

The plan

HIT YOUR SECOND PEAK

HIT PHASE TWO WITH A POWERFUL PUNCH THROUGH THESE SECOND PEAK PLANS

Meet the expert

Phil Mosley



Mosley is an elite triathlete and has successfully coached dozens of athletes to success at all levels from sprint to IM

IT'S THE midway point of the race season and time to start making plans for a strong second half. If you've raced already, chances are you've tapered and recovered and now you're feeling like it's time to get your foot firmly back on the gas.

If you've not raced yet, but you've been happily ticking along with your training, now is the time to get serious. Either way, there's no better way to cap off your season than with a series of great results, and these are the plans to help you achieve just that. They're ideal for sprint- and Olympic-distance racing, but if you've already got some longer miles under your belt they'll do you proud for a half-Ironman too.

This month's plans are not for beginners, but if they seem like a daunting prospect there's absolutely no reason why you can't halve all of the distances here and make your own lighter version. It would still be a great way to build up your race fitness.

Otherwise, it's just a case of getting

into the routine and sticking to your plan as well as you can. Of course life will get in the way sometimes, but don't worry too much about that. It's all part of the normal ebb and flow of training. It's not what you do once or twice that matters, but what you do consistently. So feel free to switch the sessions on to different days if it helps to fit them in. Just try to avoid back-to-back HARD days.

There are two plans here, Time Poor (up to eight hours per week) and Time Rich (up to ten hours per week). I've broken them up into separate one-month phases, so you can either start from the beginning, or dip in at whichever point fits in best with your race plans. Don't feel you have to train on your own and follow these plans like a slave; you can incorporate them around any group or club sessions that you like doing.

Before you start, take a look at the training zones and the key on the opposite page. Once you understand all the abbreviations, the sessions will start to make a lot more sense.

Are these plans for you?

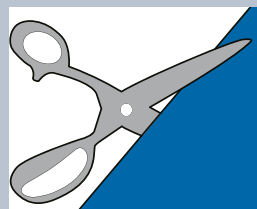
Before beginning these plans you should already be able to:

- Swim 1,500m front crawl, non-stop
- Ride your bike for 2 hours
- Run for 1 hour

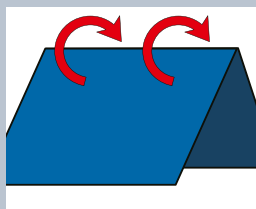


How it works

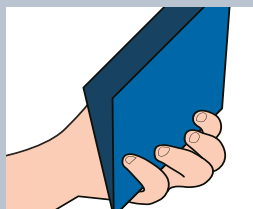
Get your guide ready to go



Cut out the guide following the dotted outline



Fold the guide in quarters using the fold guides



Now carry it with you for reference while training



Triathlon PLUS
YOUR 12-WEEK PLAN



8 hours per week

HIT YOUR SECOND PEAK

GET BACK ON THE GAS MID SEASON WITH JUST EIGHT HOURS OF TRAINING A WEEK

TRAINING ZONES

USING THESE training zones will help you train at the right intensity for each session. This helps develop specific aspects of your fitness, as well as making sure you don't overdo it. You can either estimate your intensity using the training zone descriptions, or use a heart-rate monitor for a more precise measure. If you use a heart-rate monitor, use the percentages provided and subtract them from your maximum heart rate to calculate your zones. Tools like cycle power meters and GPS watches help track your progress, but they're not essential.

These training zones are only a guide, so don't worry about being overly precise with heart rates because they'll fluctuate anyway. It's good to be mindful of your intensity but it's even more important that you get out there and enjoy your training.

