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 Nicodemi
# THE PLAN 5 HOURS PER WEEK

5 hours per week

**STAY FIT**
Keep fit, have fun and recover from the tri season with this plan

<table>
<thead>
<tr>
<th>WEEK 01</th>
<th>WEEK 02</th>
<th>WEEK 03</th>
<th>WEEK 04</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Type</strong></td>
<td>Swim</td>
<td>Swim</td>
<td>Swim</td>
</tr>
<tr>
<td><strong>Instructions</strong></td>
<td>Run 30mins steady state running at base endurance effort. Or try something different. Display football, tennis, squash etc.</td>
<td>200m choice swimming. (pull buoy, flippers, hand paddles etc) W/D; 200m easy</td>
<td>Run off road 45mins easy. Explore new routes. Swim (1.4 x 200m swim kick/pull/swim, Max 8 x 250m swim single arm/25m swim) + 10secs.W/D 200m choice swim</td>
</tr>
<tr>
<td><strong>Distance</strong></td>
<td>approx 15km</td>
<td>approx 15km</td>
<td>approx 15km</td>
</tr>
<tr>
<td><strong>Core stability</strong></td>
<td>Single knee folds (7 times per leg).</td>
<td>Single knee folds (8 times per leg).</td>
<td>Single knee folds (9 times per leg).</td>
</tr>
<tr>
<td><strong>Plank</strong></td>
<td>35 seconds</td>
<td>40 seconds</td>
<td>45 seconds</td>
</tr>
<tr>
<td><strong>30mins steady state running at base endurance effort. Or try something different. Display football, tennis, squash etc.</strong></td>
<td>Explore new routes. Swim (1.4 x 200m swim kick/pull/swim, Max 8 x 250m swim single arm/25m swim) + 10secs.W/D 200m choice swim</td>
<td>Run off road 45mins easy. Explore new routes. Swim (1.3 x 200m swim kick/pull/swim, Max 8 x 250m swim single arm/25m swim) + 10secs.W/D 200m choice swim</td>
<td>Run off road 45mins easy. Explore new routes. Swim (1.2 x 200m swim kick/pull/swim, Max 8 x 250m swim single arm/25m swim) + 10secs.W/D 200m choice swim</td>
</tr>
</tbody>
</table>

**TRAINING NOTES**

- Explore new routes.
- Swim (1.4 x 200m swim kick/pull/swim, Max 8 x 250m swim single arm/25m swim) + 10secs.
- Run off road 45mins easy.
- Explore new routes.
- Swim (1.3 x 200m swim kick/pull/swim, Max 8 x 250m swim single arm/25m swim) + 10secs.
- Run off road 45mins easy.
- Explore new routes.
- Swim (1.2 x 200m swim kick/pull/swim, Max 8 x 250m swim single arm/25m swim) + 10secs.
### 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.

#### 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.

#### 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. 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**

**STAY FAST**

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

<table>
<thead>
<tr>
<th>WEEK 01</th>
<th>WEEK 02</th>
<th>WEEK 03</th>
<th>WEEK 04</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Type</strong> Run</td>
<td>Type</td>
<td>Type</td>
<td>Type</td>
</tr>
<tr>
<td><strong>Distance</strong></td>
<td>Distance</td>
<td>Distance</td>
<td>Distance</td>
</tr>
<tr>
<td>REST DAY</td>
<td>REST DAY</td>
<td>REST DAY</td>
<td>REST DAY</td>
</tr>
<tr>
<td><strong>Type</strong> Bike/core</td>
<td>Type</td>
<td>Type</td>
<td>Type</td>
</tr>
<tr>
<td><strong>Distance</strong></td>
<td>Distance</td>
<td>Distance</td>
<td>Distance</td>
</tr>
<tr>
<td>REST DAY</td>
<td>REST DAY</td>
<td>REST DAY</td>
<td>REST DAY</td>
</tr>
<tr>
<td><strong>Type</strong> Swim</td>
<td>Type</td>
<td>Type</td>
<td>Type</td>
</tr>
<tr>
<td><strong>Distance</strong></td>
<td>Distance</td>
<td>Distance</td>
<td>Distance</td>
</tr>
<tr>
<td>REST DAY</td>
<td>REST DAY</td>
<td>REST DAY</td>
<td>REST DAY</td>
</tr>
</tbody>
</table>

**FOLD 1**

**Monday**
- **Type** Run | Distance: 8km
- **Instructions** Run: off-road, up/to 1hr easy,
  Explore new routes. Swim: W/U: 4 x 200m swim (4x100m)
  Length swim +/10secs rest. Bike: 30km easy, up/to 1 hr.
  Brisk ride along quiet country roads.

**Tuesday**
- **Type** Bike/core | Distance: 10km
- **Instructions**: Single knee folds (7 times per leg). Plank (30 seconds)

**Wednesday**
- **Type** Run | Distance: 8km
- **Instructions** Run: steady state, up/to 1hr easy,
  Alternatively try something different: Football, tennis, squash.

**Thursday**
- **Type** Bike/core | Distance: 10km
- **Instructions**: Single knee folds (7 times per leg). Plank (30 seconds)

**Friday**
- **Type** Run | Distance: 8km
- **Instructions** Run: off-road, up/to 1hr easy,
  Explore new routes. Swim: W/U: 4 x 200m swim (4x100m)
  Length swim +/10secs rest. Bike: 30km easy, up/to 1 hr.
  Brisk ride along quiet country roads.

**Saturday**
- **Type** Bike/core | Distance: 10km
- **Instructions**: Single knee folds (7 times per leg). Standing one leg balance (7 per leg)

**Sunday**
- **Type** Bike/core | Distance: 40km
- **Instructions**: endurance
  Up to 40km steady state cycling. Preferably mountain biking. Core balance (8 per leg), Standing one leg balance (8 per leg)

---

**FOLD 2**

**Monday**
- **Type** Run | Distance: 8km
- **Instructions** Run: off-road, up/to 1hr easy,
  Explore new routes. Swim: W/U: 4 x 200m swim (4x100m)
  Length swim +/10secs rest. Bike: 30km easy, up/to 1 hr.
  Brisk ride along quiet country roads.

**Tuesday**
- **Type** Bike/core | Distance: 10km
- **Instructions**: Single knee folds (10 times per leg). Plank (45 seconds)

**Wednesday**
- **Type** Run | Distance: 8km
- **Instructions** Run: steady state, up/to 1hr easy,
  Alternatively try something different: Football, tennis, squash.

**Thursday**
- **Type** Bike/core | Distance: 10km
- **Instructions**: Single knee folds (10 times per leg). Plank (45 seconds)

**Friday**
- **Type** Run | Distance: 8km
- **Instructions** Run: off-road, up/to 1hr easy,
  Explore new routes. Swim: W/U: 4 x 200m swim (4x100m)
  Length swim +/10secs rest. Bike: 30km easy, up/to 1 hr.
  Brisk ride along quiet country roads.

**Saturday**
- **Type** Bike/core | Distance: 10km
- **Instructions**: Single knee folds (10 times per leg). Standing one leg balance (10 per leg)

**Sunday**
- **Type** Bike/core | Distance: 40km
- **Instructions** Bike endurance
  Up to 40km steady state cycling. Preferably mountain biking. Core balance (10 per leg), Standing one leg balance (10 per leg)