The New Year Triathlon Diet

Lose 6 to 8 pounds in a month while getting super-fit for a triathlon, with these nutrition and training plans.

Before you start:

The Nutrition
Follow the portion sizes suggested but also listen to your hunger. Stop eating when you're comfortably full but eat a bit more if you're really hungry. Men or heavier women can add a few snacks such as nuts and raisins, hard-boiled eggs, chicken, fruit and yoghurt. Bear in mind that training is assumed to be in the morning and some runs have only a cup of tea beforehand; if you need something more, have a few spoons of yoghurt and honey or a piece of toast and butter.

Portion sizes are key and as a general guide women (w) and men (m) should have the following:

- Cereal flakes (w) 35g, (m) 50g
- Muesli (w) 60g, (m) 90g
- Yoghurt (w) 150g, (m) 190g
- Soup (w) 400ml, (m) 600ml
- Bread with meals (w) 75g, (m) 125g
- Fresh juice (w) 150ml, (m) 200-250ml
- Fruit salad (w) teacup, (m) mug
- Pasta, rice, noodles, couscous (w) 60g, (m) 100g (dry weight)
- Potatoes:
  - Baked (w) 250g, (m) 350-400g
  - Boiled (w) 150g, (m) 250g
  - Mashed (w) heaped teacup, (m) heaped mug

BEFORE YOU START:

The Training
The triathlon plan here is suitable for sprint- and Olympic-distance training, or as the first month of a six-month long-distance triathlon training programme.

There are a few abbreviations that are explained in the key, as well as the training zones (eg Z1, Z2 etc), which are designed to help you train at the right intensity.

KEY

WU Warm-up, WD Warm-down, MAIN Main set, FC Front crawl, KICK Kick with a float held out in front of you, EASY Swim at a very easy intensity.

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. Either way it's only a guide, so don't fret about being absolutely precise.

ZONE 1 [Z1]: Recovery
60 to 65% of your maximum. Easy pace, feels nice and light.

ZONE 2 [Z2]: Steady
65 to 75% of your maximum. Fairly easy pace. Easy enough so that you could breathe just through your nose if you wanted to.

ZONE 3 [Z3]: Tempo
75% to 80% of your maximum. A fairly hard but sustainable pace.

ZONE 4 [Z4]: Race tempo
80 to 90% of your maximum. A hard pace that requires real focus to sustain.

Meet the experts

Phil Mosley
Coach Mosley is an elite triathlete and sports science graduate.

Sally Pinnegar
Nutritionist Pinnegar advises pro triathletes (fitnaturally.co.uk).

Photos: Corbis, Stock Food
## The New Year Triathlon Diet

### WEEK 01

#### TRAINING/BREAKFAST

<table>
<thead>
<tr>
<th>Day</th>
<th>PRE</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>Drink Nothing</td>
<td>AM: Bran flakes with milk, 1 poached egg, nature valley muesli with 2 slices banana, 200ml fresh orange juice</td>
<td>Two minutes run</td>
</tr>
<tr>
<td>Tue</td>
<td>Drink Water</td>
<td>Bike to turbo 20 minutes</td>
<td>Eggs and toast, fresh orange juice</td>
</tr>
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#### SNACK

- Tea or coffee

#### LUNCH

- Sandwiches with watercress, tomato and cheese, 1 sandwich, 200ml fresh orange juice

#### SNACK

- Fresh orange juice

#### DINNER

- Fresh orange juice

### WEEK 02

#### TRAINING/BREAKFAST

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#### SNACK

- Tea or coffee

#### LUNCH

- Sandwiches with watercress, tomato and cheese, 1 sandwich, 200ml fresh orange juice

#### SNACK

- Fresh orange juice

#### DINNER

- Fresh orange juice

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**FEBRUARY 2019 Triathlon Plus**

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**THE PLAN** **LOSE 6 POUNDS**
## The New Year Triathlon Diet

### WEEK 03

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</thead>
<tbody>
<tr>
<td>1 slice of toast and honey Tea</td>
<td>10am-12noon: lunch</td>
<td>12noon-2pm: dinner</td>
<td>30g mixed nuts, raisins, Tea</td>
<td>Chicken, tomatoes, watercress, mayonnaise, green pesto sandwiches, 200ml fresh orange juice</td>
<td>Bananas, Tea</td>
<td>Baked spiced apples with good quality ham, salad and coleslaw. Small fruit salad. Water</td>
</tr>
<tr>
<td>1 Weetabix, Tea</td>
<td>10am-12noon: lunch</td>
<td>12noon-2pm: dinner</td>
<td>Egg and toast, fresh orange juice, Coffee</td>
<td>Tea or coffee</td>
<td>Fresh or orange juice roll, Yoghurt</td>
<td>Fruit salad, Tea</td>
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#### WEEK 04 (ACTIVE RECOVERY WEEK)

