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

Photos: Corbis; Illustrations: Phil Nicodemi

TRI30.zone_plan 84
8/10/11 10:21:13 AM
**THE PLAN**
SECOND PEAK: TIME POOR

**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: Pull float
- NS: Negative split
- REC: Recovery
- DESC: Descending
- IM: Individual medley (butterfly, backstroke, breaststroke, front crawl)
- FTIP: Drag finger tips across water on recovery arm

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**MONTH ONE: REBUILD YOUR AEROBIC BASE**

**WEEK 01**
- **Monday:** Swim 2,000m
  - 4x500m alternate FC/PULL + 10 secs rest
  - Run 40mins in Z2. Include 4x30 secs sprints
  - 8x100m as FC/KICK/PULL/PULL + 20secs rest

**WEEK 02**
- **Monday:** Swim 1,600m
  - 2x200m FC + 20secs rest
  - 400m choice

**WEEK 03**
- **Monday:** Swim 2,400m
  - 5x200m FC, 4 x 200m PULL, 3x200m FC

**WEEK 04**
- **Monday:** Swim 2,000m
  - 4x500m alternate FC/PULL/PULL + 20secs rest

**REST DAY**
- **Sunday:** Bike 2hours EASY ride in Z1 or Z2 including 4x30 secs sprints

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**MONTH ONE: REBUILD YOUR AEROBIC BASE**

**WEEK 01**
- **Tuesday:** Run 50mins in Z2. Include 4mins in Z3

**WEEK 02**
- **Tuesday:** Run 40mins in Z2. Include 4x30 secs sprints

**WEEK 03**
- **Wednesday:** Bike 2hours 15mins
  - EASY ride in Z1 or Z2 including 6x20secs sprints

**WEEK 04**
- **Wednesday:** Bike 2hours
  - EASY ride in Z1 or Z2 including 4x20secs sprints

**REST DAY**
- **Saturday:** Run 40mins in Z2. Include 4x30 secs sprints

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**MONTH ONE: REBUILD YOUR AEROBIC BASE**

**WEEK 01**
- **Monday:** Bike 1 hour 30mins
  - Recovery ride in Z1 to 2

**WEEK 02**
- **Monday:** Bike 1 hour 30mins
  - Recovery ride in Z1 to 2

**WEEK 03**
- **Monday:** Rest Day

**WEEK 04**
- **Monday:** Rest Day
### Month Two: Rebuild Your Speed

#### Week 06

<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
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<tbody>
<tr>
<td>Mon</td>
<td>Swim 2,150m WU 6x25m FC, 400m KICK, 6x25m BUILD (30sec RI), 2x50m BUILD (30sec RI), 300m KICK</td>
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<tr>
<td>Mon</td>
<td>Run reps 45-55mins WU 10mins EASY, 4x75m sprints MAIN 6x25m FC, 3x25m BACK (20sec RI), 4x75m KICK, 3x25m BUILD (20sec RI)</td>
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<tr>
<td>Tue</td>
<td>Swim 2,500m WU 4x75m FC, 300m KICK, 4x75m BUILD (30sec RI), 3x25m BACK (30sec RI)</td>
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<tr>
<td>Wed</td>
<td>Rest day</td>
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<tr>
<td>Thu</td>
<td>Swim 1,400m WU 2x50m FC, 100m KICK, 1x25m BACK (10sec RI)</td>
</tr>
<tr>
<td>Fri</td>
<td>Run reps 45-55mins WU 10mins EASY, 4x75m sprints MAIN 6x25m FC, 3x25m BACK (20sec RI), 4x75m KICK, 3x25m BUILD (20sec RI)</td>
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<tr>
<td>Sat</td>
<td>Bike 4x4mins EASY MAIN Bike 4x1mins Recover Z1 to 2</td>
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<td>Sun</td>
<td>Rest day</td>
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#### Week 07

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<th>Day</th>
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<tbody>
<tr>
<td>Mon</td>
<td>Swim 2,500m WU 4x75m FC, 300m KICK, 4x75m BUILD (30sec RI), 3x25m BACK (30sec RI)</td>
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<tr>
<td>Mon</td>
<td>Run reps 45-55mins WU 10mins EASY, 4x75m sprints MAIN 6x25m FC, 3x25m BACK (20sec RI), 4x75m KICK, 3x25m BUILD (20sec RI)</td>
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<tr>
<td>Tue</td>
<td>Swim 2,500m WU 4x75m FC, 300m KICK, 4x75m BUILD (30sec RI), 3x25m BACK (30sec RI)</td>
</tr>
<tr>
<td>Wed</td>
<td>Rest day</td>
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<tr>
<td>Thu</td>
<td>Swim 2,000m WU 4x200m FC, 500m KICK</td>
</tr>
<tr>
<td>Fri</td>
<td>Run reps 40-50mins WU 10mins EASY, 4x75m sprints MAIN 6x25m FC, 3x25m BACK (20sec RI), 4x75m KICK, 3x25m BUILD (20sec RI)</td>
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<tr>
<td>Sat</td>
<td>Bike 4x4mins EASY MAIN Bike 4x1mins Recover Z1 to 2</td>
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### Month Three: Hit Your Second Peak

