Before beginning this plan you should already be able to:

- Ride your bike steadily for 2 hours
- Jog for 70 minutes
- Swim 1,000 metres non-stop

Are these plans for you?

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This is the second half of a 24-week training plan for Olympic distance triathlons (1.5km swim, 40km bike, 10km run), the first half of which was in Triathlon Plus back in issue 49.

The plan

RACE AN OLYMPIC-DISTANCE TRIATHLON IN 12 WEEKS

THE SESSIONS YOU NEED TO DEVELOP YOUR SPEED AND RACE FITNESS, SO THAT YOU REACH RACE DAY IN YOUR BEST SHAPE EVER

Meet the expert

Spencer Smith

Smith is a coach and elite triathlete. He's won two ITU world championships, two Ironman titles and was a professional cyclist.

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

This programme is only a guide and nothing should be written in stone. Over the coming weeks, the best way to achieve success is by listening to your body. Be realistic and be patient. Rome wasn’t built in a day!

This is the second half of a 24-week training plan for Olympic distance triathlons (1.5km swim, 40km bike, 10km run), the first half of which was in Triathlon Plus back in issue 49. If you didn’t catch it, don’t panic. You can find it on triradar.com if your race is still six months away, but providing you’ve trained consistently over winter there’s no reason you can’t pick it up from here. This 12-week plan will take you up to race day, by adding speed and race readiness to the winter base training you’ve already done.

The sessions will get gradually more intense as the weeks go by, so that eventually they almost replicate the race you’re training for.

I’ve used training zones in this programme, so you know what intensity to train at. I’ve explained these below, as well as a key to any abbreviations I’ve used. Take a few minutes to get your head around them.

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**OLYMPIC DISTANCE**

**Part 2: Speed and race readiness**

**THE PLAN**

**OLYMPIC DISTANCE**

**GET READY FOR A NEW PB WITH THE SECOND HALF OF THIS RACE TRAINING GUIDE**

**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.

**Zone 1 (Z1) Active recovery.** If 1 is your easiest intensity and 10 is your hardest, this zone should feel like somewhere between 2 and 5.

**Zone 2 (Z2) Endurance pace.** If 1 is easiest and 10 is hardest, this zone should feel like somewhere between 5 and 7.

**Zone 3 (Z3) Race pace.** If 1 is easiest and 10 is the hardest, this zone should feel like a 9 or above.

**KEY**

- **WU** Warm up
- **WD** Warm down
- **Main** Main set
- **FC** Front crawl
- **KICK** Legs only
- **PULL** Front crawl with a pull float between thighs
- **RI** Rest interval
- **FIST** Swim FC with clenched fists
- **BUILD** Build your pace throughout

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

**WEEK 01**

**WEEK 02**

**WEEK 03**

**WEEK 04**

**RECOVERY WEEK**

**REST DAY**

**Triathlon Plus**

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### WEEK 05
- **Monday**: Run 30mins WU, 3mins easy + 15mins Z1, 5mins easy<br>- **Tuesday**: Bike 2hrs 30mins<br>- **Wednesday**: Swim 2,500m, 10mins in low Z1 into 20mins Z2<br>- **Thursday**: Run 3,000m + 15mins in low Z1 into 20mins Z2<br>- **Friday**: Bike 1hr 30mins<br>- **Saturday**: Rest or simulation (50mins)<br>- **Sunday**: Race or simulation (1hr 25mins)<br>

### WEEK 06
- **Monday**: Run 30mins easy recovery<br>- **Tuesday**: Run 30mins Z2 <br>- **Wednesday**: Bike 1hr 30mins<br>- **Thursday**: Swim 2,500m, 10mins in low Z1 into 20mins Z2<br>- **Friday**: Bike 1hr 30mins<br>- **Saturday**: Rest or simulation (50mins)<br>- **Sunday**: Race or simulation (1hr 25mins)<br>

### WEEK 07
- **Monday**: Run 30mins easy recovery<br>- **Tuesday**: Run 30mins Z2 <br>- **Wednesday**: Bike 1hr 30mins<br>- **Thursday**: Swim 2,500m, 10mins in low Z1 into 20mins Z2<br>- **Friday**: Bike 1hr 30mins<br>- **Saturday**: Rest or simulation (50mins)<br>- **Sunday**: Race or simulation (1hr 25mins)<br>

### WEEK 08
- **Monday**: Run 30mins easy recovery<br>- **Tuesday**: Run 30mins Z2 <br>- **Wednesday**: Bike 1hr 30mins<br>- **Thursday**: Swim 2,500m, 10mins in low Z1 into 20mins Z2<br>- **Friday**: Bike 1hr 30mins<br>- **Saturday**: Rest or simulation (50mins)<br>- **Sunday**: Race or simulation (1hr 25mins)