ZONE 1: Recovery

60 to 65% of max. EASY pace, feels nice and light

ZONE 2: Steady

65 to 75% of max. Fairly EASY pace. EASY enough so that you could breathe just through your nose if you wanted to

ZONE 3: Tempo

75 to 80% of max. Fairly HARD, but sustainable, pace

ZONE 4: Race Tempo

80 to 90% of max. HARD pace. Sustainable, but requires real focus

KEY: **WU** Warm up **WD** Warm down **MAIN** Main set **FC** Front crawl **PULL** Front crawl using a pull float **RI** Rest interval **BUILD** Swim each 25m slightly faster than the previous **KICK** Kick with a float held in front **FISTS** Swim front crawl with clenched fists **NS** Negative split (swim the second half of a rep faster than the first) **REC** Recovery **DESC** Descending (swim each rep faster than the one before) **BACK** Backstroke **RT** Race tempo **EASY** Swim at an EASY intensity **IM** Individual medley (butterfly, backstroke, breaststroke, front crawl) **FTIP** Drag finger tips across water on recovery arm

STAY IN THE TRAINING ZONE WITH TRIATHLON PLUS

FOLD1

MONTH ONE: REBUILD YOUR AEROBIC BASE

WEEK 01

WEEK 02

Mon	Swim 2,000m 4x500m alternate FC/PULL + 20secs rest	Swim 2,000m WU 500m FC MAIN 5x200m as FC/KICK/IM/PULL/FC WD 500m choice
Tue	Run 40mins in Z2. Include 4x30secs sprints	Run 50mins in Z2. Include 6x25secs sprints
Wed	Swim 1,600m WU 2x200m FC + 20secs rest MAIN 8x100m as (FC/KICK/PULL/FC on alternate laps) + 20secs rest WD 400m choice	Swim 1,500m 30x50m FC with every 4th length back or breaststroke. 20secs rests
Thur	Run 40mins in Z2. Include 3mins in Z3 to 4	Run 50mins in Z2. Include 4mins in Z3 to 4
Fri	Rest day	
Sat	Multi-brick 65mins WU 10mins EASY run MAIN 3x(10mins ride in Z2 INTO 5mins run in Z3) WD 10mins EASY ride	Multi-brick 65mins WU 10mins EASY run MAIN 3x(10mins ride in Z2 INTO 5mins run in Z3) WD 10mins EASY ride
Sun	Bike 2hours EASY ride in Z1 or Z2 including 4x20secs sprints	Bike 2hours 15mins EASY ride in Z1 or Z2 including 6x20secs sprints

MONTH ONE: REBUILD YOUR AEROBIC BASE

WEEK 03

WEEK 04

Mon	Swim 2,400m 5x200m FC, 4x200m PULL, 3x200m FC	RECOVERY WEEK Swim 1,500m 15x100m choice of PULL/PADDLES/FINS/FC/KICK
Tue	Run 1 hour in Z1 to 2. Include 8x20secs sprints	Run 40mins in Z2
Wed	Swim 1,600m 8x200m as (4 strokes butterfly, then FC) + 30secs rests	Swim 1,200m 6x200m as (FC/KICK/PULL/FC/KICK/PULL)
Thur	Run 1 hour in Z1 to 2. Include 3mins in Z4	Run 30mins in Z2. Include 4x30secs sprints
Fri	Rest day	
Sat	Multi-brick 65mins WU 10mins EASY run MAIN 3x(10mins ride in Z2 INTO 5mins run in Z3) WD 10mins EASY ride	Bike 1 hour 30mins recovery ride in Z1 to 2
Sun	Bike 2hours 30mins EASY ride in Z1 or Z2 including 8x20secs sprints	Bike 1 hour 30mins recovery ride in Z1 to 2

