

The plan

ONE LAST SPEED BLAST

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



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

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.

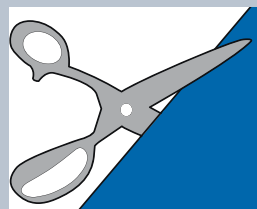
Are these plans for you?

Before beginning this plan you should already be able to:

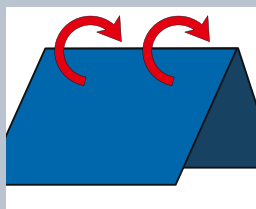
- Ride your bike for at least 60 minutes
- Run for at least 30 minutes
- Swim 400 metres non-stop

How it works

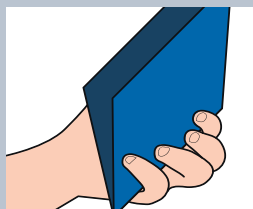
Get your guide ready to go



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
4-WEEK
PLAN

7 hours per week

STAY FAST

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

FOLD1

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, **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 out in front of you, **FISTS** Swim front crawl with clenched fists, **BREAST** Breaststroke, **BACK** Backstroke, **RP** Race pace, **EASY** Swim at an easy intensity, **SINGLE ARM DRILL** Front crawl with one arm. Breathe to the opposite side of the working arm, **IM** Individual medley (Butterfly/Back/Breast/Front crawl)

STAY IN THE TRAINING ZONE WITH TRIATHLON PLUS

	WEEK 01	WEEK 02
Mon	Run 40mins (Z2) including 6x20secs sprints Swim 1500m WU 500m (Z1) MAIN 5x100m Race Tempo +30secs RI WD 500m (Z1)	Run 35mins WU 15mins (Z1) MAIN 5mins (Z2) 5mins (Z3), 5mins (Z4) WD 5mins (Z1) Swim 1.5km WU 500m (Z1) MAIN 8x100m as 50m (Z1), 50m (Z4) +30secs RI WD 200m (Z1)
Tue	Bike 1hour WU 20mins (Z1) MAIN 6x3mins (Z4) +1min 30secs RI WD 15mins (Z1)	Bike 50mins WU 20mins (Z1) MAIN 5, 4, 3, 2, 1 mins (Z4) +90secs RI WD 12mins (Z1)
Wed	Run 40mins WU 10mins (Z1) include 3x15secs sprints MAIN 4x800m (Z4) +60secs RI WD 10mins (Z1) Swim 1.5km WU 400m (Z1) MAIN 3x200m (Z4) +45secs RI WD 500m (Z1) mixed strokes	Run 40mins WU 10mins (Z1) include 3x15secs sprints MAIN 8x400m (Z4) with 60secs RI WD 10mins (Z1) Swim 1.5km WU 400m (Z1) MAIN 400m (as alternate 25m KICK, 50m FC) 8x50m sprints WD 300m (Z1) mixed strokes
Thur	Bike 1hour WU 15mins (Z1) MAIN 2x15mins (Z3) +3mins RI WD 12mins (Z1)	Bike 1hour WU 15mins (Z1) MAIN 6x3mins (Z3) +3mins RI WD 12mins (Z1)
Fri	REST DAY	Bike 1hour 30mins WU 30mins (Z1) MAIN 30mins (Z3) WD 30mins (Z1)
Sat	Bike 1hour 30mins WU 30mins (Z1) MAIN 30mins (Z3) WD 30mins (Z1)	REST DAY
Sun	Multi-brick 1 hour WU 10mins run (Z1) MAIN 3x7mins ride (Z3) into 4mins run (Z4) WD 10mins bike (Z1)	RACE TRIATHLON or individual swim, bike or run race. If no races, do a 5km run time trial

	WEEK 03	WEEK 04
Mon	Run 40mins (Z2) including 6x20secs sprints Swim 1.5km WU 500m (Z1) MAIN 4x50m KICK, 2x200m (Z4) +45secs RI WD 400m (Z1)	Run 40mins (Z2) including 6x20secs sprints
Tue	Bike 50mins WU 20mins (Z1) MAIN 10x60secs (Z4) +30secs RI WD 15mins (Z1)	Swim 1.5km WU 400m (Z1) MAIN 4x50m KICK, 8x50m sprint +30secs RI, 4x50m KICK WD 300m (Z1)
Wed	Run 40mins WU 10mins (Z1) including 3x15secs sprints MAIN 3x1km (Z4) +2mins RI WD 10mins (Z1) Swim 1.5km WU 400m (Z1) MAIN 3x200m (Z4) +45secs RI WD 500m (Z1) mixed strokes	Bike 45mins WU 15mins (Z1) MAIN 6x2mins (Z4) +60secs RI WD 15mins (Z1) Run 35mins WU 10mins (Z1) including 3x15secs sprints MAIN 10x200m (Z4) with 30secs rests WD 10mins (Z1)
Thur	Bike 1hour WU 15mins (Z1) MAIN 6x3mins at (Z4) +90secs RI WD 12mins (Z1)	Swim 1.5km WU 400m (Z1) MAIN 400m as 25m KICK, 50m FC, 8x50m sprints WD 300m (Z1) mixed strokes
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Triathlon **PLUS**
YOUR
4-WEEK
PLAN



5 hours per week

STAY FAST

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

FOLD1

WEEK 01

WEEK 02

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