

THE PLAN

THE DOUBLE PEAK PLAN

YOU'VE DONE WELL IN A RACE – BUT THE SEASON'S BARELY STARTED AND THE HARD WORK ISN'T OVER YET. HERE'S HOW TO BUILD ON YOUR LAST RACE'S TRAINING AND IMPROVE YOUR PERFORMANCE FOR THE NEXT EVENT

Week one

HAVING PUSHED YOURSELF TO THE LIMIT IN THE RACE, YOU'LL NEED A BIT OF RECOVERY TIME. THIS WEEK COMBINES SOME EASY SESSIONS WITH SOME LOW-IMPACT ENDURANCE SESSIONS

Mon	Swim	Post-race light training. W/U ; 200m any stroke. M/S ; 6 x 200m with 50m single-arm drill (25L/25R) 150m easy swim with 30secs between reps. W/D ; 100m easy swim
	Run	Optional 20mins gentle run
COMMENTS		
Tue	Bike	Easy bike ride for 1 hr, on a familiar route
COMMENTS		
Wed	Swim	Endurance swim. W/U ; 6 x 150m – 100m front crawl, 50m NOT front crawl. M/S ; 3 x 200m swim + 15secs rest, 6 x 100m buoy + 15secs rest, 12 x 50m with 15m hard swimming (but not sprint) 35m steady + 15secs rest. W/D ; 200m easy
	Run	Hill runs on medium gradient, around 4mins in length. W/U ; jog easy for 10mins or run out to hill. M/S ; 5 x 4min at Olympic-distance race pace. No rest between reps. Use the run downhill to get your breath back. W/D ; 10mins easy jog
COMMENTS		
Thur	Bike	Flat road or turbo. W/U ; 15mins easy spin. M/S ; 4 x 5mins undergearing (legs spinning faster than normal in an easier gear) at RP. Take 2mins easy between efforts. W/D ; 15mins easy home
COMMENTS		
Fri	REST DAY	
Sat	Bike	Speed session in the pool. W/U ; 500m your choice of stroke – mix it up. M/S ; 20 x 50m – 25m max sprint, 25m easy. W/D ; 400m – alternate 100m swim/kick
	Run	Optional 20mins gentle run
COMMENTS		
Sun	Bike	Nice, easy, ride. Intensity should be low enough to comfortably hold a conversation
COMMENTS		

Week two

THIS WEEK BUILDS ON LAST WEEK'S TRAINING, BUT ALSO BECOMES MORE SPECIFIC WITHIN THE SESSIONS THEMSELVES. EACH SESSION HAS A GOAL OR AN AIM, SO YOU SEE ITS POINT

Mon	Swim	Post-race light training. W/U ; 200m any stroke. M/S ; 6 x 200m with 50m single-arm drill (25L/25R) 150m easy swim with 30secs between reps. W/D ; 100m easy swim
	Run	30min run at a tempo pace. Pace yourself, as the first 10mins will feel too easy, but the last 10mins you'll feel like stopping
COMMENTS		
Tue	Bike	1hr 15min bike session. W/U ; 15mins easy spin. M/S ; 3 x 15mins in your biggest gear. Keep to a flat route and stay seated despite any changes in gradient. 2 mins easy spin between reps. W/D ; 15mins easy spin
COMMENTS		
Wed	Swim	Steady endurance session. W/U ; 5 x 200m as swim / kick/ buoy/swim. M/S ; 2 x 750m – every 3rd length hard (not sprint) + 30secs rest. 4 x 100m build pacing over 100m + 20 secs rest. W/D ; 200m easy
	Run	Out and back run. W/U ; 10mins shuffling. M/S ; Pick a flat route, and head out at a comfortable pace. Run along the route for 20mins, then turn around and up the pace to get back to the start faster than 20mins. W/D ; 10mins easy jog
COMMENTS		
Thur	Bike	Race-specific workout. Either find a local cycling time trial (25mile) or local tri course. Ride the whole loop, paced evenly
COMMENTS		
Fri	REST DAY	
Sat	Swim	Speed swim session. W/U ; 6 x 100m building 1-3 (get faster) 4-6 (same again). M/S ; 200m flat out + 2mins rest, 4 x 100m flat out + 1min rest, 4 x 50m flat out + 30secs rest. Repeat if desired. W/D ; 200m easy
	Run	Long run, 1hr 45. 20mins easy run then 6 x 10mins at race pace. 5mins easy jog between the hard stuff. Run easy home
COMMENTS		
Sun	Bike	Race-specific work out. Either find a local cycling time trial (25mile) or local tri course. Ride the whole loop, paced evenly
COMMENTS		

Cut out and keep

P

UT yourself in these shoes: you've just finished one of your main Olympic-distance races for the season. You gave your all, have grabbed a post-race burger, packed up your kit and started the journey home. Then it dawns on you—you've got to do it all over again in a month's time. But this time, better. How can you top your current form? By following our plan of course.