MONTH TWO: REBUILD YOUR SPEED

WEEK 05

WEEK 06

FOLD 2

Mon	Swim 2,400m WU 300m FC, 300m KICK, 300m PULL MAIN 300m NS, 3x50m FISTS (+20R), 300m NS, 3x50m FISTS, 300m NS WD 200m EASY	Swim 1,800m WU 2x150m FC, 100m KICK MAIN 4x(2x25m FISTS, 2x25m KICK, 4x25m BUILD), 300m NS WD 300m EASY
Tue	Runreps 45-55mins WU 10mins EASY, 4x75m sprints MAIN 4x800m in Z4, with 2mins rests WD 10mins EASY	Runreps 45-55mins WU 10mins EASY, 4x75m sprints MAIN 3x1,000m in Z4, with 3mins rests WD 10mins EASY
Wed	Swim 2,250m WU 300m FCEASY, 6x75m (25m RT, 25m EASY, 25m BUILD) MAIN 4x250m (150m BUILD, 50m RT, 50 EASY), 300m KICK WD 200m	Swim 1,450m WU 300m FC, 200m KICK, 100m FC MAIN 4x(200m EASY (20secs RI), 2x75m BUILD (15secs RI)) 400m KICK as (100m EASY, 100m HARD, 100m EASY, 100m HARD) WD 100m FCEASY
Thur	Run 1 hour 20mins in Z1 to 2	Run 1 hour 30mins in Z1 to 2
Fri	Rest day	
Sat	Brick 44mins WU Bike 10mins EASY MAIN Bike 4x(4mins in Z3 to 4, 2mins in Z2), Straight into run 10mins as (5mins in Z3, 5mins in Z1)	Brick 44mins WU Bike 10mins EASY MAIN Bike 6x(3mins in Z4, 1min in Z2), Straight into Run 10mins as (5mins in Z3, 5mins in Z1)
Sun	Bike 2 hours 30mins EASY ride in Z1 or Z2 including 8x20secs sprints	Bike 2 hours 45mins EASY ride in Z1 or Z2 including 8x20secs sprints

FOLD 1

MONTH TWO: REBUILD YOUR SPEED

WEEK 07

WEEK 08



Mon	Swim 2,500m WU 300m FC, 200m KICK, 100m FC MAIN 4x(200m EASY (20secs RI), 2x75 RT (15secs RI)), 400m KICK as (100m EASY, 100m HARD, 100m EASY, 100m HARD) WD 100m FCEASY	RECOVERY WEEK
Tue	Runreps 45-55mins WU 10mins EASY, 4x75m sprints MAIN 2x1,600m in Z4, with 4mins rests WD 10mins EASY	Run 40mins in Z2
Wed	Swim 1,950m WU 400m FC, 300m PULL, 200m KICK MAIN 5x150m at RT (with 30secs RI), 8x25m SPRINTS (with 30secs RI) WD 100m FCEASY	Swim 40 minutes in Z2
Thur	Run 1 hour 30 in Z1 to 2	Run 30mins in Z2. Include 4x30secs sprints
Fri	Rest day	
Sat	Brick 44mins WU Bike 10mins EASY MAIN Bike 8x(2mins in Z4, 1min in Z2), Straight into Run 10mins as (5mins in Z3, 5mins in Z1)	Bike 1 hour 30mins recovery ride in Z1 to 2
Sun	Bike 3 hours EASY ride in Z1 or Z2 including 8x20secs sprints	Bike 1 hour 30mins recovery ride in Z1 to 2

