with different positions on the bike; hoods, drops etc. Aim to be more 'aero' where it counts	

WEEK 10								GOALS
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Your last high volume week before you begin to taper down Speed work and pacing is key
SESSION	Swim	Bike	Strength & Run	Rest	Strength & Run	Swim	Brick	
DURATION	2.6 km	25 km	45 min/5 km		60 min/3.5 km	2 km	20 km/5 km	Start to think about how much fluid you're using in training as a predictor of what you'll need on race day
INTENSITY	Endurance	Threshold	Hill Session		Tempo	Open water		
SESSION DETAILS	Swim: Session 9	Working at around your threshold pace with minimal recovery 5 min warm up RPE 4 10 min RPE 8+ 2 min RPE 5 Repeat until there's 2 km to go then drop to RPE 4	Strength: Performance Program Run: Run a loop around a hill that takes 2-3 minutes to complete. Repeated as many times as the distance allows RPE 8-9 Rest approx. 60-90 seconds between reps		Strength: Core Program Run: 500m warm up before setting into a high/steady pace just above your race pace for the rest of the run RPE 8-9	Longer steady duration swimming, run through wetsuit fitting, lubricant, use your tri-suit underneath Practice your sighting and start to play around with speed work	Race simulation: Using your intended race kit, clothing 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	
KEY FOCUS	Holding pace, especially on longer sets	Work hard to hold consistent efforts. Take on hydration in recovery	Leg strength, stability, technique		Speed work and pushing into peak fitness	Getting in your wetsuit and experiencing open water		WEEKLY DISTANCE: 63.1 KM
NOTES	Keep strokes per length consistent, Remember to use breathing to control effort	This is an ideal session for an indoor trainer. However you can do it easily outdoors if you can plan a route or loop that's fairly uninterrupted & allows constant efforts	Be flexible with the session; use one hill or multiple hills close together is that create a more interesting session. Ensure recovery after each effort, by stopping or at least walking	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, spare inner tube etc. Field test all your planned equipment and transition strategies	

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	Swim & Run	Rest	Strength	Swim	Brick	
DURATION	2.6 km	21 km	2.6 km		60 min	1.5 km	15 km/4 km	
INTENSITY	Speed work	TT	Endurance/Track			Open water		
SESSION DETAILS	Swim: Session 10	Race effort training ride at just over race distance. You can treat the first km as a warm up and then spend a couple of minutes when you're done riding in an easy gear to cool down Ride a route or loops that mean you can work hard with minimal interruption	Swim: Session 9 Run: Track Session 2		Strength: Your program choice Whichever program you feel is more effective for you. Keep the weights/repetition the same but only complete around 2/3 of the total sets. Allocate more time to flexibility and foam rolling	Aim to split this session down into longer segments of 350-500m or even try 2 x 750m efforts. Continue to work on sighting, and relaxing yours stroke and breathing Practice start and running water exit with wetsuit removal	Race day simulation: Use all your kit and practice how you'll lay it out come race day Bike & 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	Everything should be aimed at setting up your race plan NB: All plans need to be flexible, this is a critical stage in training and if you feel over fatigued you must rest
KEY FOCUS	Speed, fitness, power and breathing and technique when tired	Sustained race pace, aero position, gearing	Holding pace, especially on longer sets		Flexibility and mobility	Distance, breathing, sighting	Transition speed, pacing	WEEKLY DISTANCE: 46.7 KM
NOTES	The longest speed work session in the plan. This will be a tough one, so be consistent	Keep hydrated and note your intake, practice nutrition strategy, do this session outdoors unless absolutely necessary	Keep strokes per length consistent, Remember to use breathing to control effort		Keeping your muscles working, but more importantly keeping them mobile and recovering will be important for being at your best on day	By now you're hopefully feeling more comfortable in your wetsuit. At the end of each session also practice removing it quickly too	Everyone lays out transition slightly differently. Find what works for you and practice it; e.g. race belt, elastic laces, nutrition	

