**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

<table>
<thead>
<tr>
<th><strong>Day</strong></th>
<th><strong>Activity</strong></th>
<th><strong>Details</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Mon</strong></td>
<td>Rest day</td>
<td></td>
</tr>
<tr>
<td><strong>Tue</strong></td>
<td>Run</td>
<td>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</td>
</tr>
<tr>
<td><strong>Wed</strong></td>
<td>Swim</td>
<td>W/up, 400m as 2 x (50m FC, 50m kick, 50m pull, 50m FD), Main: 2 x 100m as (50m FC, 25m back, 25m FC), 30 sec rests. 2 x 100m as (50m FC, 25m breast, 25m FC), 30 sec rests. 400m hard PB minus 15 secs. 60 sec rests. 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 &amp; down</td>
</tr>
<tr>
<td><strong>Thur</strong></td>
<td>Run</td>
<td>30 mins at moderate, conversation pace</td>
</tr>
<tr>
<td><strong>Fri</strong></td>
<td>Swim</td>
<td>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 &amp; core conditioning work 30 mins</td>
</tr>
<tr>
<td><strong>Sat</strong></td>
<td>Bike</td>
<td>90 mins as 90 mins light intensity, 20 mins hard but sustainable intensity, 5 mins light intensity, 15 mins hard but sustainable intensity, 20 mins light intensity)</td>
</tr>
<tr>
<td><strong>Sun</strong></td>
<td>Bike</td>
<td>90 mins to 2 hours steady paced road or mountain bike. Work hard up the hills Optional Run: 30 mins moderate intensity, off road</td>
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### WEEK TWO

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<tr>
<td><strong>Tue</strong></td>
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<td>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</td>
</tr>
<tr>
<td><strong>Wed</strong></td>
<td>Swim</td>
<td>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 rests. 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, 12 mins hard with 2 mins active rests, 10 mins easy w/down</td>
</tr>
<tr>
<td><strong>Thur</strong></td>
<td>Run</td>
<td>35 mins at moderate, conversation pace</td>
</tr>
<tr>
<td><strong>Fri</strong></td>
<td>Swim</td>
<td>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 &amp; core conditioning work 30 mins</td>
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<td><strong>Sat</strong></td>
<td>Bike</td>
<td>90 mins as 90 mins light intensity, 20 mins hard but sustainable intensity, 5 mins light intensity, 20 mins hard but sustainable intensity, 15 mins light intensity)</td>
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<td><strong>Sun</strong></td>
<td>Bike</td>
<td>90 mins to 2 hours steady paced road or mountain bike. Work hard up the hills Optional Run: 30 mins moderate intensity, off road</td>
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**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
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. 19, 14, 13 mins hard with 2 mins active rests. 10 mins easy w/down

**Thur** Run
- 40 mins 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.
- 25km 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 fist, 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

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