GET INTO YOUR BEST EVER SHAPE FOR THE LONDON TRIATHLON WITH THIS EASY-TO-UNDERSTAND 12-WEEK TRAINING PLAN

THE IDEA BEHIND this 12-week training plan is to get you into peak fitness for the Virgin Active London Triathlon on 22-23 September, without baffling you with too much jargon in the process. Fitting in the training required for three different sports is complicated enough, without adding to that burden with a convoluted training plan. So instead of giving you loads of complex workouts, we’ve kept things simple and given you clear sessions and three training intensities: easy, medium and hard. You won’t need a heart-rate monitor, a power meter, a swimming watch or smartphone to do it. The only kit you need is a bike, a pair of running shoes, a wetsuit and some swimming goggles.

If you’ve entered the London Triathlon you’ll know there are three different distances to choose from: super-sprint, sprint and Olympic. You can use this 12-week plan to get race-fit for all three. In fact, you could use it for any triathlon that’s Olympic distance or shorter. The first thing to do is to check out our Training Zones and the Key on the opposite page, so that you know what everything in the plan means. The only kit you need is a bike, a pair of running shoes, a wetsuit and some swimming goggles.

Once you’ve done that, have a read through the training plan and you’ll notice that some of the sessions have a time or distance range to choose from, for example, “Swim 1,000-2,000m”. If you’re racing the super-sprint or sprint distances, you can stick to the lower end of the range (in this case, 1,000m), whereas you should go for the upper end if you’re doing Olympic distance. Either way, there’s no harm in doing the full training distance if you feel up to it. If, however, you’re new to swimming, cycling or running, you should opt for the shorter distances on the plan. That gives you a chance to gradually build your fitness without risking over-tiredness or injury.

Though I’ve included some short harder efforts in some of the sessions, how long you take for recovery is up to you – there’s no evidence to say that set recovery times are more beneficial than training as you feel.

Feel free to swap the days around to suit your own timetable and stick the plan somewhere where your wife/husband/dog/budgie can see it, so that they can buy into your training too. And don’t be afraid to listen to your body and skip a day if you need it. The training we’ve suggested here will get you fit, but the common sense part is down to you.

Meet the expert

Phil Mosley

Phil Mosley is an elite triathlete and has successfully coached dozens of athletes to success at all levels of racing

How it works

Get your guide ready to go

Cut out the guide following the dotted outline

Fold the guide in quarters using the fold guides

Now carry it with you for reference while training

Are these plans for you?

Before beginning this plan you should already be able to:

- Ride your bike steadily for 60 minutes
- Jog for 20 minutes
- Swim 100 metres non-stop

The London Triathlon Training, Made Simple

Use this plan to get ready for the London Triathlon
**Beginner/Improver**

**LONDON TRIATHLON**

Get yourself fighting fit for a full-scale assault on the capital

### Train for London

**SUMMER 2012**

**93**

**THE PLAN**

#### Your 12-week plan

**GLD 1**

- **Fold 1**
- **Fold 2**

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**Get yourself fighting fit for a full-scale assault on the capital**

**LONDON TRIATHLON**

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**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 below 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 too 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.

**Easy**

60–75% of your maximum effort.

Requires a very small amount of focus to maintain. Feels easy enough that you could chat or breathe just through your nose if you wanted to.

**Medium**

75–80% of your maximum effort.

A fairly hard pace that should be sustainable for at least 30mins non-stop.

**Hard**

80–95% of your maximum effort.

A very taxing pace that requires real effort and focus to sustain.

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**Key**

- **Kick** Kick with a float held out in front of you
- **Pull** Front crawl with a pull buoy between thighs
- **ARM** Front crawl using one arm only
- **FDrag** Drag your fingers along the surface during the front crawl arm-recovery
- **Fists** Swim front crawl with clenched fists
- **Dog** Doggy paddle
- **SCull** Kick with arms held out in front, sculling your hands side to side
- **ANKLES** Front crawl with pull buoy between ankles

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**Stay in the training zone with Triathlon Plus**

