The plan

QUALIFY FOR THE AGE-GROUP WORLD CHAMPIONSHIPS

RACING FOR THE GREAT BRITAIN AGE-GROUP TEAM IS A MORE ACHIEVABLE GOAL THAN YOU THINK. HERE’S HOW TO DO IT

Before beginning these plans you should already be able to:

- Ride your bike for at least 90 minutes
- Run for at least 50 minutes
- Swim 400 metres non-stop

Are these plans for you?

RACIING FOR THE GREAT BRITAIN AGE-GROUP TEAM IS A MORE ACHIEVABLE GOAL THAN YOU THINK. HERE’S HOW TO DO IT

get more race-specific as you approach the spring. That’s exactly what these 12-week plans are designed to achieve, and they should be started three months before your target qualification race.

These plans aren’t ideal for complete beginners, but you can still borrow elements of them and fit them around your own schedule. Similarly, as long as you’re sensible you can swap the days around within any single week to suit your own availability. Don’t launch into these plans from scratch and hope they’ll work, because they could lead to fatigue and injury if you don’t already have a year or two under your belt. The Key and Training Zones on the opposite page will help here, as they’ll encourage you to train at the right intensities. For details of how to qualify to represent Great Britain in the World Championships visit britishtriathlon.org/take-part/events/itu-etu-qualifiers.

Meet the expert

Phil Mosley
Mosley is a multiple national age-group medallist and has competed for Great Britain at age-group and elite level

THE PROSPECT of competing for your country in a world championship might seem like a distant dream, but the age-group system in triathlon makes it more realistic than you may think. Each year hundreds of athletes do exactly that, while holding down day jobs and family lives. There are usually at least 12 qualifying slots for each five-year age-group, so whether you’re 25 or 75 there’s a realistic chance of securing yourself a place on the squad. You can choose to qualify for sprint or Olympic distance, or if you fancy something different there are also championships for long-distance triathlon, duathlon, aquathlon and cross triathlon. In 2012 the ITU World Age-Group Championships are in Auckland, New Zealand and in 2013 they’re being hosted in London. So even if you think it’s out of reach now it’s still worth having a go because it could set you up strongly to qualify in the following year.

The qualification standard is high, but not out of reach. It’s not unheard of for people to qualify within their first year of becoming a triathlete, although normally it takes longer. However, to stand any chance you need to start getting serious about your training. And that means dedicating between seven and 16 hours each week, as well as getting plenty of race experience. Preferably you should train consistently throughout the winter and then Work hard and you could be flying the flag for Britain.
Olympic

Follow this plan to get age-group race-ready in less than 16 hours per week

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### WEEK 01

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<th>AM</th>
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<tr>
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<td>10mins in Z2</td>
<td>10mins in Z2</td>
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<tr>
<td><strong>Main</strong></td>
<td>1x400m + 20 secs RI</td>
<td>300m FC in Z3</td>
<td>300m FC in Z2</td>
<td>400m KICK in Z3</td>
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<tr>
<td><strong>WD</strong></td>
<td>2x15 mins in Z3 (+5 mins RI)</td>
<td>40mins</td>
<td>2x10 mins in Z3 (+5 mins RI)</td>
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### WEEK 02

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<td>2x10 mins in Z3 (+5 mins RI)</td>
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<tr>
<td><strong>Main</strong></td>
<td>2x10 mins in Z3 (+5 mins RI)</td>
<td>300m FC, 100m KICK, 4x50m BUILD (+15 secs RI)</td>
<td>300m FC, 100m KICK, 4x50m BUILD (+15 secs RI)</td>
<td>300m FC, 100m KICK, 4x50m BUILD (+15 secs RI)</td>
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<tr>
<td><strong>WD</strong></td>
<td>2x20 mins in Z3 (+5 mins RI)</td>
<td>40 mins</td>
<td>1x400m in Z3 (+15 secs RI), 2x200m in Z3 (+15 secs RI), 50 mins run in Z2, include 6x20 secs sprints</td>
<td>1x400m in Z3 (+15 secs RI), 2x200m in Z3 (+15 secs RI), 50 mins run in Z2, include 6x20 secs sprints</td>
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### WEEK 03

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<td>Bike 2 hours</td>
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<td>Run 42 mins</td>
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<tr>
<td><strong>WU</strong></td>
<td>200m FC, 200m KICK</td>
<td>2x30 mins in Z1</td>
<td>10mins in Z2</td>
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<tr>
<td><strong>Main</strong></td>
<td>3x2 mins in Z4</td>
<td>400m FC/PULL</td>
<td>400m FC/PULL</td>
<td>400m FC/PULL</td>
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<td><strong>WD</strong></td>
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<td>Endurance ride in Z2</td>
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<td>Endurance ride in Z2</td>
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### WEEK 04

