

Meet the expert

Phil Mosley

Coaching editor of *Triathlon Plus*, Mosley is an experienced coach and elite athlete with a sports degree from the University of Chichester



The plan

GET READY TO TRAIN THIS WINTER

BUILD UP YOUR FITNESS AFTER A BREAK WITH OUR FOUR-WEEK FOUNDATION PLANS FOR A SOLID OFF-SEASON

GETTING BACK into the routine of triathlon training after a few weeks' break can be tough. Rather than launching straight back into a full-blown programme I prefer to gradually ease my athletes back in. I refer to the next few weeks as the preparation phase; a period of low-stress training when it's a good time to set up your winter bike, dust down your indoor trainer, and try out a few new training routes. You should use this time to make sure everything is organised, ready for your

winter training to begin properly. If you're going to make training cock-ups, this is the best time to do it.

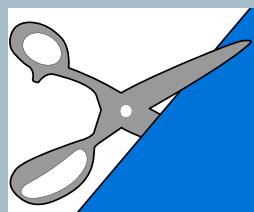
There are two plans on offer here, and the one you choose should depend on how much time you can spare as well as your experience level. There's nothing too hardcore in either plan, but if you're in doubt you're best off sticking to plan 1, which takes between six and eight hours per week. After all, summer is a long way off and there's no point in overcooking it at this early stage.

I've included some swim sessions but I'd far rather you trained with a local triathlon club or masters swimming group. Technique is such an important part of swimming, but it rarely gets better by training alone. The motivation and guidance of a poolside coach will make sure you're improving.

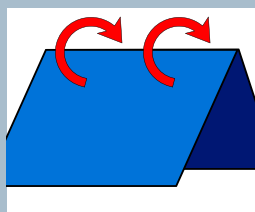
All the sessions should be done at an easy or steady intensity. Gadgets like heart-rate monitors, bike computers and GPS watches aren't essential for this plan, but they'll help you be more specific about your intensity, and give feedback about your progress.

How it works

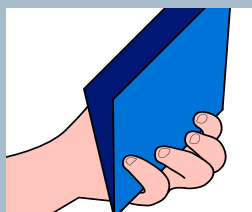
Get your guide ready to go



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 Getty, Corbis Illustrations Phil Nicodem



THE PLAN GET FIT FOR WINTER



The winter fitness plan

6-8 HOURS

EASE BACK INTO OFF-SEASON TRAINING
WITH OUR LOW-VOLUME PLAN

FOLD1

	WEEK 01	WEEK 02
Mon	Type Swim Time 45mins-1hr10mins Instructions Easy effort swim 4x500 alternate FC/pull + 20secs rest	Type Swim Time 45mins-1hr10mins Instructions Easy effort swim 500m FC. 5x200mas: FC/kick/IM/pull/FC. 500m choice warm down
Tue	Type Run Time 30mins Instructions Run 30 minutes at 65% to 80% of your maximum. Should feel fairly easy	Type Run Time 35mins Instructions Run 35 minutes at 65% to 80% of your maximum. Should feel fairly easy
Wed	Type Swim Time 40mins-1hr Instructions Steady effort swim 2x200m FC warm up + 20sec rest. 8x100mas (FC/kick/pull/FC on alternate laps) + 20sec rest. 400m choice warm down	Type Swim Time 35-55mins Instructions Steady effort swim 30x50m FC with every 4th length back or breaststroke. 20sec rests
Thur	Type Run Time 30mins Instructions Run 30 minutes at 65% to 80% of your maximum. Should feel fairly easy	Type Run Time 35mins Instructions Run 35 minutes at 65% to 80% of your maximum. Intensity should feel fairly easy
Fri	REST DAY	REST DAY
Sat	Type Bike Time 1 hour 30mins Instructions Bike Road or mountain bike. 1 hour 30 minutes at 65% to 80% of your maximum. Intensity should feel fairly easy	Type Bike Time 1 hour 45mins Instructions Bike Road or mountain bike. 1 hour 45 minutes at 65% to 80% of your maximum. Intensity should feel fairly easy
Sun	Type Bike Time 1 hr 30mins Instructions Bike Road or mountain bike. 1 hour 30 minutes at 65% to 80% of your maximum. Intensity should feel fairly easy	Type Bike Time 1 hour 45mins Instructions Bike Road or mountain bike. 1 hour 45 minutes at 65% to 80% of your maximum. Intensity should feel fairly easy