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<tr>
<th>Week</th>
<th>Monday</th>
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<td>01</td>
<td>Run 20-40mins most easy except for 4x30sec accelerating up to a hard pace</td>
<td>Bike 1 hour spinning class or 60-90mins cycle including 4x3mins hard</td>
<td>Swim 1,000-2,000m. Focus on the technique; easy intensity. Rest 15-30sec after each 100m. Include PULL, KICK, FISTS, ANKLES, FDRAG (see key)</td>
<td>REST DAY</td>
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<td>RUN 20-40mins easy, hilly or off road</td>
<td>Bike 60-90mins, mostly easy but include 2x1mins at medium effort</td>
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<td>02</td>
<td>Run 20-40mins most easy except for 4x30sec accelerating up to a hard pace</td>
<td>Bike 1 hour spinning class or 60-90mins cycle including 3x4mins hard</td>
<td>Swim 1,000-2,000m. Focus on increasing the distance of your reps. Include several easy 100m and 200m reps or longer. Alternate easy and medium intensities. Include PULL (see key)</td>
<td>REST DAY</td>
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<td>03</td>
<td>Run 20-40mins mostly easy, except for 6x30sec accelerating up to a hard pace</td>
<td>Bike 1 hour spinning class or 60-90mins easy cycle including 3x7mins hard</td>
<td>Swim 1,000-2,000m. Focus on increasing the distance of your reps. Include several easy 110m and 200m reps. Alternate between PULL and ANKLES (see key)</td>
<td>REST DAY</td>
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**Tools like cycle power meters and GPS watches will also help track your training progress but they’re not essential for these plans.**
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**WEEK 05**
- **Mon**
  - Run 30-60 mins easy, including 15-20 mins at medium intensity
- **Tue**
  - Run 30-60 mins easy, including 20-30 mins at medium intensity
- **Wed**
  - Brick 1 hour 30 mins. Either do 1 hour spinning class at 60-80 mins or 2 x 15 mins hard efforts. As soon as you finish, run 10 mins easy, 5 mins easy
- **Thu**
  - Swim 1.5 hours. Focus on increasing the speed and distance of your reps. Include some hard 250m efforts and some easy 100m ones. Use a pull buoy for 20% of the time
- **Fri**
  - Run 30-60 mins mostly easy, except for 8x30 secs accelerating up to a hard pace
- **Sat**
  - Swim 30-40 mins open water. Include 2x15 mins hard
- **Sun**
  - Bike 0-120 mins mostly easy, including 2x15 mins at medium to hard intensity

**WEEK 06**
- **Mon**
  - Run 30-60 mins easy, including 15-20 mins at medium intensity
- **Tue**
  - Run 30-60 mins easy, including 20-30 mins at medium intensity
- **Wed**
  - Brick 1 hour 30 mins. Either do 1 hour spinning class at 60-80 mins or 2 x 15 mins hard efforts. As soon as you finish, run 10 mins hard, 5 mins easy
- **Thu**
  - Swim 1.5 hours. Focus on increasing the speed and distance of your reps. Include some hard 250m efforts and some easy 100m ones. Use a pull buoy for 20% of the time
- **Fri**
  - Run 30-60 mins mostly easy, except for 8x30 secs accelerating up to a hard pace
- **Sat**
  - Swim 30-40 mins open water. Include 2x15 mins hard
- **Sun**
  - Bike 0-120 mins mostly easy, including 2x15 mins at medium to hard intensity

**WEEK 07**
- **Mon**
  - Swim 1.5 hours. Focus on increasing the speed and distance of your reps. Make 80% of your session easy and 20% hard
- **Tue**
  - Run 30-60 mins mostly easy, except for 8x30 secs accelerating up to a hard pace
- **Wed**
  - Swim 30-40 mins open water. Include 2x15 mins hard
- **Thu**
  - Bike 0-120 mins, including 2x15 mins at medium to hard intensity
- **Fri**
  - Swim 30-40 mins open water. Include 2x15 mins hard
- **Sat**
  - Bike 0-120 mins, including 2x15 mins at medium to hard intensity
- **Sun**
  - Bike 0-60 mins easy

**WEEK 08**
- **Mon**
  - Swim 1.5 hours. Mostly easy technique swimming, including 8x50m efforts at hard intensity
- **Tue**
  - Run 25-45 mins mostly easy, except for 8x30 secs accelerating up to a hard pace
- **Wed**
  - Swim 1.5 hours. Mostly easy technique swimming, including 8x50m efforts at medium intensity and using a pull buoy on every second effort
- **Thu**
  - Run 30-60 mins mostly easy, except for 8x30 secs accelerating up to a hard pace
- **Fri**
  - Swim 30-45 mins open water. Include 15 x 30 secs hard
- **Sat**
  - Bike 0-120 mins mostly easy, including 2x15 mins medium to hard efforts
- **Sun**
  - Bike 0-60 mins easy, open water