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<td>Bike 1 hour</td>
<td>Run 42 mins</td>
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<td><strong>WU</strong></td>
<td>200m FC, 200m KICK, 10mins in Z2</td>
<td>1x400m in Z3 (+15 mins RI)</td>
<td>10mins in Z2</td>
<td>10mins in Z2</td>
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<tr>
<td><strong>Main</strong></td>
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<td>Endurance ride in Z2</td>
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<td>Endurance ride in Z2</td>
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### Rest Day

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### TRAINING ZONES

**ZONE 1:** Recovery
60 to 65% of your maximum. Easy pace, feels nice and light.

**ZONE 2:** Steady
65 to 75% of your maximum. Fairly easy pace. Easy enough so that you could breathe just through your nose if you wanted.

**ZONE 3:** Tempo
75% to 80% of your maximum. A fairly hard, but sustainable pace.

**ZONE 4:** Race Tempo
80 to 90% of your maximum. A hard pace that requires real focus to sustain.

**KEY:** WU Warm up, WD Warm down, MAIN Main set, FC Front crawl, KICK Kick with a float held out in front of you, PULL Front crawl with a pull float between thighs, RI Rest interval, BACK Backstroke, BREAST Breaststroke, 1-ARM Front crawl using one arm only

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*Image showing the training plan for the Olympic triathlon, with specific training sessions and rest days outlined for each week.*
Week 08

**Rest day**

**Week 07**

**RACE WEEK**

**Race simulation**
- Practice bike ride (1hr 15mins)
- Bike 10 mins in Z2
- Bike 10 mins in Z1
- Bike 10 mins in Z2
- Bike 10 mins in Z3
- Bike 10 mins in Z1

**Race simulation**
- Open water swim (40 mins)
- Bike 35 mins
- Swim 1,000 m
- Swim 2,500 m
- Swim 2,000 m
- Swim 2,500 m

**Run 60 mins**

**Week 06**

**RECOVERY WEEK**

**Rest day**

**Week 05**

**WEEK 05**

**SMALL WEEK**

**API Swim 2.500m**
- WU 300 m (200m FC, 100m YK, 100m Pull)
- MAIN 4x300m (250m FC, 100m Pull) + 5 mins Z1, 1 min Z2, 1 min Z3
- PM 20 mins easy in Z2

**Brick 6 mins**
- Bike 25 mins
- Run 3 mins in Z2

**FOLD 1**

**Week 09**

**WEEK 09**

**SMALL WEEK**

**API Swim 2.500m**
- WU 300 m (200m FC, 100m YK, 100m Pull)
- MAIN 4x300m (250m FC, 100m Pull) + 5 mins Z1, 1 min Z2, 1 min Z3
- PM 20 mins easy in Z2

**Brick 6 mins**
- Bike 25 mins
- Run 3 mins in Z2

**FOLD 1**

**Week 10**

**WEEK 10**

**SMALL WEEK**

**API Swim 2.500m**
- WU 300 m (200m FC, 100m YK, 100m Pull)
- MAIN 4x300m (250m FC, 100m Pull) + 5 mins Z1, 1 min Z2, 1 min Z3
- PM 20 mins easy in Z2

**Brick 6 mins**
- Bike 25 mins
- Run 3 mins in Z2

**FOLD 1**

**Week 11**

**WEEK 11**

**SMALL WEEK**

**API Swim 2.500m**
- WU 300 m (200m FC, 100m YK, 100m Pull)
- MAIN 4x300m (250m FC, 100m Pull) + 5 mins Z1, 1 min Z2, 1 min Z3
- PM 20 mins easy in Z2

**Brick 6 mins**
- Bike 25 mins
- Run 3 mins in Z2

**FOLD 1**

**Week 12**

**WEEK 12**

**SMALL WEEK**

**API Swim 2.500m**
- WU 300 m (200m FC, 100m YK, 100m Pull)
- MAIN 4x300m (250m FC, 100m Pull) + 5 mins Z1, 1 min Z2, 1 min Z3
- PM 20 mins easy in Z2

**Brick 6 mins**
- Bike 25 mins
- Run 3 mins in Z2

**FOLD 1**
THE PLAN  WORLD QUALIFIER OLYMPIC

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:** Recovery
60 to 65% of max. Easy pace, feels nice and light.