MONTH THREE: HIT YOUR SECOND PEAK

WEEK 09

WEEK 10

Mon	Swim 2,550m WU 200m FC, 2x200m (50m FC, 100m KICK, 50m FC (20secs RI)) MAIN 300m, 200m, 100m (20secs RI) 200m, 100m, 50m NS (25sec RI), 200m in Z4 (30secs RI), 100m in Z4 (30secs RI), 6x100m PULL (25sec RI) WD 100m FC	Swim 2,550m WU 2x150m FC, 100m KICK, 50m FC, MAIN 4x(50m PULL (15secs RI), 50m EASY (15secs RI), 100m BUILD (15secs RI)), 2x600m NS (30secs RI) WD 100m FC or BACK
Tue	Runreps 45-55mins WU 10mins EASY, 4x75m sprints, MAIN 6x600m in Z4, with 1min 30secs RI WD 10mins EASY	Runreps 40-50mins WU 10mins EASY, 4x75m sprints, MAIN 8x400m in Z4, with 60secs rests WD 10mins EASY
Wed	Swim 2,500m WU 400m FC MAIN 8x50m BUILD (20secs RI), 400m in Z3 (15secs RI), 2x200m in Z4 (15secs RI), 400m in Z3 (15secs RI), 4x100m in Z4 (15secs RI) WD 100m FC	Swim 2,600m WU 6x75m (20secs RI) MAIN 2x200m (20secs RI), 100m in Z3, (20secs RI), 2x200m (25secs RI), 100m in Z3 (25secs RI), 2x300m (30RI), 100m in Z3 WD 6x75m (50m FC, 25m BACK) (20secs RI)
Thur	Run 1 hour 30 in Z1 to 2	Run 1 hour 15 in Z1 to 2
Fri	Rest day	
Sat	Multi-brick 53mins WU 10mins EASY run MAIN 3x(5mins ride in Z4 INTO 3mins run in Z4) + 3mins rests WD 10mins EASY ride	Multi-brick 53mins WU 10mins EASY run MAIN 3x(5mins ride in Z4 INTO 3mins run in Z4) + 3mins rests, WD 10mins EASY ride
Sun	Bike 2 hours ride in Z2 including 8x20secs sprints Optional Swim open water, 30mins in Z2	Bike 2 hours ride in Z2 including 8x20secs sprints Optional Swim open water, 30mins in Z2

MONTH THREE: HIT YOUR SECOND PEAK

WEEK 11

WEEK 12

Mon	Swim 2,500m WU 300m FC, 200m KICK MAIN 4x200m as 150m FC, 50m KICK with 30secs RI), 600m PULL (60secs RI), 8x50m DESC (20secs RI), WD 200m FC	RACE WEEK
Tue	Runreps 45-55mins WU 10mins EASY, 4x75m sprints MAIN 12x200m in Z4, with 45secs rests WD 10mins EASY	Run 40mins in Z2. Include 4x30secs sprints
Wed	Swim 2,700m WU 300m FC, 200m KICK, 100m FC, 200m KICK MAIN 3x(200m PULL (30secs RI), 3x100m FC DESC 1-3 (15sec RI)), 300m FC WD 100m FC	Swim 35mins in Z2 including 4x30secs sprints. Preferably in open water
Thur	Run 1 hour in Z1 to 2	Run 30mins in Z2
Fri	Rest day	
Sat	Multi-brick 53mins WU 10mins EASY run MAIN 3x(5mins ride in Z4 INTO 3mins run in Z4) + 3mins RI WD 10mins EASY ride	Rest day
Sun	Bike 2 hours ride in Z2 including 8x20secs sprints Optional Swim open water, 30mins in Z2	RACE DAY

Triathlon PLUS YOUR 12-WEEK PLAN



10 hours per week

HIT YOUR SECOND PEAK

MAKE PLANS FOR A STRONG END TO THE SEASON WITH THIS PLAN FOR THE TIME-RICH

FOLD2

TRAINING ZONES

USING THESE Training Zones will help you train at the right intensity for each session. This helps develop specific aspects of your fitness, as well as making sure you don't overdo it. You can either estimate your intensity using the Training Zone descriptions, or use a heart-rate monitor for a more precise measure. If you use a heart-rate monitor, use the percentages provided and subtract them from your max heart rate to calculate your zones. Tools like cycle power meters and GPS watches will help track your progress, but they're not essential.

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60 to 65% of max. EASY pace, feels nice and light.

ZONE 2: Steady

65 to 75% of max. Fairly EASY pace. EASY enough so that you could breathe just through your nose if you wanted to.

ZONE 3: Tempo

75% to 80% of max. Fairly HARD but sustainable pace.

ZONE 4: Race Tempo

80 to 90% of max. HARD pace. Sustainable, but requires real focus.