**WEEK 09**
- **Mon**
  - Run 30-60 mins mostly easy, except for 8x30 secs accelerating up to a hard pace
- **Tue**
  - Run 30-60 mins mostly easy, except for 8x30 secs accelerating up to a hard pace
- **Wed**
  - Swim 1.5 hours. Mostly easy technique swimming, including 8x50m efforts at hard intensity and using a pull buoy on every second effort
- **Thu**
  - Run 30-60 mins mostly easy, except for 8x30 secs accelerating up to a hard pace
- **Fri**
  - Swim 30-45 mins open water. Include 15 x 30 secs hard
- **Sat**
  - Bike 0-120 mins mostly easy, including 2x15 mins medium to hard efforts
- **Sun**
  - Bike 0-60 mins mostly easy, including 2x15 mins medium to hard efforts

**WEEK 10**
- **Mon**
  - Run 30-60 mins mostly easy, except for 8x30 secs accelerating up to a hard pace
- **Tue**
  - Run 30-60 mins mostly easy, except for 8x30 secs accelerating up to a hard pace
- **Wed**
  - Swim 1.5 hours. Mostly easy technique swimming, including 8x50m efforts at hard intensity and using a pull buoy on every second effort
- **Thu**
  - Run 30-60 mins mostly easy, except for 8x30 secs accelerating up to a hard pace
- **Fri**
  - Swim 30-45 mins open water. Include 15 x 30 secs hard
- **Sat**
  - Bike 0-120 mins mostly easy, including 2x15 mins medium to hard efforts
- **Sun**
  - Bike 0-60 mins mostly easy, including 2x15 mins medium to hard efforts

**WEEK 11**
- **Mon**
  - Run 30-45 mins mostly easy, except for 8x30 secs accelerating up to a hard pace
- **Tue**
  - Swim 1.5 hours. Mostly easy technique swimming, including 8x50m efforts at hard intensity and using a pull buoy on every second effort
- **Wed**
  - Run 30-45 mins mostly easy, except for 8x30 secs accelerating up to a hard pace
- **Thu**
  - Swim 25-45 mins mostly easy, except for 8x30 secs accelerating up to a hard pace
- **Fri**
  - Swim 20-30 mins easy, open water
- **Sat**
  - Bike 0-120 mins mostly easy, including 2x15 mins medium to hard efforts
- **Sun**
  - Bike 0-60 mins mostly easy, including 2x15 mins medium to hard efforts

**WEEK 12**
- **Mon**
  - Swim 1.5 hours. Mostly easy technique swimming, including 8x50m efforts at hard intensity
- **Tue**
  - Run 25-45 mins mostly easy, except for 8x30 secs accelerating up to a hard pace
- **Wed**
  - Swim 1.5 hours. Mostly easy technique swimming, including 8x50m efforts at medium intensity and using a pull buoy on every second effort
- **Thu**
  - Run 20-30 mins mostly easy, except for 8x30 secs accelerating up to a hard pace
- **Fri**
  - Swim 20-30 mins easy, open water
- **Sat**
  - Bike 0-120 mins mostly easy, including 2x15 mins medium to hard efforts
- **Sun**
  - Bike 0-60 mins mostly easy, including 2x15 mins medium to hard efforts

**RACE WEEK**
- **Mon**
  - Swim 2,000-3,000 m. Mostly easy technique swimming, including 5x50m efforts at hard intensity
- **Tue**
  - Run 25-45 mins mostly easy, except for 8x30 secs accelerating up to a hard pace
- **Wed**
  - Swim 2,000-3,000 m. Mostly easy technique swimming, including 5x50m efforts at hard intensity and using a pull buoy on every second effort
- **Thu**
  - Run 20-30 mins mostly easy, except for 8x30 secs accelerating up to a hard pace
- **Fri**
  - Swim 20-30 mins easy, open water
- **Sat**
  - Bike 0-120 mins mostly easy, including 2x15 mins medium to hard efforts
- **Sun**
  - Bike 0-60 mins mostly easy, including 2x15 mins medium to hard efforts

**ACTIVE RECOVERY WEEK**
- **Mon**
  - Swim 1.500-2.250m. Easy technique swim
- **Tue**
  - Bike 1 hour easy ride
- **Wed**
  - Swim 1.500-2.250m. Easy technique swim
- **Thu**
  - REST DAY
- **Fri**
  - Swim 30-60 mins mostly easy, except for 8x30 secs accelerating up to a hard pace
- **Sat**
  - Swim 30-40 mins open water. Include 20 mins hard
- **Sun**
  - Bike 60-90 mins easy