

Cycling

TIME TO GET IN GEAR

GOT BIG IDEAS FOR 2010? THEN NOW'S THE TIME TO START PUTTING THE WORK IN. IMPROVE YOUR CORE CYCLING STRENGTH, SPEED AND TECHNIQUE BY FOLLOWING THIS COMPREHENSIVE PLAN

TRAINING PLAN 1 **5-7 hours per week**

DAY	SWIM	BIKE	RUN	
Week 1 Focus Build 1	Mon	Endurance swim	Bike to work (around a 45-mins ride). Strength session. Warm up; 5mins easy spinning. Main set; alternate between 5mins of riding in biggest gear / 5mins spinning easy. Try to keep effort the same	No run
	Tue	No swim	Cycle to work or do a 45-mins ride (optional). Just spin this one out	Tempo run 25mins
	Wed	No swim	Turbo session. Warm up; 5mins building through gears. Main set; 3 x 10mins as 5mins build / 5mins hard (out of breath) with 2mins easy spinning between efforts. Warm down; 5mins easy	No run
	Thur	Speed session	No bike	Interval session
	Fri	Rest day		
	Sat	No swim	Long ride. 1hr 30mins . Keep things steady and ride with others if possible on varying terrain (hills/flat roads)	No run
	Sun	No swim	No bike	Long run
Week 2 Focus Build 2	Mon	Endurance swim	Cycle to work. Speed work. Warm up; 5mins easy. Main set; 2mins flat out cycling / 2mins easy	No run
	Tue	No swim	Cycle to work (optional). Just spin this one out	Tempo run 25mins
	Wed	No swim	Turbo session. Warm up; 10mins steady. Main set; keep effort at race pace, 10mins in 5th biggest gear, 8mins in 4th biggest, 6mins in 3rd biggest, 4mins in 2nd biggest, 2mins in biggest. Warm down; 5mins easy spin	No run
	Thur	Speed session	No bike	Interval session
	Fri	Rest day		
	Sat	No swim	Long ride. 1hr 45mins steady. Optional 20mins café stop	No run
	Sun	No swim	No bike	Long run
Week 3 Focus Build 3	Mon	Endurance swim	Cycle to work. Tempo work. Keep effort high but consistent	No run
	Tue	No swim	Cycle to work (optional). Just spin this one out	Tempo run 25mins
	Wed	No swim	Turbo; speed session. Warm up; 10mins building through the gears. Main set; 10 x 4mins of: 1min build to max effort / 1min max / 30secs easy / 30secs build / 30secs max / 30secs easy. Warm down; 5mins easy spinning	No run
	Thur	Speed session	No bike	Interval session
	Fri	Rest day		
	Sat	No swim	Long ride. 2hrs steady. Make sure you take enough food to keep you going (or visit that café again...)	No run
	Sun	No swim	No bike	Long run
Week 4 Focus Recovery	Mon	Rest day		
	Tue	No swim	Cycle to work (optional). Just spin this one out	No run
	Wed	Easy swim	No bike	Easy run
	Thur	No swim	Cycle to work. Take a longer route but keep intensity really low and use as active recovery	No run
	Fri	Rest day		
	Sat	No swim	Long ride. Try mountain biking this week! Keep things easy and practise your handling skills. Keep session duration below 1hr 30mins	No run
	Sun	No swim	No bike	Long run

THE EARLY MONTHS of winter are perfect for focusing on your cycling. After all, what better way to kickstart your training than to practise the only triathlon discipline that involves stopping at a coffee shop mid-way through a session? These two training plans include enough running and swimming to keep you fit, but are mainly aimed at improving your cycling. After all, the best way to improve at any triathlon discipline is to really concentrate on it for a period of at least four weeks.

Training Plan 1 consists of shorter workouts, ideal for sprint-distance triathletes or anyone short on time. **Training Plan 2** takes a bit more time and includes rides up to three hours long, so you will need some mileage under your belt. This plan is best for those planning to race at standard distance or half-Ironman, or for experienced triathletes who seek a higher level of performance at sprint distance. Just remember to be safe, and visible, wrap up warm, and take plenty of spare inner tubes.

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.



TRAINING PLAN 2 7-10 hours per week

DAY	SWIM	BIKE	RUN	
Week 1 Focus Build 1	Mon	Endurance swim	Cycle to work (around a 45-mins ride). Strength session. Alternate between 5mins of riding in biggest gear / 5mins spinning easy. Try to keep effort the same	No run
	Tue	No swim	Cycle to work or do a 45-mins ride (optional). Just spin this one out	Tempo run 30mins
	Wed	No swim	Turbo session. Warm up; 10mins building through gears. Main set; 3 x 15mins of 8mins build / 5mins at race pace / 2mins easy. Warm down; 5mins easy	No run
	Thur	Speed session	No bike	Interval session
	Fri	Rest day		
	Sat	No swim	Long ride; 2 hours . Keep things steady and ride with others if possible on varying terrain (hills/flat roads)	No run
	Sun	No swim	No bike	Long run
Week 2 Focus Build 2	Mon	Endurance swim	Cycle to work. Speed work. Warm up; 5mins easy. Main set; 2mins flat out cycling / 2mins easy	No run
	Tue	No swim	Cycle to work (optional). Just spin this one out	Tempo run 30mins
	Wed	No swim	Turbo; strength session. Warm up; 10mins building. Main set; 4 x 10mins with medium resistance/biggest gear, stay seated keeping your upper body still. 3mins easy spin between sets. Warm down; 10mins easy spin	No run
	Thur	Speed session	No bike	Interval session
	Fri	Rest day		
	Sat	No swim	Long ride. 2hrs30mins . Keep things steady and ride with others if possible on varying terrain (hills/flat roads). Optional café stop at halfway	No run
	Sun	No swim	No bike	Long run
Week 3 Focus Build 3	Mon	Endurance swim	Cycle to work. Tempo work. Keep effort high but consistent	No run
	Tue	No swim	Cycle to work (optional). Just spin this one out	Tempo run 30mins
	Wed	No swim	Turbo; speed session. Warm up; 10mins building through the gears. Main set; 10 x 4mins of 1min build to max effort / 1min max / 30secs easy / 30secs build / 30secs max / 30secs easy. Warm down; 5mins easy spinning	No run
	Thur	Speed session	No bike	Interval session
	Fri	Rest day		
	Sat	No swim	Long ride. 3hrs steady. Make sure you take enough food to keep you going (or visit that café again...)	No run
	Sun	No swim	No bike	Long run
Week 4 Focus Recovery	Mon	Rest day		
	Tue	No swim	Cycle to work (optional). Just spin this one out	No run
	Wed	Easy swim	No bike	Easy run
	Thur	No swim	Cycle to work. Take a longer route but keep intensity really low and use as active recovery	No run
	Fri	Rest day		
	Sat	Optional swim	Long ride. Try mountain biking this week! Keep things easy and practise your handling skills. Keep session duration below 1hr 30mins	No run
	Sun	No swim	No bike	Long run

Next Month
Your 4-week
run-focused
plan