



TRAINING PLAN

Build your fitness for 2015

Build your training consistency and fitness ready for spring speedwork with this six-week plan

January can leave you in a tricky no-man's-land when it comes to training. You might be sick to death of endless 'base' miles in the cold, but it's too early to really get stuck into your pre-season speedwork. On the other hand, you might have started the off-season full of good intentions to build your base and not done too much at all.

This six-week plan is not aimed at any specific race distance, but rather to give someone with a reasonable level of fitness already a more consistent, solid foundation on which

to build his or her spring training. If you are looking to race a fast Ironman this year, or to reach your age-group podium at shorter events, this one probably isn't for you; it's more for the people who know they're not quite ready to start serious speedwork, who aren't sure how long they should be riding and running for now, and who may not even have decided what distance they're racing in 2015 yet.

The real aim here is to complete as many of the sessions on the plan as possible. For that reason we've tried to keep overall volume fairly low



IS THIS PLAN FOR YOU?

Goal
Build base fitness and training consistency for anything from sprint to middle distance

Timescale
6 weeks

Start point
Cycle 60mins, Run 30mins, Swim 20mins

Level
Beginner to intermediate

— around eight or nine hours each week, tops — and the sessions are deliberately simple. For example, even in the pool, so that slower athletes don't become disheartened after half an hour just completing a swim warm-up. During the long run sessions, you're asked to do fartlek intervals: use changes in the landscape to inspire bursts of speed (for example, running up steps or short inclines hard). Hopefully this approach means you won't become overwhelmed with your training and give up early on, and you'll find it fun — you'll become fitter without even noticing the effort.

This training plan gradually increases in volume (mainly at weekends) and we also add in more speedwork as the weeks go on, so you'll be ready to train harder in spring. Remember, consistency is key so if that means training on a turbo or treadmill when the weather's bad, so be it. For simplicity's sake the swims are given as main set only; you should incorporate a warm-up and warm-down too. You should also check out the Key and Training Zones sections left, so you know what the abbreviations mean.

Photo: Britisatriathlon.org

6 WEEK PLAN TRAINING ZONES GUIDE

DESCRIPTION	HEART RATE (%MAX)	RPE 1-10	ACCUMULATED	INTENSITY
Z1 Recovery	55-70	<2	1-6hrs	Easy
Z2 Endurance	70-75	2-3	1-3hrs	Steady
Z3 Tempo	75-80	3-4	50-90mins	Comfortable
Z4 Threshold	80-88	4-6	10-60mins	Uncomfortable
Z5 Vo ₂ max	89-100	>7	12-30mins	Hard to very hard

KEY
WU Warm up, MAIN Main set, WD Warm down, FC Front crawl, PULL Front crawl with a pull-buoy float between your thighs, KICK Kick with a float held out in front, Z1 Training Zone 1, Z2 Training Zone 2, Z3 Training Zone 3, Z4 Training Zone 4, Z5 Training Zone 5, DRILL Your preference of swim technique drill, BUILD Do each rep slightly faster than the previous