#### Week 09

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<tr>
<td>Mon</td>
<td>Swim 2,550m WU 2x200m FC, 100m KICK, 300m BUILD (30sec RI), 600m FC, 300m BUILD (30sec RI), 600m KICK, 300m BUILD (30sec RI)</td>
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<tr>
<td>Mon</td>
<td>Run reps 45-55mins WU 10mins EASY, 4x75m sprints MAIN 6x25m FC, 3x25m BACK (20sec RI), 4x75m KICK, 3x25m BUILD (20sec RI)</td>
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<tr>
<td>Tue</td>
<td>Swim 2,500m WU 4x75m FC, 300m KICK, 4x75m BUILD (30sec RI), 3x25m BACK (30sec RI)</td>
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<tr>
<td>Wed</td>
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<tr>
<td>Thu</td>
<td>Swim 2,000m WU 4x200m FC, 500m KICK</td>
</tr>
<tr>
<td>Fri</td>
<td>Run reps 40-50mins WU 10mins EASY, 4x75m sprints MAIN 6x25m FC, 3x25m BACK (20sec RI), 4x75m KICK, 3x25m BUILD (20sec RI)</td>
</tr>
<tr>
<td>Sat</td>
<td>Bike 4x4mins EASY MAIN Bike 4x1mins Recover Z1 to 2</td>
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#### Week 10

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<tbody>
<tr>
<td>Mon</td>
<td>Swim 2,550m WU 2x200m FC, 100m KICK, 300m BUILD (30sec RI), 600m FC, 300m BUILD (30sec RI), 600m KICK, 300m BUILD (30sec RI)</td>
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<tr>
<td>Mon</td>
<td>Run reps 45-55mins WU 10mins EASY, 4x75m sprints MAIN 6x25m FC, 3x25m BACK (20sec RI), 4x75m KICK, 3x25m BUILD (20sec RI)</td>
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<tr>
<td>Tue</td>
<td>Swim 2,500m WU 4x75m FC, 300m KICK, 4x75m BUILD (30sec RI), 3x25m BACK (30sec RI)</td>
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<tr>
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### Race Week

#### Week 11

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<td>Mon</td>
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<td>Run reps 45-55mins WU 10mins EASY, 4x75m sprints MAIN 6x25m FC, 3x25m BACK (20sec RI), 4x75m KICK, 3x25m BUILD (20sec RI)</td>
</tr>
<tr>
<td>Tue</td>
<td>Swim 2,700m WU 1x75m FC, 100m KICK, 1x75m FC, 100m KICK</td>
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<tr>
<td>Wed</td>
<td>Rest day</td>
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<tr>
<td>Thu</td>
<td>Swim 5mins Z1 including 4x30 secs sprints</td>
</tr>
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<td>Bike 4x4mins EASY MAIN Bike 4x1mins Recover Z1 to 2</td>
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<tr>
<td>Mon</td>
<td>Swim 1,500m WU 300m FC, 300m KICK, 300m BUILD (30sec RI), 300m FC, 300m BUILD (30sec RI), 300m FC, 300m BUILD (30sec RI), 300m FC, 300m BUILD (30sec RI)</td>
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THE PLAN  SECOND PEAK: TIME RICH

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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 NS Negative split IM Individual medley (butterfly, backstroke, breaststroke, front crawl) FTP Drag finger tips across water on recovery arm

10 hours per week

HIT YOUR SECOND PEAK
MAKE PLANS FOR A STRONG END TO THE SEASON WITH THIS PLAN FOR THE TIME-RICH

MONTH ONE: REBUILD YOUR AEROBIC BASE

WEEK 01

- Swim 2,000m x4 500m intervals FC/PULL +80secs rest
- Run 40mins in Z2. Include 4x30secs sprints
- Bike 1hour 30mins to 2 hours Z2 including 8x20secs sprints

WEEK 02

- Swim 2,000m WU 600m FC/MAIN 1x200m FC/KICK/M/PULL/F/C WD 500m choices
- Run 50mins in Z2. Include 6x25secs sprints
- Bike 1hour 30mins to 2 hours EASY in Z1 or Z2 including 4x200m choices

WEEK 03

- Swim 2,400m x4 600m intervals FC/PULL/P FC/WD
- Run 1hour in Z2. Include 4x30secs sprints
- Bike 3x200m FC 5x200m as (FC/KICK/PULL/MAIN)

WEEK 04

- Swim 2,000m x4 500m intervals FC/PULL/P FC/WD
- Run 40mins in Z2
- Bike 3x200m FC 5x200m as (FC/KICK/PULL/MAIN)

