

## The Plan

# ACTIVE RECOVERY

KEEP FIT WHILE BOOSTING CORE STABILITY AND SWIM TECHNIQUE IN THE OFF-SEASON

## Meet the expert

**Doug Hall**

Hall coaches top age-groupers. He's an elite athlete and studies sport at the University of Bath

**THE OFF-SEASON** has been a long time coming. A chance to put your feet up and exchange the hard yards for treating yourself to an extra cake at lunchtime, and to not feeling guilty about a glass of red wine in the evening in front of the telly.

While some of us would be happy to let the bike gather dust and rust and carry on this relaxed lifestyle, there is next year to think about. To prepare for an even better season we need a little bit of structure for a few weeks before the hard graft of training begins. Ensure you take three to four weeks off training to allow your body to fully recover from the stresses of the last year. This time off is vital to letting any aches, pains or niggles heal, so you can get back into training with no

false starts. Don't worry too much if you don't complete something. It is the off-season, after all, and a chance to vary things and not follow the normal routine.

These two plans, one for beginners and one for intermediate triathletes, have been written with the aim of achieving three things...

## Aims of the plans

### Enable recovery

The sessions are low on both volume and intensity, which enables you to recover adequately from the stresses of racing while keeping your body ticking over.

### Flexibility

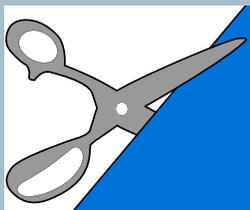
Although these plans have been structured fairly rigidly, there is no reason why you can't mix things up. Make use of what time you have during your week and swap sessions around to increase your time for things you don't normally get to do.

### Cross-training

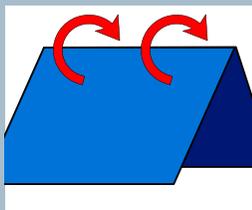
Why not swap a run session for something else – 20mins of playing 5-a-side football can be a great aerobic alternative workout for this time of year. Use these four weeks as a chance to try different sports, or do something you haven't done for a long time.

## How it works

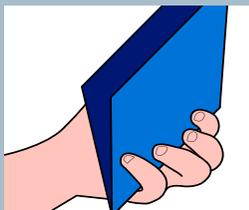
Get your guide ready to go



Cut out the guide following the dotted outline



Fold the guide in quarters using the fold guides



Now carry it with you for reference while training

Photos: Triathlon.org Illustrations: Phil Nicodem





## CORE STABILITY EXERCISES

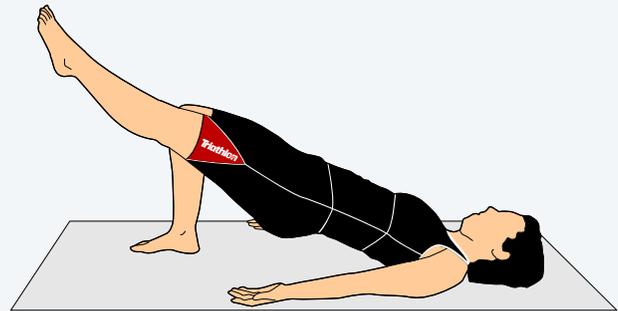


### Standing one-leg balance

Stand with your pelvis and spine in neutral, facing a mirror. Your feet should be hip-width apart and your knees soft. Lift one foot away from the floor while

maintaining a level pelvis. Ensure that the pelvis doesn't drop on one side and that the spine doesn't bend to either side. Alternate left and right legs.

FOLD2

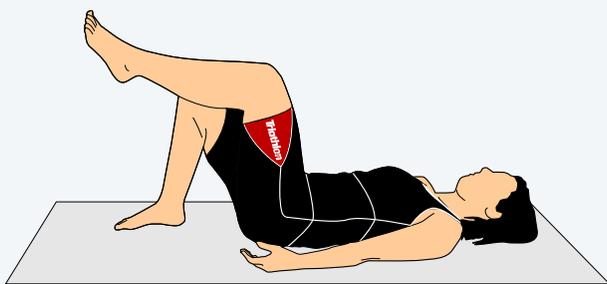


### Pelvic bridge

On an out-breath, recruit your centre and use your buttocks to lift your pelvis off the floor until your torso is at approximately 45° to the floor, with your shoulder

blades flat on the floor. Breathe in at the top of the movement and then, on the next out-breath, slowly lower the pelvis back to the floor.

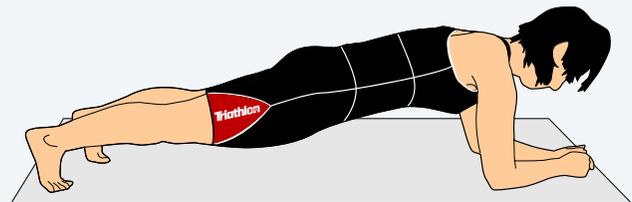
FOLD1



### Single knee folds

Recruit your centre as you breathe out and slowly float your leg in at the hip joint until there is a 90-degree angle at the hip and your shin is parallel to the floor.

Hold the position as you breathe in and replace your foot to the floor as you breathe out. Be careful not to tense or arch your back. Alternate left and right legs.



### Plank

Make fists with your hands, put your knuckles together and place your elbows underneath your shoulders. Your legs are out behind you just wider than hip-width

apart with your toes tucked under. You should feel that your stomach and shoulder muscles are working hard to hold you up. Don't let your lower back sink.