WEEK 12								GOALS
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	The hard work is done, nothing you can do now will make you fitter. The focus here is to maintain your peak while allowing recovery
SESSION	Swim	Bike	Run		Strength & (Run)	Swim	RACE DAY	
DURATION	1.7 km	15 km	2.5 km		30 min/ 1 km	750 m	750m/20k/5k	
INTENSITY	Speed work	Fartlek	Fartlek					
SESSION DETAILS	Swim: Session 4	Final pre-race check Ride a steady effort with some short harder bursts RPE 5-9	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 5-8		Just do the WARM UP/Flexibility part of your routine ONLY If you're feeling good head out for a gentle 1 km run RPE 5-6 to keep you loose	Relaxed effort swim, loosening off with a few short bursts RPE 5-7	The hard work is over, stick to what you know in training. Race hard, race well and have fun!	Keep the sessions high quality with good pace work Reduced volume and distance will allow for adaptation and recovery
KEY FOCUS	Strength from paddle work, hip rotation when using pull buoy	How the bike feels, steady pace, short sharp bursts	Run form, speed, bursts		Flexibility, recovery	Stay relaxed		WEEKLY DISTANCE: 46.7 KM
NOTES	Tapering off, keeping the intensity high	Check your bike; 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	This distance should feel very easy now and you should feel good when you finish			Nice short session to loosen off. You could even do this session in open water to practice warm up and race start and wetsuit removal practice	Do your best	

APPENDIX

RATE OF PERCIEVED EXERTION (RPE)

We use the Rate of Perceived Exertion (RPE) scale illustrated below to determine the intensity of your sessions. These will be highlighted in each session 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.

Heart rate training – If you like to train to heart rate, where the RPE is 6-7 train to 65%-75% of your maximum heart rate, for and RPE of 7-8 aim for a range of 70-80% and for RPE 9 around 85-90% of your maximum heart rate.

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

RUN SESSIONS

Hill Runs

Hill work is typically completed through a series of hill repeats. It's a great way to develop strength and stride efficiency. Ideally done on a moderate grade (6 to 7 percent).

When it comes to hill training you have two main options:

1. Structured repetitions of a single hill that takes between 3-5 min to ascend which you can then perform as many repetitions as required to reach the target distance.
2. If you happen to have access to somewhere hilly to run, you can just plan a route that takes in plenty of up and down over the course of your run.

These runs are also good ones to do off-road, since rough terrain will make you work harder, build stability and add variety.

Tempo Runs

After a warm up of 5 minutes or so at a steady aerobic pace (RPE4-6) run the rest of the session at a sub threshold pace (RPE7-8), this is a hard session but not super tough. Think of it as being “comfortably uncomfortable”. Finish your session with 5 mins easy (RPE4-5).

Intervals

Structured durations of above and below threshold efforts aimed at improving performance and fitness by getting you to work harder than you're currently able to sustain. Add a warm-up and cool down of 5 mins easy to the beginning and end of your session, then use the following ratio in your session and repeat:

3 min @ RPE 9 (Very Hard – refer to RPE chart)

2 min @ RPE 5 (Somewhat Strong – refer to RPE chart)

Fartlek Runs

'Fartlek' translates from Swedish to English as “speed play”, these are unstructured intervals that are made up as you run. It might be, “sprint to that lamp post... to the next bridge” etc. It's great for mixing things up and when running with a friend to keep things fun.

Track Sessions










See following page




APPENDIX

Track Sessions

Track work is used to develop speed and pace consistency. Specific track (400m loop) intervals have been outlined within the training program, however these can be adapted and completed over a similar distance around any flat course you have available to you, for example, a football field.

You should aim to run your 'main set' as fast as you can (around an RPE8), however the pace you set should be consistent for all of your 400m efforts, for example the 400m pace during your 400m effort should be the same as your 400m pace during your final 800m effort. If you start out too fast your 400m times will start slipping. Find a pace you can maintain and hold. You may find the first few laps easy but by the end of the session the same pace will feel hard. As you progress over the weeks you can try add extra intervals or start to take a few seconds off your 400m lap times. Recovery times between intervals should also be consistent – for this session take 60-90 secs only between each repetition.