KEY: **WU** Warm up **WD** Warm down **MAIN** Main set **FC** Front crawl **PULL** Front crawl using a pull float **RI** Rest interval **BUILD** Swim each 25m faster than the previous **KICK** Kick with a float held in front **FISTS** Swim front crawl with clenched fists **NS** Negative split (swim the second half of a rep faster than the first) **REC** Recovery **DESC** Descending (swim each rep faster than the one before) **BACK** Backstroke **RT** Race tempo **EASY** Swim at an EASY intensity **IM** Individual medley (butterfly, backstroke, breaststroke, front crawl) **FTIP** Drag finger tips across water on recovery arm

STAY IN THE TRAINING ZONE WITH TRIATHLON PLUS

FOLD1

MONTH ONE: REBUILD YOUR AEROBIC BASE

WEEK 01

WEEK 02

	WEEK 01	WEEK 02
Mon	Swim 2,000m 4x500m alternate FC/PULL +20secs rest	Swim 2,000m WU 500m FC MAIN 5x200m FC/KICK/IM/PULL/FC) WD 500m choice
Tue	Run 40mins in Z2. Include 4x30secs sprints	Run 50mins in Z2. Include 6x25secs sprints
Wed	Bike 1hour 30mins to 2hours EASY in Z1 or Z2 including 4x20secs sprints	Bike 1hour 30mins to 2hours EASY in Z1 or Z2 including 4x20secs sprints
Thur	Swim 30mins in Z2. Should feel fairly EASY Run 40mins in Z2. Include 3mins in Z3 to 4	Swim 35 minutes in Z2. Should feel fairly EASY Run 50mins in Z2. Include 4mins in Z3 to 4
Fri	Rest day	
Sat	Swim 1,600m WU 2x200m FC +20secs RI. 8x100mas (FC/KICK/PULL/FC on alternate laps) + 20secs rest WD 400m choice Multi-brick 65mins WU 10mins EASY run MAIN 3x(10mins ride in Z2 INTO 5mins run in Z3) WD 10mins EASY ride	Swim 1,500m 30x50m as every 4th length back or breaststroke. 20secs rests Multi-brick 65mins WU 10mins EASY run MAIN 3x(10mins ride in Z2 INTO 5mins run in Z3) WD 10mins EASY ride
Sun	Bike 2hours EASY ride in Z1 or Z2 including 4x20secs sprints	Bike 2hours 15mins EASY ride in Z1 or Z2 including 6x20secs sprints

MONTH ONE: REBUILD YOUR AEROBIC BASE

WEEK 03

WEEK 04

	WEEK 03	WEEK 04
Mon	Swim 2,400m 5x200m FC, 4x200m PULL, 3x200m FC	RECOVERY WEEK Swim 1,500m 15x100m choice of PULL/PADDLES/FINS/FC/KICK
Tue	Run 1 hour in Z1 to 2. Include 8x20secs sprints	Run 40mins in Z2
Wed	Bike 1hour 30mins to 2hours EASY in Z1 or Z2 including 4x20secs sprints	Swim 1,000m 5x200mas (FC/KICK/PULL/FC/KICK/PULL)
Thur	Swim 40 mins in Z2 Run 1 hour in Z1 to 2. Include 3mins in Z4	Run 30mins in Z2. Include 4x30secs sprints
Fri	Rest day	
Sat	Swim 1,600m 8x200m as (4 strokes butterfly, then FC) + 30secs rests Multi-brick 65 mins WU 10mins EASY run MAIN 3x(10mins ride in Z2 INTO 5mins run in Z3) WD 10mins EASY ride	Bike 1hour 30mins recovery ride in Z1 to 2
Sun	Bike 2hours 30mins EASY ride in Z1 or Z2 including 8x20secs sprints	Bike 1hour 30mins recovery ride in Z1 to 2

