

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 x 50m 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. 4 x 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. 6 x 1 min as (30 secs 1-legged, 30 secs both legs). Main 4 x 3 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, off road

WEEK TWO

Mon	Rest day	
Tue	Run	10 mins easy jog warm up. 5 mins steady pace running. 8 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 easy, 25m hard). 4 x 50m 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. 4 x 100m 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. 6 x 1 min as (30 secs 1-legged, 30 secs both legs). Main 5 x 3 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

ASK ANY 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 help you do. 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 Iron-distance 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.

Meet the expert



Phil Mosley

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

WEEK THREE

Mon	Rest day	
Tue	Run	10 mins easy jog warm up. 5 mins steady pace running. 10 x 30 secs hill sprints (jog back down for recovery). 10 to 15 mins easy warm down Optional Swim: Warm Up. 400m as (50m fc, 50m kick, 50m pull, 50m fc). Main. 2 x 200m as (25m L-arm, 25m easy, 25m R-arm, 25m easy). 8 x 25m as (13m easy, 12m sprint) with 15 sec rests. Warm Down. 200m easy swim
Wed	Swim	Warm Up. 400m swim easy. Main. 400m time trial. 200m easy pull. 200m time trial. Warm Down. 400m swim easy Optional bike: Indoor trainer or gym. Warm Up. 10 mins easy. Technique. 6 x 1 min as (30 secs 1-legged, 30 secs both legs). Main 5, 4, 3 mins hard (90 sec rests). Warm Down. 10 mins easy
Thur	Run	45 mins at steady, conversation pace Optional swim: Warm Up. 400m swim easy. Technique. 6 x 50m as 25m doggy paddle, 25m fc (30 sec rests). Warm Down. 400m swim easy
Fri	Swim	Warm Up. 400m swim easy. Main. 4 x 100m as (25m frontcrawl, 25m back, 25m breast, 25m front crawl) with 45 sec rests. 2 x 200m pull (45 sec rests). Warm Down. 400m swim easy Optional gym session: Strength & core conditioning work 30 mins
Sat	Bike	1 hour 50 mins steady pace. Work hard up the hills
Sun	Bike	1 hour 50 mins steady paced road or mountain bike Optional Run: 45 mins easy pace, off road

WEEK FOUR RECOVERY WEEK

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
Wed	Swim	Warm Up. 200m as (50m fc, 50m kick, 50m pull, 50m fc). Technique. 4 x 100m as (25m pull buoy between ankles, 25 fc, 25 pull buoy between ankles, 25m fc). 400m as (25m kick, 50m swim). Warm Down. 200m as (50m fc, 50m back, 50m breast, 50m fc)
Thur	Run	30mins at steady, conversation pace
Fri	Swim	Warm Up. 400m swim easy. Technique 4 x 100m as (25m fists, 25m frontcrawl, 25m doggy paddle, 25m frontcrawl) with 45 sec rests. Warm Down: 400m swim easy
Sat	Bike	90 mins steady pace
Sun	Bike	90 mins steady paced road or mountain bike

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