TRACK SESSION 1	TRACK SESSION 2	TRACK SESSION 3
Warmup 400m @RPE 4-5 Drills Side Steps  Bounding  Leaping 	Warmup 400m @RPE 4-5 Drills Side Steps  Bounding  Leaping 	Warmup 400m @RPE 4-5 Drills Side Steps  Bounding  Leaping 
Main Set 1 x 1200m 2 x 800m 4 x 400m	Main Set 1 x 1600m 2 x 800m 4 x 400m	Main Set 1 x 1200m 3 x 400m 1 x 1200m 3 x 400m 1 x 1200m 3 x 400m
Cool Down 400m @RPE 4-5	Cool Down 400m @RPE 4-5	Cool Down 400m @RPE 4-5
TOTAL 5200m	TOTAL 5600m	TOTAL 8000m

TRACK SESSION 4	TRACK SESSION 5
Warmup 400m @RPE 4-5 Drills Side Steps  Bounding  Leaping 	Warmup 400m @RPE 4-5
Main Set 1 x 1600m 4 x 400m 2 x 800m 2 x 400m	Main Set 4 x 800m 6 x 400m
Cool Down 400m @RPE 4-5	Cool Down 400m @RPE 4-5
TOTAL 6400m	TOTAL 6400m

Running drill videos can be viewed online via our YouTube channel here:

<http://bit.ly/RGA-RunDrills>

APPENDIX

SWIM SESSIONS – Intermediate/Advanced Plans

These sessions are based on a 25m pool, if you swim in a pool of a different length, then aim to adapt and match the plan as near as you can. Sessions fall into three categories; technique, endurance and speed sessions.










If you're following the 'intermediate' training plan we recommend you follow the shorter distance options, if following the advanced option then look to complete the longer options. However, the sessions are a guide and depending on your ability you can choose to increase or decrease the number of sets for a given session to match your ability level, a focused session with no distractions and strict rest times should be approximately 60mins in duration so the distance you complete will vary depending on your ability.

Rest times between sets should be minimal and depend on the effort level and length of the interval. Aim for between 20-45 seconds. On longer sets of similar intervals you can go off a fixed turnaround, e.g. 100 m off 2:15, so whatever time remains after your 100 m is your rest.

Critical Swim Speed (CSS)

Your first swim session is CSS swim test and it will also give you a good benchmark to see how you improve over the 12 weeks. It will help you plan and pace intervals in the rest of the plan. Here's an [online calculator](#) which you can use to calculate your CSS once you have your 400m & 200m timed effort from session 1, the calculator will give you a 100m pace. Here's an example of how to use the result; if your 100m pace is 1min 30sec aim to swim your 100m efforts off 1min 45sec or 1min 50sec to begin with that is 90secs of effort 15-20sec rest before to next 100m repeat, you need to be very strict on these turnaround times, aim to reduce your CSS time over the 12 weeks.

Swim drills used in sessions

Catch Up	Kicking with board	Pull / Pull Buoy	Fist Drill
			
Single Arm	Kicking on Side & Back	Pull & Paddles	Sighting (Open water)
	 		

Drills can be found on YouTube here: <http://bit.ly/rga-swim-drills>

FS = Freestyle/Front Crawl

SWIM SESSION 1 – CSS TEST	SWIM SESSION 2 - Technique
Warmup 200m Warm up @RPE 4+	Warmup 200m warm up – FS RPE 4
Main Set – CSS TEST 400m FS Timed Best Paced Effort Rest 60 sec 100m FS @RPE 5 200m FS Timed Best Paced Effort 400m FS + Pull buoy	Main Set 200m Drill (25m fist/25m FS, 2-4 times through) 200m FS @RPE 7 100m Kicking, Fins optional (on your front with kickboard) Rest 15 sec every length 200m FS @RPE 7 200m Drill (25m I-arm FS/25m I-arm FS/50m FS, 2-4 times through) 400m FS @RPE 7 100m Kicking, Fins optional (on your side, I-arm out in front, 25m each side x2) 200m-300m FS @RPE 8
Cool Down 100m Warm down @RPE 4 TOTAL 1400m	Cool Down 100m warm down, any stroke @RPE 4 TOTAL 1500m - 2000m

APPENDIX

SWIM SESSIONS – Intermediate/Advanced Plans

SWIM SESSION 3 - Endurance

Warmup

400m Warm up @RPE 4+

Main Set

1 x 250m or 400m FS + Pull buoy @RPE 6

2 x 150m or 200m FS @RPE 7

4 x 100m FS @RPE 8

2 x 150m or 200m FS @RPE 7

1 x 250m or 400m FS + Pull buoy @RPE 6

Cool Down

100m Warm down @RPE 4

TOTAL 1800m - 2500m

SWIM SESSION 4 – Speed Work

Warmup

200m - 400m warm up – FS RPE 4

Main Set

5 x 200m FS + Paddles + Pull buoy @RPE 7 (CSS)