MONTH TWO: REBUILD YOUR SPEED

WEEK 05

WEEK 06

FOLD 2

Mon	Swim 2,300m WU 300m FC, 300 KICK, 300m PULL MAIN 300m NS, 3x50m FTIP (+20RI), 300m NS, 3x50m FISTS, 300m NS WD 200m EASY	Swim 1,800m WU 2x150m FC, 100m KICK MAIN 4x(2x25m FISTS, 2x25m CATCH UP, 4x25m BUILD), 300m NS WD 300m EASY
Tue	Runreps 40-50mins WU 10mins EASY, 4x75m sprints, MAIN 4x800m in Z4, with 2mins rests WD 10mins EASY	Runreps 40-50mins WU 10mins EASY, 4x75m sprints, MAIN 3x1,000m in Z4, with 3mins rests WD 10mins EASY
Wed	Bike reps 53mins WU 10mins EASY MAIN 10, 9, 8mins in Z3 + 3mins rests WD 10mins EASY	Bike reps 60mins WU 10mins EASY MAIN 5x5mins in Z3 to 4 + 3mins rests WD 10mins EASY
Thur	Swim 45 mins in Z2 Run 1 hour 20 in Z1 to 2	Swim 50 mins in Z2 Run 1 hour 30 in Z1 to 2
Fri	Rest day	
Sat	Swim Club session or 2,250m WU 300m FC EASY, 6x75m (25m RT, 25m EASY, 25m BUILD) MAIN 4x250m (150m BUILD, 50m RT, 50m EASY), 300m KICK WD 200m EASY Brick WU Bike 10mins EASY MAIN Bike 4x (4mins in Z3 to 4, 2mins in Z2), Straight into run 10mins as (5mins in Z3, 5mins in Z1)	Swim Club session or 2,500m WU 300m FC, 200m KICK, 100m FC MAIN 4x(200m EASY (20secs RI), 2x75m RT (15secs RI)), 400m KICK as (100m EASY, 100m HARD, 100m EASY, 100m HARD) WD 100m FC EASY Brick WU Bike 10mins EASY MAIN Bike 6x (3mins Z4, 1min Z2), INTO Run 10mins as (5mins in Z3, 5mins Z1)
Sun	Bike 2 hours 30 mins EASY ride in Z1 or Z2 including 8x20secs sprints	Bike 2 hours 45 mins EASY ride in Z1 or Z2 including 8x20secs sprints

FOLD 1

MONTH TWO: REBUILD YOUR SPEED

WEEK 07

WEEK 08

Mon	Swim 2,500m WU 300m FC, 200m KICK, 100m FC MAIN 4x(200m EASY (20secs RI), 2x75m RT (15secs RI)), 400m KICK as (100m EASY, 100m HARD, 100m EASY, 100m HARD) WD 100m FC EASY	RECOVERY WEEK
Tue	Runreps 35-45mins WU 10mins EASY, 4x75m sprints, MAIN 2x1,600m in Z4, with 4mins rests WD 10mins EASY	Run 40 mins in Z2
Wed	Bike reps 50mins WU 10mins EASY MAIN 8, 5, 4, 3mins in Z3 to 4 + 3mins rests WD 10mins EASY	Swim 1,500m WU 400m FC, 300m PULL, 200m KICK MAIN 8x50m (as 25m EASY, 25m SPRINT with 30secs RI) WD 200m FC EASY
Thur	Swim 55 mins in Z2 Run 1 hour 30 in Z1 to 2	Run 30 mins in Z2. Include 4x30secs sprints
Fri	Rest day	
Sat	Swim 1,950m WU 400m FC, 300m PULL, 200m KICK MAIN 5x150m at RT (with 30secs RI), 8x25m SPRINTS (with 30secs RI) WD 100m FC EASY Brick 44 mins WU Bike 10mins EASY MAIN Bike 8x (2mins in Z4, 1min in Z2), Straight into Run 10mins as (5mins in Z3, 5mins in Z1)	Bike 1 hour 30 mins recovery ride in Z1 to 2
Sun	Bike 3 hours EASY ride in Z1 or Z2 including 8x 20secs sprints	Bike 1 hour 30 mins recovery ride in Z1 to 2