# THE PLAN 6 TO 7 HOURS PER WEEK



**Triathlon PLUS**  
**YOUR 4-WEEK PLAN**

6 to 7 hours per week

## STAY FAST

KEEP FIT, HAVE FUN AND RECOVER FROM THE TRI SEASON WITH THIS PLAN

FOLD1

FOLD2



### WEEK 01

### WEEK 02

	WEEK 01	WEEK 02
Mon	<b>Type</b> Swim <b>Instructions</b> W/U: 4 x 200m as swim/kick/pull/swim. Main: 8 x [25m drill/25m swim] + 10secs rest (Drill: kick on back arms by side). 4 x [25m single arm/25m swim] + 10secs. W/D: 400m easy	<b>Type</b> Swim <b>Instructions</b> W/U: 4 x 200m as swim/kick/pull/swim. Main: 8 x [25m drill/25m swim] + 10secs rest (Drill: single arm with arm by side). 4 x [50m pull/50m swim] + 10secs. W/D: 400m choice swimming
Tue	REST DAY	REST DAY
Wed	<b>Type</b> Run <b>Distance</b> 8km <b>Instructions</b> 8km steady state run at base endurance effort. Alternatively try something different. Go play football, tennis, squash.	<b>Type</b> Run <b>Distance</b> 9km <b>Instructions</b> Run 9km steady state at base endurance effort. Alternatively try something different. Go play football, tennis, squash.
Thur	<b>Type</b> Bike/core <b>Distance</b> 30km <b>Instructions</b> Cycle easy, up to 30km. <b>Core stability</b> Single knee folds (7 times per leg). Plank (30 seconds)	<b>Type</b> Bike/core <b>Distance</b> 35km <b>Instructions</b> Bike easy, up to 35km. <b>Core stability</b> Single knee folds (8 times per leg). Plank (35 seconds)
Fri	REST DAY	REST DAY
Sat	<b>Type</b> Run/swim <b>Instructions</b> Run off road, up to 1 hour easy. Explore new routes. <b>Swim</b> W/U: 4 x 200m as swim/kick/pull/swim. Main: 600m, 400m, 200m, 100m swim + 15secs rest. 100m kick. 400m easy W/D.	<b>Type</b> Run/swim <b>Instructions</b> Run off road, up to 1 hour easy. <b>Swim</b> W/U: 400m swim, 200m pull, 200m kick. Main: + 30secs rest throughout. 600m swim 500m pull 400m swim 300m pull 200m swim. W/D: 200m choice swim
Sun	<b>Type</b> Bike/core <b>Distance</b> 40km <b>Instructions</b> Bike endurance Up to 40km steady state cycling. Preferably mountain biking. <b>Core stability</b> Pelvic bridge (7 per leg), Standing one-leg balance (7 per leg)	<b>Type</b> Bike/core <b>Distance</b> 40km <b>Instructions</b> Bike endurance Up to 40km steady state cycling. Preferably mountain biking. <b>Core stability</b> Pelvic bridge (8 per leg), Standing one-leg balance (8 per leg)

### WEEK 03

### WEEK 04

	WEEK 03	WEEK 04
Mon	<b>Type</b> Swim <b>Instructions</b> W/U: 300m swim, 200m kick, 300m pull. Main: 8 x [25m drill/25m swim] + 10secs rest (Drill: full length doggy paddle - scuff thumb against thigh at rear of stroke). W/D: 600m mixed strokes	<b>Type</b> Swim <b>Instructions</b> 400m easy swim. Main: 2 x 4 x [25m drill/25m swim] + 10secs rest. 4 x [25m single arm/25m swim] + 10secs. Drill 1) kick on back arms by side. Drill 2) kick on front arms by side. W/D 200m easy swim
Tue	REST DAY	REST DAY
Wed	<b>Type</b> Run <b>Distance</b> 10km <b>Instructions</b> Run 10km steady state at base endurance effort. Alternatively try something different. Go play football, tennis, squash.	<b>Type</b> Run <b>Distance</b> 11km <b>Instructions</b> Run 11km steady state at base endurance effort. Alternatively try something different. Go play football, tennis, squash.
Thur	<b>Type</b> Bike/Core <b>Distance</b> 40km <b>Instructions</b> Cycle easy, up to 40km. <b>Core stability</b> Single knee folds (9 times per leg). Plank (40 seconds)	<b>Type</b> Bike/core <b>Distance</b> 45km <b>Instructions</b> Bike easy, up to 45km. <b>Core stability</b> Single knee folds (10 times per leg). Plank (45 seconds)
Fri	REST DAY	REST DAY
Sat	<b>Type</b> Run/swim <b>Instructions</b> Run Off road, up to 1 hour easy. <b>Swim</b> W/U: 3 x 200m as swim/kick/pull/swim; Main: 2 x 400m IM (25m of each stroke) + 45secs rest. 6 x 200m pull + 30secs rests. 200m choice W/D	<b>Type</b> Run/swim <b>Instructions</b> Run Off road, up to 1 hour easy. <b>Swim</b> W/U: 8 x 100m building pace 1-4, 5-8 Main: 4 x 500m your choice of toys (pull buoy, flippers, etc) W/D: 200m choice swimming
Sun	<b>Type</b> Bike/core <b>Distance</b> 40km <b>Instructions</b> Bike endurance Up to 40km steady state cycling. Preferably mountain biking. <b>Core stability</b> Pelvic bridge (9 per leg), Standing one-leg balance (9 per leg)	<b>Type</b> Bike/core <b>Distance</b> 40km <b>Instructions</b> Bike endurance Up to 40km steady state cycling. Preferably mountain biking. <b>Core stability</b> Pelvic bridge (10 per leg), Standing one-leg balance (10 per leg)