Rest day

- Swim 1,000m WU 3x300m intervals FC/PULL/P FC/WD
- Run 1hour in Z2. Include 4x30secs sprints
- Bike 3x200m FC 5x200m as (FC/KICK/PULL/MAIN)

Rest day

- Swim 1,000m WU 3x300m intervals FC/PULL/P FC/WD
- Run 1hour in Z2. Include 4x30secs sprints
- Bike 3x200m FC 5x200m as (FC/KICK/PULL/MAIN)
**TRAINING ZONE**

**MONTH TWO: REBUILD YOUR SPEED**

**WEEK 05**
- Swim 2,300m WU, 300m FC, 300m KICK, 300m BACK
- Pull MAIN, 300m NS, 3x200m TIP – 200m, 300m NS, 3x200m FTS, 300m TIP, 300m BUILD
- 300m EASY
- Run reps 40-50mins WU 10mins EASY, 4x75m sprints, MAIN 4x1800m 24, with 3mins rests WO 9mins EASY
- Bike reps 5mins WU 9mins EASY MAIN 9, 8mins Z1 to 3, 3mins rests WO 9mins EASY
- Bike 2hours 30mins, EASY ride in Z2, including 6x300m sprints

**WEEK 06**
- Swim 1,800m WU, 315m FC, 100m KICK
- Pull MAIN 6x200m FTS, 2x150m CATCHUP
- 4x25m BUILD, 300m NS WO 30mins EASY
- Run reps 40-50mins WU 10mins EASY, 4x75m sprints, MAIN 3x3000m 24, with 3mins rests WO 9mins EASY
- Bike reps 5mins WU 9mins EASY MAIN 9, 8mins Z1 to 3, 3mins rests WO 9mins EASY
- Bike 2hours 30mins, EASY ride in Z2, including 6x300m sprints

**MONTH THREE: HIT YOUR SECOND PEAK**

**WEEK 09**
- Swim 2,550m WU, 300m FC, 2x300m 50m
- Pull MAIN 3x200m, 3x50m NS, 3x200m FTS, 3x100m BUILD
- 300m EASY
- Run reps 45-50mins WU 10mins EASY, 4x75m sprints, MAIN 6x900m 24, with 3mins rests WO 10mins EASY
- Bike 34mins WU 10mins EASY MAIN 3x150m Z2, 3x100m Z2, 3x50m Z1 to 2
- Bike 2hours 30mins EASY ride in Z2 including 6x300m sprints

**WEEK 10**
- Swim 2,300m WU, 1570m EASY MAIN 2x100m, 3x200m, MAIN 3x200m, 3x125m, 3x50m NS, 10mins Z2, 10mins Z1 to 2
- Run reps 35-45mins WU 10mins EASY, 4x75m sprints, MAIN 6x300m 24, with 6mins rests WO 10mins EASY
- Bike 34mins WU 10mins EASY MAIN 3x150m Z2, 3x100m Z2, 3x50m Z1 to 2
- Bike 2hours 30mins EASY ride in Z2 including 6x300m sprints

**WEEK 11**
- Swim 2,550m WU, 1400m EASY MAIN 4x250m (150m BUILD, 50m RT), 2x600m NS (30secs RI), 100m FC
- Pull MAIN 10x300m 24, with 3mins rests WO 10mins EASY
- Bike 34mins WU 10mins EASY MAIN 3x150m Z2, 3x100m Z2, 3x50m Z1 to 2
- Bike 2hours 30mins EASY ride in Z2 including 6x300m sprints

**WEEK 12**
- Swim 1,500m WU, 300m FC, 300m KICK, 300m BACK
- Pull MAIN 4x200m, 3x100m BUILD, 3x50m FC, 3x100m DESC (20secs RI), WO 300m FC EASY
- Bike 44mins WU 10mins EASY MAIN 3x100m 24, with 3mins rests WO 9mins EASY
- Bike 3hours EASY ride in Z1 or Z2, including 6x300m sprints

**MONTH THREE: HIT YOUR SECOND PEAK**

**WEEK 07**
- Swim 2,500m WU 300m FC, 300m KICK, 300m BACK
- Pull MAIN 4x200m, 3x100m BUILD, 3x50m FC
- Pull MAIN 10x300m 24, with 3mins rests WO 10mins EASY
- Bike 34mins WU 10mins EASY MAIN 3x150m Z2, 3x100m Z2, 3x50m Z1 to 2
- Bike 2hours 30mins EASY ride in Z2 including 6x300m sprints

**WEEK 08**
- Swim 1,500m WU 300m FC, 300m KICK, 300m BACK
- Pull MAIN 4x200m, 3x100m BUILD, 3x50m FC
- Pull MAIN 10x300m 24, with 3mins rests WO 10mins EASY
- Bike 34mins WU 10mins EASY MAIN 3x150m Z2, 3x100m Z2, 3x50m Z1 to 2
- Bike 2hours 30mins EASY ride in Z2 including 6x300m sprints