

## Triathlon training

# IT'S TIME TO RUN FASTER

AFTER THE EXCESSES OF CHRISTMAS IT'S TIME TO SHAPE UP. THESE FOUR-WEEK TRIATHLON TRAINING PLANS TARGET YOUR RUNNING, WHILE MAINTAINING YOUR BIKE AND SWIM FITNESS

## PLAN ONE 4-6 Hours per week

Week One			Week Two		
<b>Mon</b>	Swim	Active recovery. <b>45mins</b> easy paced continuous swim	<b>Mon</b>	Swim	Active recovery. <b>50mins</b> easy paced continuous swim
<b>Tue</b>	Run	Hill fartlek. <b>30mins</b> varied paced running over hilly terrain	<b>Tue</b>	Run	Hill fartlek. <b>40mins</b> varied paced running over hilly terrain
<b>Wed</b>	Swim	<b>45mins</b> technique swim. Focus on drills and body position	<b>Wed</b>	Swim	<b>45mins</b> technique swim. Focus on drills and body position
<b>Thur</b>	Run	Threshold run, <b>35mins</b> ( <b>10mins</b> warm up, <b>15mins</b> at threshold, <b>10mins</b> warm down)	<b>Thur</b>	Run	Threshold run, <b>45mins</b> ( <b>10mins</b> warm up, <b>25mins</b> at threshold, <b>10mins</b> warm down)
<b>Fri</b>	<b>Rest Day</b>		<b>Fri</b>	<b>Rest Day</b>	
<b>Sat</b>	Bike	<b>1hour 30mins</b> bike ride outside. Steady paced riding	<b>Sat</b>	Bike	<b>1hour 45mins</b> bike ride outside. Steady paced riding
<b>Sun</b>	Run	Long run. <b>50mins</b> , conversation paced	<b>Sun</b>	Run	Long run. <b>1hour</b> , conversation paced

## PLAN TWO 9-11 Hours per week

Week One			Week Two		
<b>Mon</b>	Swim	<b>45mins</b> active recovery swim	<b>Mon</b>	Swim	<b>60mins</b> active recovery swim
<b>Tue</b>	Run	<b>45mins</b> intervals. ( <b>10mins</b> warm up, <b>4x5mins</b> hard with <b>2mins</b> recoveries, <b>10mins</b> warm down)	<b>Tue</b>	Run	<b>50mins</b> intervals. ( <b>10mins</b> warm up, <b>5x5mins</b> hard with <b>2mins</b> recoveries, <b>10mins</b> warm down)
<b>Wed am</b>	Swim	<b>60mins</b> swim technique session	<b>Wed am</b>	Swim	<b>60mins</b> swim technique session
<b>Wed pm</b>	Bike	<b>60mins</b> turbo session or spinning class	<b>Wed pm</b>	Bike	<b>60mins</b> turbo session or spinning class
<b>Thur am</b>	Swim	<b>60mins</b> swim intervals or group session	<b>Thur am</b>	Swim	<b>60mins</b> swim intervals or group session
<b>Thur pm</b>	Run	Threshold run, <b>1hour</b> . ( <b>10mins</b> warm up, <b>40mins</b> threshold, <b>10mins</b> warm down)	<b>Thur pm</b>	Run	Threshold run, <b>1hour 10mins</b> . ( <b>10mins</b> warm up, <b>3x15mins</b> threshold ( <b>3 mins</b> recoveries), <b>9mins</b> warm down)
<b>Fri</b>	<b>Rest Day</b>		<b>Fri</b>	<b>Rest Day</b>	
<b>Sat</b>	Bike	Bike <b>2hours30</b> , easy pace	<b>Sat</b>	Bike	Bike <b>3hours</b> total. ( <b>1hour</b> easy, <b>1hour</b> steady, <b>1hour</b> easy)
<b>Sun</b>	Run	Long run, <b>1hour 20mins</b> . ( <b>45mins</b> easy, then <b>3x10mins</b> steady with <b>3min</b> jog rests)	<b>Sun</b>	Run	Long run, <b>1hour 20mins</b> total. ( <b>30mins</b> easy, <b>3x10mins</b> steady with <b>5mins</b> jog recoveries, <b>10mins</b> easy)

**KEY Threshold:** A hard but sustainable pace. The point at which heavy breathing occurs

# THE PLAN RUN FOCUS

**AFTER YOU'VE** polished off the last of the turkey and sung your last drunken verse of Auld Lang Syne, it's time to start looking forward to 2010. The best way to get fit and burn off those Christmas indulgences is to set yourself a four-week running focus. You still need to do some cycling and swimming in that time, but your key sessions will be the running ones. And to motivate you even more I want you to enter a race such as a 10km or half-marathon a month or so down the line. By the end of this four-week

training plan you should be in good shape, so a fast time might be on the cards.