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#### Rest day

- 1 Weetabix, Tea | 10am-12noon: lunch | 12noon-2pm: dinner | Egg and toast, fresh orange juice, Coffee | Tea or coffee | Fresh or orange juice roll, Yoghurt | Fruit salad, Tea |
- 1 Weetabix, Tea | 10am-12noon: lunch | 12noon-2pm: dinner | Egg and toast, fresh orange juice, Coffee | Tea or coffee | Fresh or orange juice roll, Yoghurt | Fruit salad, Tea |
- 1 Weetabix, Tea | 10am-12noon: lunch | 12noon-2pm: dinner | Egg and toast, fresh orange juice, Coffee | Tea or coffee | Fresh or orange juice roll, Yoghurt | Fruit salad, Tea |

**Note:** The dietary plan is designed to support recovery and aid in the repair of muscle tissue post-training. It is essential to drink plenty of water and ensure adequate carbohydrate intake to maintain energy levels.
CREAMY LEEK AND HADDOCK RICE BAKE
Serves 4
- Small dot of butter
- 1 large leek, finely sliced
- 300g risotto rice
- 700ml fish or vegetable stock
- 250ml semi skimmed milk
- 375 undyed smoked haddock, skinned and cut into large chunks
- 3 tbsp crème fraîche
- 100g baby spinach

HEAT THE OVEN to 200°C/180°C fan/gas mark 6. Gently melt the butter in an ovenproof dish, then add the leek and cook for 4-5 minutes, until just tender. Stir in the rice and cook for another 2 minutes.

Add the stock and the milk to the pan and bring to the boil. Let it cook for five minutes before putting the fish on top. Put the lid on the pan and pop it in the oven for 20 minutes until the rice is tender. Fold in the crème fraîche, spinach and plenty of black pepper. Cover the pan again and leave to stand for three minutes. The heat in the pan will cook the spinach.

HEALTHY FISH AND CHIPS WITH MUSHY PEAS
Serves 2
- 400g baking potatoes
- 2 tbsp olive oil
- 2 slices white bread
- 2 white fish fillets such as pollock or haddock
- 1 tbsp plain flour, well seasoned
- 1 beaten egg
- 140g frozen peas
- 2 tbsp crème fraîche

HEAT YOUR OVEN to 200°C/180°C fan/gas mark 4. Peel and chop the potatoes into thick chips and then toss in the olive oil and a large pinch of salt. Place them on a non-stick baking tray and cook in the oven for 20 minutes, turning halfway through.

Lightly toast the bread and then pop it into the food processor to make breadcrumbs. Dust the fish with the flour, dip it into the beaten egg and then the breadcrumbs. Ensure it is coated thoroughly and then pop it in the oven with the chips to cook for a further 20 minutes.

A few minutes before the fish and chips are cooked, boil the peas for three to four minutes then mash, stir in the crème fraîche and season.

SPICY BEEF WITH BROCCOLI AND SPRING ONIONS
- 300g thin cut sirloin steaks
- 2 garlic cloves, sliced
- 4cm piece of ginger, finely grated
- 1 fresh red chilli, finely sliced
- ½ bunch of spring onions, sliced
- 4 tbsp soy sauce mixed with 2.5 tbsp sugar
- Juice from 2 limes
- Oil for frying

HEAT a 3cm depth of oil to a very high heat in your wok, fry the steak until crisp and dark and then drain off all but a little of the oil. Stir-fry the broccoli, chilli, garlic and ginger for one minute. Tip the soy sauce and sugar mixture in with the lime juice and cook for a further two minutes. Throw in the beef and spring onions, toss together and serve.

CHICKEN, SWEET POTATO AND SPINACH CURRY
Serves 4
- 500g sweet potato, peeled and chopped into bite sized chunks
- 3 chicken breasts, cut into chunks
- 1 large red onion, roughly chopped
- 3 large tomatoes, roughly chopped
- ½ can chopped tomatoes
- 300g baby spinach
- 2 tbsp crème fraîche

PARBOIL THE SWEET potatoes until just tender and then put aside. Heat the oil in a large pan and then add the chicken and red onion.