4 or 5 x 100m FS @RPE 8 (CSS)

Cool Down

100m warm down, any stroke @RPE 4

TOTAL 1700m - 2000m

SWIM SESSION 5 - Technique

Warmup

200m warm up FS @RPE 4

300m Drill (25m I-arm FS/25m I-arm FS/25m FS x 4)

100m or 200m Kicking, Fins optional (on your side w/I-arm out in front, 25 m each side x4) Rest every 100m

Main Set

1 x 300m or 400m FS @RPE 6

2 x 200m or 300m FS + Pull Buoy @RPE 7

2 or 4 x 200m FS + Paddle + Pull buoy @RPE 8

Cool Down

100m Warm down any stroke @RPE 4

TOTAL 1800m - 2600m

SWIM SESSION 6 – Endurance

Warmup

400m warm up – FS RPE 4

Main Set

300m FS + Paddles + Pull buoy @RPE 6

2 x 150m FS @RPE 8 (CSS)

(Repeat above 2 or 3 times through)

500m FS (First 400m @RPE 7, remaining 100m @RPE9)

Cool Down

100m warm down, any stroke @RPE 4

TOTAL 2200m – 2800m

APPENDIX

SWIM SESSIONS – Intermediate/Advanced Plans

SWIM SESSION 7 – Speed Work

Warmup

400m Warm up @RPE 4+

Main Set – 3 times through

1 x 200m FS + Paddles @RPE 7

2 x 100m FS @RPE 8 (CSS)

4 x 50m FS @RPE 9

1 x 50m Backstroke/Breaststroke recovery @RPE 5

Cool Down

150 m Warm down any stroke @RPE 4

TOTAL 2500m

SWIM SESSION 8 - Technique

Warmup

200m warm up FS @RPE 4

300m Drill (25m I-arm FS/25m I-arm FS/25m FS x 4)

200m Kicking, Fins optional (25m on front, 25m on each side, 25m on back) Rest every 100m

Main Set

2 or 3 times through:

400m FS @RPE 7

100m FS @RPE 9

Then:

100m Kicking, Fins optional (25m on front, 25m on each side, 25m on back)

200m FS + Pull buoy @RPE 8

Cool Down

100m warm down, any stroke @RPE 4

TOTAL 2100m - 2600m

SWIM SESSION 9 - Endurance

Warmup

400m Warm up @RPE 4+

Main Set – 3 times through

300m FS + Paddle + Pull buoy @RPE 6

200m FS @RPE 7

50m Backstroke/Breaststroke

1 or 2 x 400m FS @RPE 7+ (Last 100m of each effort @RPE 9)

Cool Down

150m Warm down any stroke @RPE 4

TOTAL 2600m - 3000m

SWIM SESSION 10 – Speed Work

Warmup

200m - 400m warm up – FS RPE 4

2 x 100m FS Increasing effort each length; RPE 6, 7, 8, 9 (35 sec rest)

Main Set

5 x 200m FS @RPE 7-8 (CSS)

6 x 100m FS @RPE 9

200m FS + Pull buoy

6 x 50m FS @RPE 10

Optional - 2 x 100m Medley (if you cannot do fly, replace with FS)

Cool Down

100m warm down, any stroke @RPE 4

TOTAL 2600m - 3000m







APPENDIX

STRENGTH AND CONDITIONING

BASE PHASE SESSION











MOBILITY WORK/WARM-UP

(YouTube link: <http://bit.ly/RGA-Warmup-exercises>)

EXERCISE	DEMO	DURATION	NOTES
Foam roller, back		30–45 sec	Foam roll your 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, calves		30–45 sec	Rolling calves, especially Achilles, can aid ankle flexibility and recovery from training
Foam roll, feet		30–45 sec	Using a lacrosse/hockey ball or rolling pin, roller your feet paying attention to arches
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

(YouTube link: <http://bit.ly/RGA-strength-exercises>)

