

GO FAST FOREVER

SIX WEEKS TO UP YOUR SPEED

GET FASTER IN A JUST MONTH-AND-A-HALF BY FOLLOWING OUR EXCLUSIVE TRAINING PLANS

Race season is under way and everybody wants to be flying. The bad news is if you haven't done any training all winter you're not going to be challenging Frodeno or Snowhill in six weeks.

However, if you've got a solid base of training behind you, now's the time to make some tweaks, polish things up and get the pay-off from the hard work you've done. There's no secret to planning your training in the build up to a race. Your plan simply needs to be specific to you, your strengths and weaknesses and the goals you wish to achieve. Your training depends on the time you have and your other commitments. You need to keep it simple, be consistent, know what your key sessions are (those that will significantly help move your race performance forward) and make them count. Triathletes tend to get a reputation for loving their miles. If you have put the work in over the winter then don't be afraid to ease back. In the six weeks leading up to

a race, quality is the key; it's all about being specific. You can spend all day riding at 20kph, but if you want to be a 60-minute 40km rider you'll have to get used to riding at 40kph. We aren't talking max efforts; we are talking about teaching the body to recognise race intensity and getting it used to staying there for the duration of the event.

The human body gets easily confused by change, and when the body gets confused, it tends to break. If you radically change your training six weeks before a race you'll be asking for an injury. As the season approaches, the key is to slowly build in more intensive reps at and around race pace. Use your strengths: if you come from a swimming background you can afford to push harder in the water and get used to race pace there. If you don't have a swim bike or run background the best place to get used to race intensity is on the bike, as less technique is required than in the water and there's a lower injury risk than on the run.

On the next four pages we've set out two plans to help you form a basis for your key race preparation. If you've trained for 10-14 hours per week through the winter, the 9-sessions-per-week plan should lead you successfully up to a race. The 6-session plan is for athletes who have trained for 6-9 hours per week over the winter. The plans contain key sessions that you should focus on, with the easy sessions being built around these to help you recover. Remember, it's far more dangerous to over-cook it than to under-cook it at this stage, so be consistent and not crazy. Turn to page 67 for your basic training rules.

5-6 SESSION TRAINING PLAN

KEY: W/U: warm-up; W/D: warm-down; F: fast; E: easy; F/C: front crawl; C/A: contrasting activity; M/S: main set; BBM: heats below max heart rate; RP: race pace; DI-4: descending 1-4 (getting faster each time)

Week one		
Mon	Swim	W/U 400m swim, 200m kick, 4x50m DI-4 with 20s rest. M/S 800 F/C timed - use this as your base time for swim sets over the next 6 weeks. 4x100m holding consistent pace with 30s rest
Tue	Run	60 min easy
Wed	Bike	W/U, 10 mins spin then 5x30s hard, 30s easy. M/S 6x5 mins as (1 overgearing - cadence of 55-60, 1 Olympic-distance race pace) x3, with 2 min RI. W/D 20 min easy
Thur	Swim	W/U 5x200m swim (2 and 4 Pull) 30s RI. M/S 12x100m at goal 1500m pace. 4 with 20s RI, 4 with 15s RI, 4 with 10s RI. W/D 100m kick, 100m swim.
Fri	Rest	
Sat	Bike	2 hours easy
Sun	BIKE	W/U 15 min slowly accelerated. M/S 25x200m with 30s recovery all FAST. 10 min W/D
Week two		
Mon	Swim	W/U Land based warm up then 200m swim M/S 5x400m with 30s RI holding 30 BBM S/D 500m choice
Tue	Run	60 min slowly accelerated run - last 20 min at 40 BBM.
Wed	Bike	Turbo: W/U 10 min easy spin, 5x30s fast cadence 30s easy. M/S 10x(2 mins at 30BBM, 2 min steady). 10x(1 min Max, 1 min steady). W/D 10 min spin
Thur	SWIM	W/U - 400m swim, 300m pull, 200m drill, 100m kick -20s RI. M/S 6x100m as 50 drill 50 swim - 20s RI. C/A 8x50 kick as 25 fast, 25 easy. S/D. 400m choice
Fri	Rest	
Sat	Bike	W/U 30 min easy spin. M/S 4x15 min hard/5 min easy spin. From the last hard effort straight into the run set.
	Run	(Brick Session) 10 min hard, 2 min jog 5 min hard, 2 min jog, 5 min hard. 15 min warm down. 5 min easy, 10 min tempo
Sun	Bike	1-2 hours easy