**Training Plan 1** takes between four and six hours per week and is a realistic target for anyone with a fitness background who can swim, bike and run.

**Training Plan 2** is more challenging and not for beginners. Training frequency and volume is higher, so this plan would be ideal for Olympic or half-Ironman distance triathletes who can fit in 10 hours of training in a week.

## Meet the expert

**Dr Martin Yelling**



Coach Martin is a former international duathlete with a 10km PB of 29:51

Week Three			Week Four		
<b>Mon</b>	Swim	Active recovery. <b>50mins</b> easy paced continuous swim	<b>Mon</b>	<b>Rest Day</b>	
<b>Tue</b>	Run	<b>45mins</b> intervals. (10mins warm up. <b>5x3mins</b> hard with <b>90secs</b> jog/walk recoveries. Hard pace should be faster than <b>10k</b> target race pace. <b>10mins</b> warm down)	<b>Tue</b>	Run	Threshold run, <b>35mins</b> . (10mins warm up. <b>15mins</b> acceleration run. Build pace as run progresses to finish running inside <b>10k</b> race pace for final <b>3mins</b> . <b>10mins</b> warm down)
<b>Wed</b>	Swim	<b>45mins</b> technique swim. Focus on drills and body position	<b>Wed</b>	Swim	<b>45mins</b> technique swim. Focus on drills and body position
<b>Thur</b>	Run	Threshold run, <b>55mins</b> . (10mins warm up. <b>2x 15mins</b> at threshold with <b>5mins</b> jog recovery. <b>10mins</b> warm down)	<b>Thur</b>	Run	<b>38mins</b> intervals. <b>10mins</b> warm up. <b>2x (3mins</b> hard, <b>2mins</b> hard, <b>1min</b> hard) with <b>90sec</b> recoveries. <b>10mins</b> warm down
<b>Fri</b>	<b>Rest Day</b>		<b>Fri</b>	<b>Rest Day</b>	
<b>Sat</b>	Bike	<b>1hour 30mins</b> bike ride outside. Steady paced riding	<b>Sat</b>	<b>Rest Day</b>	
<b>Sun</b>	Run	Long run. <b>1hour 10mins</b> , conversation paced	<b>Sun</b>	Run	<b>10k</b> running race

Week Three			Week Four		
<b>Mon am</b>	Swim	<b>60mins</b> active recovery swim	<b>Mon</b>	Swim	<b>60mins</b> active recovery swim
<b>Mon pm</b>	Run	<b>30mins</b> easy run	<b>Tue</b>	Run	<b>50mins</b> intervals. (15mins warm up. <b>6x2mins</b> hard with <b>90sec</b> recoveries. <b>15mins</b> warm down)
<b>Tue</b>	Run	<b>50mins</b> intervals. (15mins warm up. <b>1,2,3,4,5,4,3,2,1mins</b> hard with <b>1min</b> recoveries. <b>10mins</b> warm down)	<b>Wed am</b>	Swim	<b>60mins</b> active recovery swim
<b>Wed am</b>	Swim	<b>60mins</b> active recovery swim	<b>Wed pm</b>	Bike	<b>60mins</b> turbo session or spinning class
<b>Wed pm</b>	Bike	<b>60mins</b> turbo session or spinning class	<b>Thur am</b>	Swim	<b>60mins</b> swim intervals or group session
<b>Thur am</b>	Swim	<b>60mins</b> swim intervals or group session	<b>Thur pm</b>	Run	<b>10mins</b> warm up. <b>4 x 2mins</b> @ target half marathon race pace ( <b>2mins</b> recoveries). <b>10mins</b> warm down
<b>Thur pm</b>	Run	Threshold run, <b>1hour</b> . (10mins warm up. <b>10mins</b> threshold ( <b>2mins</b> recoveries), <b>4x3mins</b> at 10k race pace ( <b>60secs</b> recoveries). <b>10mins</b> threshold. <b>10mins</b> warm down)	<b>Fri</b>	<b>Rest Day</b>	
<b>Fri</b>	<b>Rest Day</b>		<b>Sat</b>	<b>Rest Day</b>	
<b>Sat</b>	Bike	Bike <b>3hours</b> , easy pace	<b>Sun</b>	Run	Half-marathon running race
<b>Sun</b>	Run	Long steady run, <b>1hour 30mins</b> total			