EXERCISE	DEMO	SETS	REPS	TEMPO	REST	WEIGHT
Side plank, from knees		2-3 each side	45 sec	Static	20 sec	Body weight
Front plank on knees		2-3	45 sec	Static	20 sec	Body weight
Tube walking (band around ankles)		2-3	10 each side	Slow	20 sec	Resistance band
Dead bug		2-3	12-16	Slow	30 sec	Body weight
Two leg glute press with feet on step		2-3	12-15	Slow	20 sec	Body weight
Stability ball wall squat		2-3	12-15	Slow	30 sec	Body weight
Hamstring curl on stability ball		2-3	8-10	Slow	30 sec	Body weight
Forward lunge, alternating sides		2-3	20	Slow	30 sec	Body weight
Laying over stability ball, arm raise		2-3	12-15	Slow	30 sec	Body weight
Kneeling press up		2-3	12-16	Slow	30 sec	Body weight








APPENDIX

STRENGTH AND CONDITIONING

CORE PHASE SESSION












MOBILITY WORK/WARM-UP

(YouTube link: <http://bit.ly/RGA-Warmup-exercises>)

EXERCISE	DEMO	DURATION	NOTES
Foam roller, back		30–45 sec	Foam roll your 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, calves		30–45 sec	Rolling calves, especially Achilles, can aid ankle flexibility and recovery from training
Foam roll, feet		30–45 sec	Using a lacrosse/hockey ball or rolling pin, roller your feet paying attention to arches
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
Side bends with arms overhead		10-12 reps	Bend from side to side pushing hips one way & arms the other overhead

MAIN SET

(YouTube link: <http://bit.ly/RGA-strength-exercises>)

EXERCISE	DEMO	SETS	REPS	TEMPO	REST	WEIGHT
Side plank, from knees		2-3 each side	45 sec	Static	20 sec	Body weight
Front plank on stability ball from knees or toes		2-3	45 sec	Static	20 sec	Body weight
Laying on side leg raises		2	20 each side	Slow	20 sec	Resistance band
Laying on back alternating leg lowering		2-3	14-18	Slow	30 sec	Body weight
Single leg glute press with foot on step		2-3	10-12	Slow	20 sec	Body weight
Calf raises on step		2-3	12-15	Slow	30 sec	Body weight
Hamstring curl on stability ball		2-3	8-12	Slow	30 sec	Body weight
Lateral lunges, alternating sides		2-3 each side	20	Active	30 sec	Body weight
Split squat, repeat each side		2-3	10-15	Slow	20 sec	Body weight
Stability ball row		2-3	10-15	Slow	20 sec	Suitable weight
Stability ball chest press		2-3	10-15	Slow	20 sec	Suitable weight

APPENDIX

STRENGTH AND CONDITIONING

PERFORMANCE PHASE SESSION










MOBILITY WORK/WARM-UP

(YouTube link: <http://bit.ly/RGA-Warmup-exercises>)

EXERCISE	DEMO	DURATION	NOTES
Foam roller, back		30–45 sec	Foam roll your 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, calves		30–45 sec	Rolling calves, especially Achilles, can aid ankle flexibility and recovery from training
Foam roll, feet		30–45 sec	Using a lacrosse/hockey ball or rolling pin, roller your feet paying attention to arches
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
Side bends with arms overhead		10-12 reps	Bend from side to side pushing hips one way & arms the other overhead

MAIN SET

(YouTube link: <http://bit.ly/RGA-strength-exercises>)

EXERCISE	DEMO	SETS	REPS	TEMPO	REST	WEIGHT
Stability ball jack knife		2-3	10-15	Slow	20 sec	Body weight
Stability ball roll outs from knees		2-3	10-12	Slow	20 sec	Body weight
Lateral lunge to balance		2-3	10 each side	Slow	20 sec	Resistance band
Split squats, rear leg raised		2-3	10-12	Slow	30 sec	Body weight
Stability ball row		2-3	10-15	Slow	20 sec	Suitable weight
Stability ball chest press		2-3	10-15	Slow	20 sec	Suitable weight
CIRCUIT	Complete the following exercises as a circuit, one rep of each exercise before starting the second set					
Walking lunges		2-3	30 sec	Active	15 sec	Body weight
Skipping with rope		2-3	30 sec	Active	15 sec	N/A
Burpees		2-3	30 sec	Active	15 sec	Body weight
Box jumps (maximum knee height)		2-3	30 sec	Active	15 sec	Body weight