TRAINING NOTES

FOLD2



PLAN KEY: FC Front crawl Paddles Plastic paddles that attach to your hands - some pools don't allow hard paddles, but you can get hold of soft ones Fins Mini-flippers for your feet. Check these are allowed in your local pool Kick Kick on front, holding float in front of you Pull Swim with pull buoy between legs Threshold The hardest you can go while still breathing normally through your nose only

	WEEK 03	WEEK 04
Mon	Type Swim Time 50mins-1hr10mins Instructions Easy effort swim 5x200m FC, 4x200m pull, 3x200m paddles	Type Swim Time 35-45mins Instructions Easy effort swim 15x100m choice of pull/paddles/fins/FC
Tue	Type Run Time 40mins Instructions Run 40 minutes at 65% to 80% of your maximum. Should feel fairly easy	Type Run Time 30mins Instructions Run 30 minutes at 65% to 80% of your maximum. Should feel fairly easy
Wed	Type Swim Time 35-45mins Instructions Steady effort swim 8x200m as (5 strokes fly, then FC) + 30secs rests	Type Swim Time 20-35mins Instructions Steady effort swim 5x200m as (FC/kick/pull/FC/kick/pull)
Thur	Type Run Time 40mins Instructions Run 40 minutes at 65% to 80% of your maximum. Should feel fairly easy	Type Run Time 30mins Instructions Run 30 minutes at 65% to 80% of your maximum. Should feel fairly easy
Fri	REST DAY	REST DAY
Sat	Type Bike Time 2 hours Instructions Bike Road or mountain bike. 2 hours at 65% to 80% of your maximum. Intensity should feel fairly easy	Type Bike Time 1 hr 30mins Instructions Bike Road or mountain bike. 1 hour 30 minutes at 65% to 80% of your maximum. Intensity should feel fairly easy
Sun	Type Bike Time 2 hours Instructions Bike Road or mountain bike. 2 hours at 65% to 80% of your maximum. Intensity should feel fairly easy	Type Bike Time 1 hr 30mins Instructions Bike Road or mountain bike. 1 hour 30 minutes at 65% to 80% of your maximum. Intensity should feel fairly easy

TRAININGZONE

Triathlon PLUS YOUR 4-WEEK PLAN



The winter fitness plan

8-10 HOURS

EASE BACK INTO WINTER TRAINING WITH OUR HIGHER-VOLUME PLAN

FOLD1

WEEK 01

Mon	Type Swim/Run Time 1hr/30mins Instructions Easy effort swim 4x500 alternate FC/pull + 20sec rest. Run 30 minutes at 65% to 80% of your maximum. Should feel fairly easy
Tue	Type Swim/Run Time 1hr/30mins Instructions Easy effort swim 2x200m FC warm up + 20sec rest. 8x100m as (FC/kick/pull/FC) on alternate laps + 20sec rest. 400m choice warm down Run 30 minutes at 65% to 80% of your maximum. Should feel fairly easy
Wed	Type Bike: Indoor trainer Time approx 45mins Instructions Bike 5mins easy, 3 mins steady, 1 min hard. 8, 8, 7mins (+ 90secs rests) at threshold pace. 5mins easy warm down
Thur	Type Swim/Run Time 1hr/30mins Instructions Steady effort swim 800m, 600m, 400m, 200m, 100m building pace throughout. Run 30 minutes at 65% to 80% of your maximum. Should feel fairly easy
Fri	REST DAY
Sat	Type Bike Time 1hr 30mins Instructions Bike Road or mountain bike. 1 hour 30 minutes at 65% to 80% of your maximum. Intensity should feel fairly easy
Sun	Type Bike Time 1hr 30mins Instructions Bike Road or mountain bike. 1 hour 30 minutes at 65% to 80% of your maximum. Intensity should feel fairly easy