Triathlon PLUS TRAINING PLAN

Week three			Week five		
Mon	Swim	W/U 400m f/c, 100m kick, 200m choice, 100m kick, 8x25m sculling. M/S 12x50m reducing stroke count by 1 each 50m. 4x100m holding stroke count of last 50m whilst inc pace each 100m - RI 20s. S/D 8x50m with 15s RI - start fast, finish slow	Mon	Swim	W/U 400m swim, 400m pull. 8x50m kick as 25m fast, 25m easy with 15s rest. 8x50m as 25m scull, 25m swim with 15s rest, 200m W/D.
Tue	Run	Track Session: 4 laps easy then 4 laps running straights hard and bends easy. M/S 5x1 mile (4laps) hard with 3 minutes recovery. W/D 20 min jog on grass	Tue	Run	W/U 15 min jog including 8x15s strides. M/S 5x1k RP with 90s RI. W/D 15 min jog
Wed	Bike	W/U 20 min spin. M/S 8x3 min hills on a hill of 4-5% Stay seated with a cadence of 55-60. Spin down hill for recovery. W/D 20 min spin	Wed	Bike	1.5 hours easy
Thur	Run	400m pull, 300 swim, 200m kick, 100m sculling. M/S 5x200m at race pace with 20s RI, 10x50m above race pace with 20s RI. S/D 400m choice	Thur	Swim	Swim: 400m swim, 300m pull, 200m kick, 100m drill. 4x50 D1-4 - 15s RI M/S 3x500m swim at race pace - 1 min RI. W/D 400m choice
Fri	Rest		Fri	Rest	
Sat	Bike	30 min spin including 5x1 min fast	Sat	Bike	W/U 20 min spin. M/S 8x(3 min hard, 3 min easy). W/D 20 min easy
	Run	20 min easy jog		Run	Track Session: W/U 4 laps easy, 2 laps of straights fast, bends easy. M/S 2x800m steady with 1 min RI 4x400m at race pace with 45s RI, 8x200m above race pace with 45s RI. W/D 15 min jog on grass
Sun	Race	Sprint Tri	Sun	Run	
Week four			Week six		
Mon	Swim	W/U 500 kick, 300 swim M/S 4x50m kick fast 30s RI. S/D 400m swim, 200m bk.	Mon	Swim	W/U 800m mix of swim, kick and pull. 16x25m as 1 fast 1 easy -15s RI. M/S 2 (200m steady, 4x50 at race pace) 20s RI with 2 min between blocks. S/D 200m kick, 200m swim.
Tue	Run	40 min easy	Tue	Run	30 min easy
Wed	Bike	W/U 20-30 min spin. M/S 4x10 min hard with 5 min easy spin between reps. (No. 1+3 overgeared, no. 2+4 race cadence). W/D 20 min spin	Wed	Bike	W/U 20 min easy M/S 1x5 min at race pace. 10 min easy spin then 5x(90s at race pace, 3 min easy). W/D 15 min easy.
Thur	SWIM	W/U 400m choice, 4x50m D1-4 20s RI M/S 20x100m at race pace 20s RI. W/D 400m choice	Thur	Swim Run	W/U 400m F/C, 4x50m kick. M/S 4x100 D1-4 with 30s RI. 4x50m at race pace with 15s RI. S/D 200m kick, 200m swim W/U 10 min steady then 8x15s strides. 1x3 min RP, 3 min easy. 5x1 min RP with as much recovery as nec. W/D 15 min easy
Fri	REST		Fri	Rest	
Sat	Bike	(Brick) Turbo: W/U 10 min spin, 10 min as 30s fast cad, 30s easy. M/S: 1x5 min at RP, 2 min easy, 2x2.5 mins above RP with 30RI. Get straight off turbo and run hard for 10 min. Walk/jog easy back and repeat set after 10 min easy spin. W/D 20 min jog/spin.	Sat	Swim	20 min swim including 4x50m and 4x25m fast with 30s RI
				Bike	30-45 min easy spin with 8x30s fast
Sun	Run	40 min easy with 10x15s fast strides	Sun	RACE DAY	

