

TRAININGZONE

Winter training

BUILD YOUR FOUNDATION

DESPITE THE COLD, WINTER IS AN IDEAL TIME FOR TRAINING. THIS FOUR-WEEK PROGRAMME PROVIDES AN IDEAL PLATFORM FOR THE RACE SEASON AHEAD

WEEK ONE			
Mon	Rest day		
Tue	Run	10 mins easy jog warm up. 5 mins steady pace running. 4 x 30 secs hill sprints (jog back down for recovery). 10 to 15 mins easy warm down Optional Swim: Warm Up. 400m swim easy. Main. 400m as 25m kick, 50m fc. 4 x50m as (count strokes - reduce on second 25m) with 30 secs rests. Warm Down. 400m swim easy	
Wed	Swim	Warm Up. 400m as 2x (50m fc, 50m kick, 50m pull, 50m fc). Main. 4x 100m as (25m easy, 25m hard, 25m easy, 25m hard) with 30 sec rests. 400m as (25m kick, 50m swim). Warm Down. 400m as 2x (50m fc, 50m back, 50m breast, 50m fc). Optional bike: indoor trainer or gym. Warm Up. 10 mins easy. Technique. 6x1 min as (30 secs 1-legged, 30 secs both legs). Main 4x3 mins hard (90 sec rests). Warm Down. 10 mins easy	
Thur	Run	35 mins at steady, conversation pace Optional swim: Warm Up. 400m swim easy. Technique. 6 x 50m as 25m doggy paddle, 25m max distance per stroke (30 sec rests). Warm Down. 400m swim easy	
Fri	Swim	Warm Up. 400m swim easy. Main. 4 x 100m as (25m fc, 25m back, 25m breast, 25m fc) with 45 sec rests. 4 x 100m descending pace over each 100m (45 sec rests). Warm Down. 400m swim easy Optional gym session: Strength & core conditioning work 30 mins	
Sat	Bike	90 mins steady pace. Work hard up the hills	
Sun	> Bike	90 mins steady paced road or mountain bike Optional Run: 30 mins easy pace, offroad	

WEEKTWO			
Mon	Rest day		
Tue	> Run	10 mins easy jog warm up. 5 mins steady pace running. 8x 30 secs hill sprints (jog back down for recovery). 10 to 15 mins easy warm down Optional swim: Warm Up. 400m swim easy. Main. 400m as (25m easy, 25m hard). 4x50m as (25m breast, 25m frontcrawl) with 30secs rests. Warm Down. 400m swim easy	
Wed	Swim	Warm Up. 400m as 2x (50m fc, 50m kick, 50m pull, 50m fc). Main. 4x100m as (25m easy, 25m hard, 25m easy, 25m hard). 400m as (25m kick, 50m swim). Warm Down. 400m as 2x (50m fc, 50m back, 50m breast, 50m fc) Optional bike: Indoor trainer or gym. Warm Up. 10 mins easy. Technique. 6x1 min as (30 secs I-legged, 30 secs both legs). Main 5x3 mins hard (90 sec rests). Warm Down. 10 mins easy	
Thur	Run	40mins at steady, conversation pace Optional swim: Warm Up: 400m swim easy. 4x100m breathe every three strokes (30 sec rests). Warm Down: 400m swim easy	
Fri	> Swim	Warm Up. 400m swim easy. Technique 4 x 100m as (25m fists, 25m fc, 25m doggy paddle, 25m fc) with 45 sec rests. Main 4 x 100m descending pace on each 100m (45 sec rests). Warm Down: 400m swim easy Optional gym session: Strength & core conditioning work 30 mins	
Sat	> Bike	1 hour 40mins steady pace. Work hard up the hills	
Sun	> Bike	1 hour 40mins steady paced road or mountain bike Optional Run: 35 mins easy pace, off road	

KEY FC front crawl PULL Swimming with pull buoy KICK Kicking with a float FISTS Swim with hands in a fist shape



THE PLAN BASE BUILDING

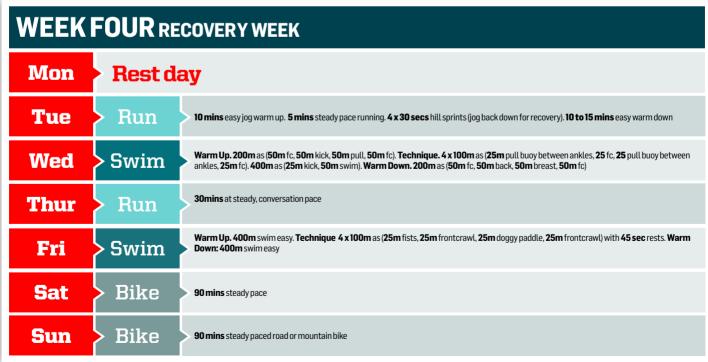
ASKANY SUCCESSFUL triathlete and they will tell you that winter miles are an essential ingredient for summer racing. It's a time when you can steal a march on your competitors, while they are still tucked up in bed or watching repeats of soap operas on TV. Despite the cold, winter is an ideal time to train. With no races to worry about you can train consistently and progressively week in, week out. And that's exactly what this training plan aims to helpyoudo. It even gets slightly tougher each

week, so that your body will be forced to keep adapting to the increasing demands. Just as you start getting fatigued in week four, there's a recovery period so that your body can repair. This plan acts as an ideal building block for triathletes of all distances although seasoned Irondistance athletes may want to increase the distances. I've used abbreviations and drills in the swim sessions, so check out the key. You'll need a kick float and pull buoy for the swims too, which you'll find at your local sports shop.



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





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FEBRUARY 2009 **Triathlon** PLUS 79