**ZONE 2:** Steady
65 to 75% of max. Fairly easy pace. Easy enough so that you could breathe just through your nose if you wanted to.

**ZONE 3:** Tempo
75% to 80% of max. Fairly hard but sustainable pace.

**ZONE 4:** Race tempo
80 to 90% of max. Hard pace. Sustainable, but requires real focus.

KEY: 
WU Warm up, WD Warm down, MAIN MAIN set, FC Front crawl, Kick Kick with a float held out in front of you, PULL Front crawl with a pull float between thighs, RI Rest interval, BACK Backstroke, BREAST Breaststroke, 1-ARM Front crawl using one arm only
N/S Negative split – swim the 2nd half faster than the first, FOR Drag your fingers along the surface during the FC arm-recovery, FISTS Swim FC with clenched fists, SCUL Kick with arms in front, sculling your hands sideways, BAND Front crawl with a band tied around ankles, ANKLES FC with pull float between ankles

**STAY IN THE TRAINING ZONE WITH TRIATHLON PLUS**

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<th>WEEK 02</th>
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<td>Bike in Z2, Bike WU Bikes in Z3 MAIN 2x3mins in Z2</td>
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### WEEK 05

**Monday (Mon)**  
- **Tri Zone:** 300m pull, 5mm fins in Z2. 3x 200m drill of choice. 3x 1 min sprints in Z2. 10x 30secs max in Z2.

**Tuesday (Tues)**  
- **Tri Zone:** 2x 150m pull in Z2, 4x 100m pull in Z2. 10x 30secs max in Z2.

**Wednesday (Wed)**  
- **Tri Zone:** Swim 2000m. Bike 35 mins. Run 1 hour. 2x 150s rest.

**Thursday (Thurs)**  
- **Tri Zone:** 4x 100m FC in Z3 + 20s RI, 4x 50m pull in Z2 + 20s RI, 1000m FC in Z2 + 20s RI. 

**Friday (Fri)**  
- **Tri Zone:** AM Bike 30 mins. PM Bike 90 mins.

**Saturday (Sat)**  
- **Tri Zone:** Swim 2000m. Bike 2 hours. Run 30 mins.

**Sunday (Sun)**  
- **Tri Zone:** Bike 90 mins. Swim 2000m. Bricks: 40 mins.

### WEEK 06 RECOVERY WEEK

**Monday (Mon)**  
- **Tri Zone:** Rest day.

**Tuesday (Tues)**  
- **Tri Zone:** Rest day.

**Wednesday (Wed)**  
- **Tri Zone:** Rest day.

**Thursday (Thurs)**  
- **Tri Zone:** Rest day.

**Friday (Fri)**  
- **Tri Zone:** Rest day.

**Saturday (Sat)**  
- **Tri Zone:** Rest day.

**Sunday (Sun)**  
- **Tri Zone:** Rest day.

### WEEK 07

**Monday (Mon)**  
- **Tri Zone:** 300m pull, 5fin fins in Z2. 3x 200m drill of choice. 3x 1 min sprints in Z2.

**Tuesday (Tues)**  
- **Tri Zone:** 2x 150m pull in Z2. 4x 100m pull in Z2. 10x 30secs max in Z2.

**Wednesday (Wed)**  
- **Tri Zone:** Swim 2000m. Bike 30 mins. Run 30 mins.

**Thursday (Thurs)**  
- **Tri Zone:** 2x 150m pull in Z2. 4x 100m pull in Z2. 10x 30secs max in Z2.

**Friday (Fri)**  
- **Tri Zone:** 4x 100m FC in Z3 + 20s RI, 4x 50m pull in Z2 + 20s RI, 1000m FC in Z2 + 20s RI.

**Saturday (Sat)**  
- **Tri Zone:** Swim 2000m. Bike 90 mins. Run 30 mins.

**Sunday (Sun)**  
- **Tri Zone:** Swim 2000m. Bike 2 hours. Run 30 mins.

### WEEK 08

**Monday (Mon)**  
- **Tri Zone:** Rest.

**Tuesday (Tues)**  
- **Tri Zone:** Rest.

**Wednesday (Wed)**  
- **Tri Zone:** Rest.

**Thursday (Thurs)**  
- **Tri Zone:** Rest.

**Friday (Fri)**  
- **Tri Zone:** Rest.

**Saturday (Sat)**  
- **Tri Zone:** Rest.

**Sunday (Sun)**  
- **Tri Zone:** Rest.