Cook for five to six minutes until the chicken is browned and cooked through. Stir in the curry paste, cook for one minute and then add the fresh tomatoes. Cook until the tomatoes soften and then add 100ml boiling water and your canned tomatoes. Simmer for 20 minutes until reduced to your taste and then add the spinach and sweet potatoes and cook for a couple of minutes until the spinach has wilted. Stir in the crème fraîche, season and serve with rice.
BEEF, BROCCOLI AND RED PEPPER STIR-FRY
Serves 2

- 2 tbsp sesame oil
- 200g thinly sliced steak, all fat removed
- 2 garlic cloves, thinly sliced
- 2cm piece of ginger, grated
- 4 finely sliced spring onions
- 250g broccoli, blanched and sliced lengthways
- 1 red pepper thinly sliced
- 3 tbsp soy sauce

Heat 1 tbsp of the oil in your wok, add the beef and stir-fry for two minutes. Transfer the beef to a side plate for a few minutes while you add the garlic, ginger, spring onions and chilli to the wok. Cook for three to four minutes then add the beef back with the broccoli, red pepper, soy sauce and the remaining tbsp sesame oil. Stir-fry for a further two minutes and serve.

MEDITERRANEAN EGGS
Serves 2

- 1 tbsp olive oil
- 200g courgettes
- 200g baby plum tomatoes, halved
- 4 tbsp plain yoghurt
- 2 large free-range eggs
- Basil leaves

Gently cook the curry paste in a wok until fragrant. Add the coconut milk and simmer for a minute. Add the potatoes, cinnamon, and cardamom and simmer for 20 minutes. Add the prawns, sugar, juice of one lime, and fish sauce and simmer for three to four minutes until the prawns are have turned pink. Serve with red chilli, shredded basil and the remaining lime cut into quarters.

HEAT THE OIL in a large frying pan, add the mushrooms and courgettes and cook for five minutes until soft. Add the tomatoes and garlic and cook for a few more minutes. Stir in a little seasoning, then make space among the veg and crack in both eggs. Cover the pan for two to three minutes until the eggs are cooked to your taste.

SUPERFAST CHICKEN CURRY
Serves 2

- Oil for frying
- 1 onion, chopped
- 2 tbsp curry paste, such as madras
- 5 tomatoes, chopped
- 4 tbsp plain yoghurt
- 4 skinless chicken thighs
- A handful of coriander
- Basmati rice

Heat a little oil in a large pan and add the chopped onion. Fry the onions until they are softened but not coloured, and then stir in the curry paste and fry for a minute. Add the chicken, tomatoes and a splash of water, put the lid on the pan and cook for 15-20 minutes making sure the chicken is cooked through. Add the spinach and cook until it wilts. Stir in the yoghurt and coriander, season, and serve with basmati rice.

CHICKEN AND PARMA HAM
Serves 2

- 300g green beans
- 4 small chicken thigh fillets
- 8 small sage leaves
- 4 slices parma ham
- 1 tbsp well seasoned plain flour
- 50g butter
- 3 shallots, finely chopped
- 100ml white wine
- 100ml chicken stock

HEAT THE OVEN to 200°C/180°C fan/gas mark 6. Blanch the green beans in boiling water for three minutes, then rinse in cold water and drain well. Place the chicken between two pieces of cling film and gently bash to flatten it out a little. Add a couple of sage leaves to the smooth side of each thigh and then wrap each with a slice of parma ham. Dust each parma ham wrapped chicken thigh with seasoned flour. Melt one third of the butter in a large pan then add the thighs. Cook for three minutes on each side until golden and then place in the oven for 10 minutes. Add a little more butter to the pan and gently fry the shallots for two minutes, add the wine and stock and boil quickly until reduced. Whisk in the last bit of butter and then add the beans and stir to heat through. Divide the beans between two and place the chicken thighs on top.

PRAWN AND COCONUT CURRY
Serves 2

- 2 tbsp massaman curry paste
- 1 tin of coconut milk (400g)
- 100g small new potatoes, halved
- 1 cinnamon stick
- 2 cardamom pods, squashed
- 200g raw king prawns
- 2 limes
- 1 tbsp fish sauce
- 1 tsp brown sugar
- 1 red chilli, sliced
- Bunch fresh basil

Gently cook the curry paste in a wok until fragrant. Add the coconut milk and simmer for a minute. Add the potatoes, cinnamon, and cardamom and simmer for 20 minutes. Add the prawns, sugar, juice of one lime, and fish sauce and simmer for three to four minutes until the prawns are have turned pink. Serve with red chilli, shredded basil and the remaining lime cut into quarters.

HEAT A LITTLE OIL in a large pan and add the chopped onion. Fry the onions until they are softened but not coloured, and then stir in the curry paste and fry for a minute. Add the chicken, tomatoes and a splash of water, put the lid on the pan and and cook for 15-20 minutes making sure the chicken is cooked through. Add the spinach and cook until it wilts. Stir in the yoghurt and coriander, season, and serve with basmati rice.