ONE LAST SPEED BLAST

RACE OUT THE SEASON IN A BLAZE OF GLORY, WITH THESE SHORT, SHARP TRAINING PLANS

WE MAY be approaching the end of the triathlon season, but thankfully there's still plenty to be happy about. In many ways this is one of the best times of the year to be a triathlete because you can race without feeling like you have to do months of training first. You're unlikely to make significant fitness gains at this point, so you may as well just focus on staying sharp and having fun at low-key races. Whether you enter a sprint triathlon, a duathlon, a half-Ironman, or a 5km run race, these plans will keep you race-fit without taking over your life.

There are two plans, but neither is very time-consuming. If you can spare an hour per day you should try the seven-hour plan, whereas if you're pressed for time, opt for the five-hour plan. They don't involve a large volume of training, but the intensity is high to make up for it. After all, there's not much point in doing super-long-endurance sessions at this late stage in the season, so the training here is all killer and no filler.

Before you get started, make sure you check out the Key and Training Zones on the opposite page, as the plans will make a lot more sense once you've read them.

Use your common sense to swap the days and fit them around your life, or just borrow the bits of the plan that suit you best. Then stick it somewhere where family can see, so they have some idea what you're up to each week. You never know, they might even make you dinner for when you get back from training.

Meet the expert

Phil Mosley

Triathlon Plus' coaching editor Mosley is a triathlete and has been on the GB elite duathlon team at world and European championships.

PHOTOGRAPH COURTESY OF PHIL NICOLEMI

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

Are these plans for you?

Before beginning this plan you should already be able to:
- Ride your bike for at least 60 minutes
- Run for at least 30 minutes
- Swim 400 metres non-stop

How to use your guide:
- Carry it with you for reference while training
**THE PLAN**

**END-OF-SEASON SPEED**

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**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 will also help track your training progress, but they’re not essential for these plans.

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** ([Z1]) **RECOVERY**
  60 to 65% of your maximum. Easy pace, feels nice and light.

- **ZONE 2** ([Z2]) **STEADY**
  65 to 75% of your maximum. Fairly easy pace. Easy enough so that you could breathe just through your nose if you wanted to.

- **ZONE 3** ([Z3]) **TEMPO**
  75% to 80% of your maximum. A fairly hard, but sustainable pace.

- **ZONE 4** ([Z4]) **RACE TEMPO**
  80 to 90% of your maximum. A hard pace that requires real focus.

**KEY**
- **WU** Warm up.
- **WD** Warm down.
- **IM** Individual medley (Butterfly/Back/Breast/Front crawl).
- **MC** Multi-brick
- **MAIN** Main set
- **RP** Race pace
- **RIST** Swim front crawl with denched fins
- **BREAST** Breaststroke
- **BACK** Backstroke
- **PULL** Pulling using a pull float
- **R** Rest interval
- **FISTS** Front crawl using a pull float
- **KICK** Kick with a float held out in front of you
- **FC** Front crawl

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**FOLD 1**

**YOUR 4-WEEK PLAN**

**STAY FAST**

**7 hours per week**

**SEVEN HOURS TO SPARE? TRY THIS FOUR-WEEK PLAN TO GO HARD AND FAST**

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<table>
<thead>
<tr>
<th>WEEK 01</th>
<th>WEEK 02</th>
<th>WEEK 03</th>
<th>WEEK 04</th>
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<td><strong>Mon</strong></td>
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<td>Run 40mins (Z2) including 8x30secs sprints</td>
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<td>Bike hour (Z2) MAIN 6x6mins (Z2) + IM 10mins R1</td>
<td>Bike 50mins (Z2) MAIN 6x4.4.3.2.1 mins (Z2) + 10x6secs RWD 29mins (Z2)</td>
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**REST DAY**

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<td>Multi-brick hour (Z2) MAIN 3x6mins (Z2) into 4mins run (Z2)</td>
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**RACE TRIATHLON**

**or individual swim, bike orrun race. If no races, do a 5km run time trial.**

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**TRAINING ZONES**

**the working arm,**

- **SINGLE ARM DRILL**
  - Front crawl using a pull float, BREAST Breaststroke, BACK Backstroke, PULL Pulling using a pull float, RIST Swim front crawl with denched fins

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**WARM UP**

- **FISTS** Front crawl using a pull float, BREAST Breaststroke, BACK Backstroke, PULL Pulling using a pull float, RIST Swim front crawl with denched fins

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**FOLD 2**

**TRIATHLON PLUS**

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**OCTOBER 2011**

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**triradar.com**
5 hours per week

HANG ON TO YOUR RACE SEASON SPEED WITH FIVE HOURS OF TRAINING A WEEK

WEEK 01
- Run 30 mins (Z2) including 6x20s secs sprints
- Bike 1 hour (Z1) MAIN 5 mins (Z4) +80 secs R/R
- Swim 1.5km (Z1) MAIN 400m (24) +60 secs R/R WD 500m (Z1) mixed strokes
- Multi-brick (as alternate 25m KICK, 50m FC). 8x50m sprints
- Swim front crawl with clenched fists,
- Front crawl using a pull float,
- Racepace,

WEEK 02
- Run 30 mins (Z2) including 6x20s secs sprints
- Bike 1 hour (Z1) MAIN 5 mins (Z4) +80 secs R/R
- Swim 1.5km (Z1) MAIN 400m (24) +60 secs R/R WD 500m (Z1) mixed strokes
- Multi-brick (as alternate 25m KICK, 50m FC). 8x50m sprints
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