MONTH THREE: HIT YOUR SECOND PEAK

WEEK 09

WEEK 10

Mon	Swim 2,550m WU 200m FC, 2x200m (50m FC, 100m KICK, 50m FC (20secs RI)) MAIN 300m, 200m, 100m (20secs RI) 200m, 100m, 50m NS (25sec RI), 200m in Z4 (30secs RI), 100m in Z4 (30secs RI), 6x100m PULL (25sec RI) WD 100m FC	Swim 2,600m WU 6x75m (20secs RI) MAIN 2x200m (20secs RI), 100m in Z3, (20secs RI), 2x200m (25secs RI), 100m in Z3 (25secs RI), 2x300m (30RI), 100m in Z3 WD 6x75m (50m FC, 25m BACK) (20secs RI)
Tue	Runreps 45-50mins WU 10mins EASY, 4x75m sprints MAIN 6x600m in Z4, with 1min 30secs RI WD 10mins EASY	Runreps 35-45mins WU 10mins EASY, 4x75m sprints MAIN 8x400m in Z4, with 60secs rests WD 10mins EASY
Wed	Bike reps 34mins WU 10mins EASY MAIN 4x(30secs all out sprint, 3mins in Z2) WD 10mins EASY	Bike reps 34mins WU 10mins EASY MAIN 4x(30secs all out sprint, 3mins in Z2) WD 10mins EASY
Thur	Swim 2,500m WU 400m FC MAIN 8x50m BUILD (20secs RI), 400m in Z3 (15secs RI), 2x200m in Z4 (15secs RI), 400m in Z3 (15secs RI), 4x100m in Z4 (15secs RI) WD 100m FC Run 1 hour 30 in Z1 to 2	Swim 2,550m WU 2x150m FC, 100m KICK, 50m FC MAIN 4x(50m PULL (15secs RI), 50m EASY (15secs RI), 100m BUILD (15secs RI)), 2x600m NS (30secs RI) WD 100m FC or BACK Run 1 hour 15 in Z1 to 2
Fri	Rest day	
Sat	Swim open water 40 mins in Z2 including 4x30secs sprints Multi-brick 53 mins WU 10mins EASY run MAIN 3x (5mins ride in Z4 INTO 3mins run in Z4) + 3mins rests WD 10mins EASY ride	Swim open water 40 mins in Z2 including 4x30secs sprints Multi-brick 53 mins WU 10mins EASY run MAIN 3x (5mins ride in Z4 INTO 3mins run in Z4) + 3mins rests WD 10mins EASY ride
Sun	Bike 2 hours ride in Z2 including 8x20secs sprints	Bike 2 hours ride in Z2 including 8x20secs sprints

MONTH THREE: HIT YOUR SECOND PEAK

WEEK 11

WEEK 12

Mon	Swim 2,500m WU 300m FC, 200m KICK MAIN 4x200m (as 150m FC, 50m KICK with 30secs RI), 600m PULL (60secs RI), 6x50m DESC (20secs RI) WD 200m FC	RACE WEEK
Tue	Runreps 40mins WU 10mins EASY, 4x75m sprints, MAIN 12x200m in Z4, with 45secs rests WD 10mins EASY	Run 40 mins in Z2. Include 4x30secs sprints
Wed	Bike reps 34mins WU 10mins EASY MAIN 4x(30secs all out sprint, 3mins in Z2) WD 10mins EASY	Swim 35 mins in Z2 including 4x30secs sprints. Preferably in open water
Thur	Swim 2,700m WU 300m FC, 200m KICK, 100m FC, 200m KICK MAIN 3x [200m PULL (30secs RI), 3x100m FC DESC 1-3 (15sec RI)], 300m FC WD 100m FC Run 1 hour in Z1 to 2	Run 30 mins in Z2
Fri	Rest day	
Sat	Swim open water 40 mins in Z2 including 4x30secs sprints Multi-brick 53 mins WU 10mins EASY run MAIN 3x (5mins ride in Z4 INTO 3mins run in Z4) + 3mins rests WD 10mins EASY ride	Rest day
Sun	Bike 2 hours ride in Z2 including 8x20secs sprints	RACE DAY