Basic rules

When developing a programme for the lead into a race it's important to stick to some basic rules. Identify the key sessions and ensure they are quality; Ensure the recovery sessions don't compromise the quality sessions; Balance your sessions – in the 9-session plan each week contains one strength, one speed and one aerobic session in each discipline; Spread your swimming across the week to keep your feel for the water; leave at least 24 hours between hard sessions of the same discipline; take a full day off at least once every 10 days (remember, just because there isn't a full day off in the plan you can still get 36 hours' recovery by doing your sessions early one morning and then the following evening). The harder the session, the more important the cool down; And lastly, in the final two weeks, keep the frequency of sessions the same, but drop the volume.

Balanced

The sessions are arranged in a way to develop both your strength and speed across all three disciplines. The strength sessions are normally just below race pace, while the speed sessions should be at, or above, race pace. Working just below and just above race pace will allow you to maintain and even raise speed for longer periods of time come race day. Just as importantly, working at these intensities will help you understand your body and how far you are able to push it. Don't get into the habit of relying on stopwatches and HR monitors; know how it feels to function at race pace. During the initial few weeks the key sessions are the longer, strength-based reps. However, it's important

to stay sharp and fast so ensure there are always 1-2 shorter, faster sessions in your plan. As your race gets closer gradually reduce the length of these strength-based reps and increase the intensity so two weeks out from the race a higher percentage of your work is at, or just above, race pace. Aim to plan a practice race 3-4 weeks before your main race and in the last two weeks, cut the training volume by 30-40% but ensure the majority of your sessions contain short reps at, or above race pace. Across this race prep period try to replicate race conditions. It's rare that you are able to warm up for long in the water on race day, so practise doing some of your key pool sessions with a land-based warm-up. If you have access to open water facilities, transfer one of your key pool sessions each week to the open water. Ride the majority of your hard sessions on your race bike and don't over do the long rides. The winter miles should be in the bank so be confident in your fitness levels and concentrate on developing your strength and speed through overgearing work and short, fast, turbo sessions. Running hard takes more out of you than the other two disciplines so reduce the length of your hard run sets significantly in the last two weeks and break the reps down into short blocks so you can still run at race pace. When running off the bike, practice your transitions and run high intensity reps off the bike. So there you have it – your guide to getting faster in six weeks. Be specific, have a plan and stick to it. You never know, if you make these rules part of your everyday training, by 2012 Snowswill and Frodeno might just be looking nervously over their shoulder! ●

KEY: W/U: warm-up; W/D: warm-down; F: fast; E: easy; F/C: front crawl; C/A: contrasting activity; M/S: main set; BBM: beats below max heart rate; RP: race pace; DI: 4: descending 1-4 (getting faster each time)

