

Training schedule

BUILD YOUR SPEED

WITH THE RACE SEASON GRADUALLY COMING INTO VIEW, IT'S TIME TO START ADDING SOME RACE PACE WORKOUTS INTO YOUR WEEKLY SCHEDULE WITH THIS FOUR-WEEK TRAINING PLAN

WEEK ONE

Mon	Rest day	
Tue	Run	10 mins light W/Up. 3 x 1km at approx 10k race pace (hard but sustainable). 2 mins walk/jog rests. 10 mins light W/Down Optional Swim: W/Up. 500m as (100m FC, 100m pull, 100m kick, 50m back, 50m breast, 100m FC). Main. 8 x 50m build speed throughout reps 1 to 8. 30 secs rests. W/Down. 400m swim easy
Wed	Swim	W/Up. 400m as 2x (50m FC, 50m kick, 50m pull, 50m FC). Main. 200m as 2x (50m FC, 25m back, 25m FC) 30 secs rests. 400m at hard intensity. 200m as 2x (50m FC, 25m back, 25m FC) 30 secs rests. W/Down. 400m as 2x (50m FC, 50m back, 50m breast, 50m FC). Optional bike: Indoor trainer. W/Up. 10 mins easy. 6 mins, 5 mins, 4 mins, 3 mins, 2 mins hard with 90 sec rests. W/Down. 10 mins easy
Thur	Run	35 mins at fairly light, conversation pace
Fri	Swim	W/Up. 400m swim easy. Main. 4 x 100m as (25m FC, 25m back, 25m breast, 25m FC) with 45 sec rests. 8 x 50m as (50m sprint, 50m easy) with 30 sec rests. Warm Down. 400m swim easy
Sat	Bike	90 mins as (40 mins light intensity, 20 mins hard but sustainable intensity, 30 mins light intensity)
Sun	Bike	90 mins steady paced road or mountain bike. Work hard up the hills Optional Run: 30 mins light intensity, off road

WEEK TWO

Mon	Rest day	
Tue	Run	10 mins light W/Up. 4 x 1km at approx 10k race pace (hard but sustainable). 2 mins walk/jog rests. 10 mins light W/Down Optional swim: W/Up. 400m swim easy. Main. 400m as (75m easy, 25m hard). 4 x 100m breathe every three strokes (30 sec rests). W/Down. 400m swim easy
Wed	Swim	W/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). W/Down. 400m easy swim. Optional bike: Indoor trainer or gym. W/Up. 10 mins light intensity. Main. 6 x 3 mins all at hard intensity (90 sec rests). W/Down. 10 mins light intensity
Thur	Run	35 mins at fairly light, conversation pace
Fri	Swim	W/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 getting faster on each 100m with 45 sec rests. W/Down. 400m easy swim Optional gym session: Strength & core conditioning work 30 mins
Sat	Bike	90 mins as (30 mins light intensity, 30 mins hard but sustainable intensity, 30 mins light intensity)
Sun	Bike	90 mins steady paced road or mountain bike. Work hard up the hills 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

SPRING IS within sniffing distance and the race season is looming ever closer. At this time of the year it's time to transition from long winter miles to a combination of steady miles and race-paced efforts. This four-week training plan logically follows on from last month's plan, although it's designed so you can start it right now too. The high-intensity sessions will get longer throughout the month so that your body gradually becomes accustomed to sustained race pace. Just as you start getting fatigued at the end of

week three there is a rest week, so you can put your feet up and let your body repair properly. The swim sessions are ideal if you swim alone, but there is no substitute for a hands-on swimming coach so train with a club if you get the opportunity. This plan is suitable for triathlons of distances up to standard (1.5k, 40k, 10k), so long-course athletes would need 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 too.

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 light W/Up. 5 x 1km at approx 10k race pace (hard but sustainable). 2 mins walk/jog rests. 10 mins light W/Down Optional Swim: W/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 starting slow, increasing your speed from rep 1 to 8. 15 sec rests. W/Down. 400m easy swim
Wed	Swim	W/Up. 400m swim easy. Main. 400m time trial. 200m easy pull. 200m time trial. W/Down. 400m swim easy Optional bike: Indoor trainer or gym. W/Up. 10 mins light intensity. 2 mins, 3 mins, 4 mins, 5 mins, 4 mins, 3 mins, 2 mins all at hard intensity with 90 sec rests. W/Down. 10 mins light intensity
Thur	Run	35 mins at fairly light, conversation pace
Fri	Swim	W/Up. 400m swim easy. Main. 4 x 100m as (25m FC, 25m back, 25m breast, 25m FC) with 45 sec rests. 2 x 200m pull (45 sec rests). 200m kick as 4 x (25m easy, 25m sprint). W/Down. 400m swim easy Optional gym session: Strength & core conditioning work 30 mins
Sat	Bike	90 mins as (30 mins light intensity. 40 mins hard but sustainable intensity. 20 mins light intensity)
Sun	Bike	90 mins steady paced road or mountain bike. Work hard up the hills Optional Run: 35 mins easy pace, off road

WEEK FOUR RECOVERY WEEK

Mon	Rest day	
Tue	Run	10 mins light W/Up. 2 x 1km at approx 10k race pace (hard but sustainable). 2 mins walk/jog rests. 10 mins light W/Down
Wed	Swim	W/Up. 400m as 2 x (50m FC, 50m kick, 50m pull, 50m FC). Technique. 4 x 100m as (25m pull buoy between ankles, 25m FC, 25m fists, 25m FC). 400m as (25m kick hard, 50m swim easy). W/Down. 400m swim easy
Thur	Run	30 mins at steady, conversation pace
Fri	Rest day	
Sat	Bike	90 mins at fairly light intensity
Sun	Bike	90 mins at fairly light intensity with optional café stop

KEY FC front crawl PULL swimming with pull buoy KICK kicking with a float FISTS swim with hands in a fist shape