WEEK 02

Mon	Type Swim/Run Time 1hr/35mins Instructions Easy effort swim 500m FC. 5x200m FC/kick/IM/pull/FC) 500m choice warm down Run 35 minutes at 65% to 80% of your maximum. Should feel fairly easy
Tue	Type Swim/Run Time 45mins/35mins Instructions Easy effort swim 1500m choice Run 35 minutes at 65% to 80% of your maximum. Should feel fairly easy
Wed	Type Bike: Indoor trainer Time approx 50mins Instructions Bike 5 mins easy, 3 mins steady, 1 min hard. 2x15 mins (+ 2 minute rests) at threshold pace. 5 mins easy warm down
Thur	Type Swim/Run Time 45mins/35mins Instructions Steady effort swim 30x50m FC with every 4th length back or breaststroke. 20sec rests. Run 35 minutes at 65% to 80% of your maximum. Should feel fairly easy
Fri	REST DAY
Sat	Type Bike Time 1hr 45mins Instructions Bike Road or mountain bike. 1 hour 45 minutes at 65% to 80% of your maximum. Intensity should feel fairly easy
Sun	Type Bike Time 1hr 45mins Instructions Bike Road or mountain bike. 1 hour 45 minutes at 65% to 80% of your maximum. Intensity should feel fairly easy

TRAINING NOTES

FOLD2

PLAN KEY: **FC** Front crawl **Paddles** Plastic paddles that attach to your hands – some pools don't allow hard paddles – soft ones exist. **Fins** Mini-flippers for your feet. Check these are allowed in your local pool. **Kick** Kick on front holding float in front of you **Pull** Swim with pull buoy between legs. **Threshold** The hardest you can go whilst still able to breath normally through your nose only

FOLD1

WEEK 03

Mon	Type Swim/Run Time 1hr 15mins/40mins Instructions Easy effort swim 5x200m FC, 4x200m pull, 3x200m paddles. Run 40 minutes at 65% to 80% of your maximum. Should feel fairly easy
Tue	Type Swim/Run Time 50mins/40mins Instructions Easy effort swim 3x(6x50m FC + 25secs rest, 4x50m pull + 15secs rest, 2x50m FC + 5secs rest) Run 40 minutes at 65% to 80% of your maximum. Should feel fairly easy
Wed	Type Bike: indoor trainer Time approx 1hr Instructions Bike 5 mins easy, 3 mins steady, 1 min hard. 2x20mins (+ 2 minute rests) at threshold pace. 5 mins easy warm down
Thur	Type Swim/Run Time 50mins/40mins Instructions Easy effort swim 8x200m as (5 strokes fly, then FC) + 30secs rests. Run 40 minutes at 65% to 80% of your maximum. Should feel fairly easy
Fri	REST DAY
Sat	Type Bike Time 2hrs Instructions Bike Road or mountain bike. 2 hours at 65% to 80% of your maximum. Intensity should feel fairly easy
Sun	Type Bike Time 2hrs Instructions Bike Road or mountain bike. 2 hours at 65% to 80% of your maximum. Intensity should feel fairly easy

WEEK 04

Mon	Type Swim Time approx 45mins Instructions Easy effort swim 15x100m choice of pull/paddles/fins/FC
Tue	Type Run Time 30mins Instructions Run 30 minutes at 65% to 80% of your maximum. Should feel fairly easy
Wed	Type Swim Time approx 30mins Instructions Steady effort swim 5x200m as (FC/kick/pull/FC/kick/pull)
Thur	Type Run Time 30mins Instructions Run 30 minutes at 65% to 80% of your maximum. Should feel fairly easy.
Fri	REST DAY
Sat	Type Bike Time 1hr 30mins Instructions Bike Road or mountain bike. 1hr 30 mins at 65% to 80% of your maximum. Intensity should feel fairly easy.
Sun	Type Bike Time 1hr 30mins Instructions Bike Road or mountain bike. 1 hour 30 mins at 65% to 80% of your maximum. Intensity should feel fairly easy