9 SESSION TRAINING PLAN

Week one		
Mon	Swim	W/U 5x200m swim (2 and 4 Pull) 30s RI. M/S 16x100m at goal 1500m pace. 4 with 25s RI, 4 with 20s RI, 4 with 15s RI, 4 with 10s RI. S/D 200m kick, 200m swim.
Tue	Bike	Turbo: W/U 10 min easy spin, 10 min of 30s fast cadence, 30s easy. M/S 8x3 mins at 30BBM HR 1.30 RI. W/D 10 min easy
Wed	Swim	W/U 400m choice. M/S 3(4x50 F/c Drills as 25 drill, 25 swim, 100m swim) 1 min RI between blocks. 400 F/C with fins and paddles W/D 200m choice
Thur	Run	Kenyan Hills (15-20 second climb, flat section of 15-20 seconds, downhill and then a flat section to bring you back to the start - consistent effort: W/U 15 min slowly
Fri	Swim	W/U 8x100 alternate swim/pull. 4x50 Descend 1-4 20RI. M/S 25m, 50m, 100m, 150m, 200m, 200m, 150m, 100m, 50m, 25m - All F/c with 20s RI. Consistent pace. E.g. 45s for 50 = 3.00 for 200. W/D 200m choice.
Sat	Bike	W/U 20 min spin. M/S 4x8 min hills on a hill of 4-5% Stay seated with a cadence of 55-60. Spin down hill for recovery. W/D 20 min spin
Sun	Bike Run	1 hour easy W/U 15 min easy M/S 4(3+2+1 min) - 1 min jog between all reps. Build through set: 3 mins = 30 BBM, 2 mins = 20BBM, 1 min = Max! W/D 10 min jog
Week two		
Mon	Swim Run	Land based warm up then M/S 24x100m as: 3 with 20s RI, 3 with 15s RI, 3 with 10s RI, 3 with 5RI, 2 with 20s RI, 2 with 15s RI, 2 with 10s RI, 2 with 5RI, 1 with 20s RI, 1 with 15s RI, 1 with 10s RI, 1 with 5RI - all 30BBM S/D 400m choice. 40 mins easy
Tue	Bike	Turbo: W/U 10 min easy spin, 5x30s fast cadence 30s easy. M/S 10x (2 mins at 30BBM, 2 min steady). 10x(1 min Max, 1 min steady). W/D 10 min spin
Wed	Rest	
Thur	Swim	W/U 400m choice. 8x50m kick - 50 fast, 50 easy 20s RI. M/S 3x500 as 1 swim, 1 pull with paddles, 1 swim - all steady, 30s RI. S/D 200m Bk.
Fri	Bike Run	Brick Session: 45 min spin out, turn round and ride hard home - should take approx 30 mins straight into run set. 10 min hard, 2 min jog 5 min hard, 2 min jog, 5 min hard. W/D 10-15 min jog
Sat	Bike	1-2 hour aerobic ride
Sun	Swim Run	W/U 2x(200m swim, 100m pull, 100m kick). 8x50m: 15m head up, 35m fast, 15s RI. 16x25: 15m sculling, 10m swim, 15s RI. 8x100m swim (2nd 50m faster than 1st) 15s RI. W/D 200m Track Session: W/U 4 laps easy, 4 laps of straights hard, bends easy. M/S 2x1k strong, 8x400m hard, 2x1k hard - all with 90s RI. W/D 20 min jog on grass.



Cut out and keep

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Week three

Mon	Swim	W/U 5x200m swim (2 and 4 pull) 30s RI. M/S 16x100m at goal 1500m pace. 4 with 25s RI, 4 with 20s RI, 4 with 15s RI, 4 with 10s RI. S/D 200m kick, 200m swim.
Tue	Bike	W/U 20 min spin. M/S 3x10 min with no.s 1+2 = 30 BBM, no.3 Max. 5 min easy between reps. W/D 20 min easy
Wed	Swim	W/U 4x300m alternating swim/pull. 2x(4x50 as 25m drill, 25m swim followed by 200m swim build F/C). C/A 16x50m as 1 fast, 1 easy with 20s RI. S/D 400m as 50m swim, 50m
Thur	Swim	W/U 400m swim, 300m pull, 200 kick, 100m drill. 12x50m as 25m drill, 25m swim. M/S 20x50m at race pace 10s RI. 16x25m kick 25m fast, 25m easy 15s RI. W/D 200m
Thur	Bike	W/U 15 min slowly built up jog. M/S 15s Fast, 15 Easy, 30F, 30E, 45F, 45E, 60F, 60E, 75F, 75E, 90F, 90E, 75F, 75E; then back down. Jog easy for 5 mins then repeat. W/D 15 min
Fri	Rest	
Sat	Bike	1 hour with 8x1 min race pace efforts
Sat	Run	30 min jog with 6x30s strides
Sun	Race	Sprint race

