

COUNTDOWN PLAN

Have a calm, collected approach to your long-distance race

RACE T-MINUS 2 WEEKS

NOTES

Mon

Swim 2,000m
WU Z2, 8x50m MS 600m Z2, 400m Z3, 200m top of Z3 + 15SRWD Z1 400m choice

Swim with friends if you can today so that you can get used to the crowding and to people swimming at a different pace to you. Be strict with your rests – remember you won't get any on race day

Tue

Brick 1hr 25mins
Bike 1hr in Z2 with 3x2mins at top of Z3 straight into Run 15mins in low Z3 WD Run 10mins in Z2

This is your last heavy brick session, so go for it on the bike intervals to replicate some of the fatigue you'll feel in your race when you get onto the run. Use the run to practise getting into your stride quickly

Wed

AM Swim 1,900m steady at IM race pace
PM Run 40mins in Z2 with 3x5mins in Z3

These are your last really serious workouts before the race. Stay focused and stay on pace, especially during the swim

Thur

Bike 1hr
Ride steady in Z2

Make a check on any travel and pre-race logistics today, while you still have time to fix any problems

Fri

REST

At this stage in your race training, rest means rest. No shopping, no housework, no boozing

Sat

Bike 2hrs
Ride 2hrs in Z2 with 2x10mins in Z3

On your last long ride, give your race nutrition plan a try. Think about everything, from how you'll store your fuel on race day to how you'll handle the bike when you're eating

Sun

Brick 1hr 50mins
Race practise. Swim 30mins Z2 (open water) into Bike 1hr 10mins steady in Z2 into Run 10mins in Z1

The purpose of today's session is more about mental than physical preparation. If there's anything worrying you about the race, whether it's sighting, transition or getting on your bike, address it today

RACE T-MINUS 1 WEEK

NOTES

Mon

Swim 1,600m
WU Z2 400m MS 4x200m building from Z1 to high Z3 WD Z2 400m

If you're travelling abroad, this is a good day to pack up your bike. If you're not sure how to do it properly, see if your local bike or tri shop will help, but removing the wheels, turning the handlebars and wrapping everything in bubble wrap usually does the trick

Tue

Run 45mins
Steady run in Z2

After today you really need to back off the training, so if you want to burn off a bit of energy then throw in a few light 'strides' (easy, smooth, fast running) but keep it relaxed

Wed

REST/TRAVEL

If you're travelling overseas for your race, ideally you'll get there a few days beforehand. Treat the travel day as a serious recovery day, so don't stand around too much and wear recovery tights under your jeans

Thur

Bike 1hr
Ride in Z2 to Z3 with rolling hills. Check gears and brakes are working well

Try to get out on part of the bike course today and find some gentle hills to check your gearing and brakes and remind yourself how confident and easy you feel on the bike

Fri

Run 30mins
Z2 with 3x1min Z3

Look at the course map and find the points you know will be tricky – away from obvious areas of crowd support, for example. Run along the route here and visualise yourself feeling easy

Sat

Swim 15-20mins in race location if poss; Z1-2
Bike 30mins Z1 final mechanical check

At most long-distance races you'll have to check in your bike today so give it one last ride to check it. You'll have more time to finish setting up transition tomorrow but make a list of everything you'll need and check you've got it all

Sun

LONG-DISTANCE RACE

Stay focused and enjoy the experience!

KEY WU Warm up, WD Warm down, SR Seconds rest, MS Main set, FC Front crawl **TRAINING ZONES** Z1 Recovery; 60-65% of max. Easy pace, feels nice and light Z2 Steady; 65-75% of max. Fairly easy pace. You could breathe just through your nose if you wanted to Z3 Tempo; 75-80% of max. Hard but sustainable pace Z4 Race Tempo; 80-90% of max. Hard pace. Sustainable, but requires real focus.