

Training schedule

SPRING IS IN THE AIR

AS THE DAYS GROW LONGER, IT'S TIME TO GET RACE-SPECIFIC WITH THIS SPEED-BOOSTING FOUR-WEEK TRAINING PLAN

WEEK ONE

Mon	Rest day	
Tue	Run	10 mins light w/up. 2 x 2km at approx 10k race pace (hard but sustainable). 2 mins walk/jog rests. 10 mins light w/down Optional Swim: 30 mins easy, mixed strokes
Wed	Swim	W/Up. 400m as 2 x (50m FC, 50m kick, 50m pull, 50m FC). Main. 2 x 100m as (50m FC, 25m back, 25m FC) 30 secs rests. 2 x 100m as (50m FC, 25m breast, 25m FC) 30 secs rests. 400m hard (PB minus 15 secs). 60 secs rest. 4 x 100m hard (PB minus 4 secs) with 30 sec rests. W/Down. 400m as 2 x (50m FC, 50m back, 50m breast, 50m FC). Optional bike: 13, 12, 11 mins hard with 2 mins rests. 10 mins easy w/up & down
Thur	Run	30mins at moderate, conversation pace
Fri	Swim	W/Up. 400m swim easy. Main. 4 x 100m as (25m FC, 25m back, 25m breast, 25m FC) with 45 sec rests. 8 x 50m as (50m sprint, 50m easy) with 30 sec rests. 400m alternating 25m kick, 50m FC. Warm Down 400m swim easy Optional gym session: Strength & core conditioning work 30 mins
Sat	Bike	90 mins as (30 mins light intensity, 20 mins hard but sustainable intensity, 5 mins light intensity, 15 mins hard but sustainable intensity, 20 mins light intensity)
Sun	Bike	90 mins to 2 hours steady paced road or mountain bike. Work hard up the hills Optional Run: 30 mins moderate intensity, off road

WEEK TWO

Mon	Rest day	
Tue	Run	10 mins light w/up. 2 x 2km, 1 x 1km at approx 10k race pace (hard but sustainable). 2 mins walk/jog rests. 10 mins light w/down Optional Swim: 30 mins easy, mixed strokes
Wed	Swim	W/up. 400m as 200m FC, 200m pull. Main. 200m as (100m FC, 50m back, 50m FC). 200m as (100m FC, 50m breast, 50m FC) 30 secs rests. 400m hard (PB minus 10 secs). 60 secs rest. 2 x 200m hard (PB minus 8 secs) with 30 sec rests. W/down. 400m easy FC). Optional bike: 10 mins easy w/up. 14, 13, 12 mins hard with 2 mins active rests. 10 mins easy w/down
Thur	Run	35 mins at moderate, conversation pace
Fri	Swim	W/up. 400m swim easy. Main. 2 x 250m as (100m FC, 50m back, 50m breast, 50m FC) with 45 sec rests. 4 x 100m alternate (100m hard, 100m easy) with 30 sec rests. 400m alternating 25m kick, 50m FC. Warm down 400m swim easy Optional gym session: Strength & core conditioning work 30 mins
Sat	Bike	90 mins as (30 mins light intensity, 20 mins hard but sustainable intensity, 5 mins light intensity, 20 mins hard but sustainable intensity, 15 mins light intensity)
Sun	Bike	90 mins to 2 hours steady paced road or mountain bike. Work hard up the hills Optional Run: 30 mins moderate intensity, off road

KEY FC front crawl **PULL** swimming with pull buoy **KICK** kicking with a float **FISTS** swim with hands in a fist shape **BILATERAL** breathe every third stroke

THE PLAN RACE PREPARATION

IT'S TIME to get race ready, and that means spending more time training at your race pace. As the days get longer this spring, so should the length of your high-intensity efforts. Just going out every day for a steady run or ride won't cut it. After all, you need to prepare your body for the real rigours of racing.

This training programme follows on logically from the previous issue's, but there's no reason you can't start right now. The idea is that your training is either at race pace, or

at an easy recovery pace. The key run and bike sessions involve sustained efforts at your target race pace, so your body becomes accustomed to high intensities. There is a recovery period in week four, so your body can adapt to all that training. This plan will suit all distances up to Standard (1.5km, 40km, 10km). If this is your first attempt at triathlon training you should halve the distances for now and build your fitness over a period of 12 weeks. You'll also need a kick float and pull buoy for the swims.

Meet the expert

Phil Mosley



Coaching editor of *Triathlon Plus*, Phil is an experienced coach and elite athlete with a sports degree from the University of Chichester

WEEK THREE

Mon	Rest day	
Tue	Run	10 mins light w/up. 3 x 2km at approx 10k race pace (hard but sustainable). 2 mins walk/jog rests. 10 mins light w/down Optional Swim: 30 mins easy, mixed strokes
Wed	Swim	W/up. 400m swim easy. Main. 400m time trial. 200m easy pull. 200m time trial. W/down. 400m swim easy Optional bike: 10 mins easy w/up. 15, 14, 13 mins hard with 2 mins active rests. 10 mins easy w/down
Thur	Run	40mins at moderate, conversation pace
Fri	Swim	W/up. 400m swim easy. Main. 4 x 100m as (25m FC, 25m back, 25m breast, 25m FC) with 45 sec rests. 2 x 200m pull (45 sec rests). 200m kick as 4 x (25m easy, 25m sprint). W/down. 400m swim easy Optional gym session: Strength & core conditioning work 30 mins
Sat	Bike	90 mins as (25 mins light intensity, 20 mins hard but sustainable intensity, 5 mins light intensity, 15 mins hard intensity, 5 mins light intensity, 10 mins hard intensity, 10 mins light intensity)
Sun	Bike	90 mins to 2 hours steady paced road or mountain bike. Work hard up the hills Optional Run: 30 mins moderate intensity, off road

WEEK FOUR RECOVERY WEEK

Mon	Rest day	
Tue	Run	10 mins light w/up. 2km at approx 10k race pace (hard but sustainable). 10 mins light w/down
Wed	Swim	W/up. 400m as 2 x (50m FC, 50m kick, 50m pull, 50m FC). Technique. 4 x 100m as (25m pull buoy between ankles, 25m FC, 25m fists, 25m FC). 400m as (25m kick hard, 50m swim easy). W/Down. 400m swim easy
Thur	Run	30 mins at steady, conversation pace
Fri	Rest day	
Sat	Bike	90 mins at steady intensity
Sun	Bike	90 mins to 2 hours at steady intensity with optional café stop

KEY FC front crawl **PULL** swimming with pull buoy **KICK** kicking with a float **FISTS** swim with hands in a fist shape **BILATERAL** breathe every third stroke