Being at your best for an event, so soon after a previous race requires thought; you'll need to be sensible. So we've constructed this month-long plan based on recovery, getting back into a routine, building your training up, then tapering. Cut out the plan and make notes after each session on how you found it—this could be crucial to making sure you don't overtrain and become fatigued before race number two.

Meet the expert

Doug Hall

Doug coaches novices and top-level age-groupers. He's an elite athlete and studied sport at the University of Bath



Week three
ENDURANCE, STRENGTH AND SPEED ARE STILL THEMES THIS WEEK, WITH AN INCREASE IN VOLUME AND INTENSITY. THERE'S AN OPEN-WATER SWIM AND A BRICK SESSION TOO

Mon Swim Open-water elements. **W/U**; 300m swim – 200m buoy 100m kick. **M/S**; 10 x 50m open-water start + 10sec rest, 8 x 50m as open-water turn (turn early and miss wall), 6 x 50m sighting (looking forward) every 6 strokes. **W/D**; 200m swim easy

Run Optional 20mins gentle run

COMMENTS

Tue Bike Strength session on the bike. Pick a similar course to your race. **W/U**; 15mins easy. **M/S**; 45mins – 5mins RP, hard gear, 5mins easy gear. Repeat for the 45mins. **W/D**; 15mins easy spin

COMMENTS

Wed Swim 1hr endurance swim, Keep things steady. **W/U**; 300m easy swim. **M/S**; 500m swim, 400m buoy, 300m drill, 200m, kick, 100m mix (butterfly/back/breastroke/front crawl – 25m of each). **W/D**; 200m your choice of stroke

Run Track session 10km RP (i.e 40min 10km = 24secs per 100m). **W/U**; jog opposite direction to usual for 10mins. **M/S**; 4 x 100m + 45secs rest, 4 x 200m + 45secs rest, 4 x 400m + 45secs rest, 4 x 100m + 45secs rest. **W/D**; 10mins shuffle

COMMENTS

Thur Bike Dust off that race bike for a race-specific session. **W/U**; 15mins easy spin. **M/S**; 4 x 5mins (3mins build pace from easy to RP / 2mins hold RP), take 3mins easy riding before hitting up the next effort. **W/D**; ride home easy

COMMENTS

Fri REST DAY

Sat Swim Lake swim in wetsuit. Swim for around 45mins. Practise things you can't in a pool: sighting, running in and out of the water, and taking off your wetsuit. Gather some mates and practise drafting

COMMENTS

Sun Bike Brick session, combining the bike and run into one session. Head out for a steady 1hr 30 bike. When you've finished, run easy for 30mins, getting used to running off the bike

COMMENTS

Week four
WITH LESS THAN A WEEK TILL YOUR SECOND RACE, THE FOCUS IS GETTING SOME RECOVERY IN FROM THE LAST TWO WEEKS OF TRAINING, BUT ALSO SHARPENING UP FOR THE BIG RACE

Mon Swim 1hr endurance swim. **W/U**; 3 x 300m as swim / buoy / kick. **M/S**; 20 x 100m – 1-5 swim, 6-10 pull, 11-15 drill (25m drill / 25m swim), 16-20 swim. With 10secs throughout. **W/D**; 100m easy

Run 40min run but alternating between 5mins at tempo pace and 5mins running easy

COMMENTS

Tue EXTRA REST DAY

Wed Bike Another brick session. **W/U**; 10mins easy spin on bike. **M/S**; 30mins trying to hold RP on the bike, then complete 5 x 3mins running at RP straight off the bike. Take as much rest between reps as you need. **W/D**; 10mins easy jog

COMMENTS

Thur Swim Speed session aimed at RP. **W/U**; 200m your choice of stroke. **M/S**; 15 x 100m at RP. Keep pacing even and if anything, get quicker as you go through, NOT slower! Take 1min between each 100m. **W/D**; 200m your choice of stroke

COMMENTS

Fri REST DAY

Sat Bike On your bike for easy 20mins spin. Use it to check over your equipment, leaving nothing to chance

Run A 20mins shuffle, perhaps around the transition area and make sure you know it inside out for tomorrow

COMMENTS

Sun RACE DAY

Key

W/U : warm-up	M/S : main set
W/D : warm-down	BBM : beats below max heart rate
Buoy : pull buoy drill	RP : race pace