Week four

Mon	Swim	W/U 900m F/c every 3rd 100m bk. 600 Pull+Paddles, 300m kick. M/S 16x25m every 4th 25 hard - 10s RI, 12x25 every 3rd 25m hard - 15s RI, 8x25m every 2nd 25m hard - 20s RI, 4x25 Hard, 30s RI - S/D 400m choice
Mon	Run	40 min easy
Tue	Swim	W/U 16x50m, 8 swim, 8 kick with 10s RI. 5x100m D1-5 with 15s RI. M/S 8x200's at 30BBM with 30s RI. 400m choice W/D
Wed	Bike	Turbo: W/U 10 min spin, 5x30s fast, 30s easy. M/S 3x(30s hard, 30s easy, 60 hard, 60 easy, 90 hard, 90 easy, 2 min hard) 4 min easy between sets. W/D 10 min spin
Thur	Run	60 min accelerated so the last 20 mins are 25-30 BBM HR.
Fri	Bike	Swim: 800 easy, 2x400 hard (Race pace), 600 easy, 2x300 hard, 400 easy, 2x200 hard, 200 easy, 2x100 hard - all f/c - all with 20s RI rest. 200 easy kick/swim as a warm down.
Sat	Bike	1.5 hours easy
Sun	Bike	(Brick Session) W/U 30 min easy spin. M/S 3x15 min Hard with 5 min easy spin between blocks. Go from the last hard effort straight into the run set.
Sun	Run	(Brick Session) 12x400 hard with 30s RI. Finish with 200m max. W/D 20 min jog on grass.

Week five

Mon	Rest	
Tue	Swim	Land based warm-up. M/S 16x100m at goal 1500m race pace. 4 with 25s rest, 4 with 20s rest, 4 with 15s rest, 4 with 10s rest. S/D 200m kick, 200m swim.
Tue	Run	30 min easy
Wed	Bike	1 hour easy
Thur	Swim	W/U 5x100m choice. 8x50m kick (25F, 25E). M/S 2x (400m steady, 200m RP, 100m >RP). 15s RI between reps, 1 min RI
Thur	Run	Run out for 32 mins at an easy-medium pace. After 32 mins turn back and run home at 40BBM
Fri	Bike	W/U 10 min spin: 5x(15s fast cad, 45s easy) M/S 5 min build to 50BBM, 5x(30s hard, 30s easy) 4 min build, 4x(30s hard, 30s easy) 3 min build, 3x(30s hard, 30s easy) 2 min build, 2x(30s hard, 30s easy) 1 min build, 30s hard, 30s easy. W/D 10 min
Sat	Swim	W/U 4x100m swim, 100m kick, 3x100m swim, 100m kick, 2x100m swim, 100m kick, 100m swim, 100m kick. M/S 8x75 as 25 fast, 25 easy, 25 fast with 30s RI. W/D 200m choice.
Sat	Run	Track session: W/U 4 laps easy, 2 laps straights fast, bends easy. M/S 3(6x200m) with 30s RI between 200's, 3 min between Blocks. W/D 20 min easy on grass.
Sun	Bike	W/U 20 min spin. M/S 8x(3 min hard, 3 min easy). W/D 20 min easy

Week Six

Mon	Bike	W/U 300m swim, 200m pull, 100m kick. 4x50 - 15m doggy paddle, 35m swim 20s RI. M/S 2x(3x100m) on with 20s RI holding best pace - 100m easy between the two sets. C/A 8x50 D1-4, hold pace for 5-8. W/D 400m easy.
Tue	Rest	
Wed	Swim	W/U 500m kick, 300m swim M/S 4x50 kick fast 30s RI. S/D 400m swim, 200m bk.
Wed	Bike	W/U 20 min spin M/S 5x3min efforts above race pace with as much recovery as you need. W/D 20 min easy
Thur	Run	W/U 10 min jog then, 5x30s fast, 30s easy. M/S (2x400m just below race pace, 4x200m above race pace) x 2. All with 45s RI and 2 mins between blocks. W/D 15 min easy.
Fri	Swim	W/U 400m F/c 4x50 kick. M/S 4x100m D1-4 with 30s RI. 4x50 at race pace with 15s RI. S/D 200 kick, 200m swim
Sat	Bike	30-45 min easy spin
Sat	Run	20-30min jog with 6x30s strides.
Sun		RACE DAY