	DAY	ESSENTIAL WORKOUT	OPTIONAL WORKOUT
WEEK 1	Mon	Swim (recovery) MAIN All in Z2 with 30secs rests: 5mins FC, 5mins as (1 lap KICK, 1 lap FC), 5mins PULL, 2mins as (1 lap DRILL/1 lap FC)	RECOVERY
	Tue	Bike (speed) WU 10mins in Z2, 60secs accelerating from Z3 to Z5 MAIN 4x90secs to 2mins in Z3 to Z4 with 90secs recoveries WD 5mins in Z1	Strength MAIN Group Pilates or core stability class
	Wed	Run (speed) WU 10mins in Z2, sprinkle in three or four 30secs 'strides' MAIN 4x800m in Z3 to Z4 with 90secs rests WD 5mins in Z1	RECOVERY
	Thur	Bike (strength) WU 10mins in Z2, 2mins in Z3 MAIN 3x8mins in Z3 at low cadence (big gear, 60rpm) +2mins recoveries WD 5mins in Z1	Stretch Group yoga or stretch class
	Fri	Swim (speed) MAIN 8x1min FC BUILD +15secs rests, 2x2mins PULL Z4 +60secs rests, 4x1min FC Z4 +30secs rests	Run (strength) Run 30mins in Z2 to Z3. Choose a hilly route
	Sat	Bike (endurance) WU 15mins in Z2 MAIN 30mins in Z3 WD 15mins in Z2	RECOVERY
	Sun	Run (endurance) Off road if possible for 45mins. Run in Zone 2, but use the landscape for short fartlek intervals in Zones 3 to 4	RECOVERY
WEEK 2	Mon	RECOVERY	RECOVERY
	Tue	Bike (speed) WU 10mins in Z2, 5mins as (20secs in Z5, 40secs in Z1) MAIN 2x5mins in Z4 +3mins recoveries WD 5mins in Z1	Strength Group Pilates or core stability class
	Wed	Run (speed) WU 10mins in Z2, 3x20secs in Z4 MAIN 3x(5x2mins) in Z4 to Z5 with 20secs rests between reps and 3mins between sets WD 5mins in Z1	RECOVERY
	Thur	Bike (strength) WU 10mins in Z2, 2mins in Z3 MAIN 2x12mins in Z3 at low cadence (big gear, 60rpm) +2mins recovery WD 5mins in Z1	Stretch Group yoga or stretch class
	Fri	Swim (speed) MAIN 10x2mins FC at fast, consistent effort +15secs rests	Run (strength) Run 30mins in Z2 to Z3. Choose a hilly route
	Sat	Bike (endurance) WU 15mins in Z2 MAIN 20mins in Z3, 5mins in Z1, 15mins in Z3 WD 15mins in Z2	RECOVERY
	Sun	Run (endurance) Off road if possible for 50mins. Run in Zone 2, but use the landscape for short fartlek intervals in Zones 3 to 4	RECOVERY
WEEK 3	Mon	Swim (recovery) MAIN All in Z2 with 30secs rests: 5mins as (1 lap KICK, 1 lap FC), 5mins as (1 lap DRILL/1 lap FC), 5mins PULL, 5mins mixed strokes	RECOVERY
	Tue	Bike (speed) WU 10mins in Z2, 5mins as (20secs in Z5, 40secs in Z1) MAIN 25mins in Z3 WD 5mins in Z1	Strength Group Pilates or core stability class
	Wed	Run (speed) WU 10mins in Z2, 1min accelerating from Z3 to Z5 MAIN 3x4mins in Z4 with 2mins rests between reps WD 5mins in Z1	RECOVERY
	Thur	Bike (strength) WU 10mins in Z2, 2mins in Z3 MAIN 15mins Z3 in big gear at 60rpm, 2mins easy spin, 10mins Z3 at low cadence (big gear, 60rpm) WD 5mins spin in Z1	Stretch Group yoga or stretch class
	Fri	Swim (speed) MAIN 4x2mins FC BUILD +15secs rests, 2mins PULL Z4 +45secs rests, 2mins FC Z2 +45secs rest, 2x2mins PULL Z4 +30secs rest	Run (strength) Run 30mins in Z2 to Z3. Choose a hilly route
	Sat	Bike (endurance) WU 40mins in Z2 MAIN 20mins in Z3, 5mins in Z1, 15mins in Z3 WD 30mins in Z2	RECOVERY
	Sun	Run (endurance) Off road if possible for 55mins. Run in Zone 2, but use the landscape for short fartlek intervals in Zones 3 to 4	RECOVERY



	DAY		ESSENTIAL WORKOUT		OPTIONAL WORKOUT
WEEK 4	Mon		RECOVERY		RECOVERY
	Tue	Bike (speed)	WU 10mins in Z2, 5mins as (20secs in Z5, 40secs in Z1) MAIN 5x3mins in Z4 to Z5 +2mins recoveries WD 5mins in Z1	Strength	Group Pilates or core stability class
	Wed	Run (speed)	WU 10mins in Z2, 3x20secs in Z4 MAIN 10x1min in Z4 to Z5 with 2mins jog/walk between reps WD 5mins in Z1		RECOVERY
	Thur	Bike (strength)	WU 10mins in Z2, 2mins in Z3 MAIN 4x5mins Z3 at low cadence (big gear, 60rpm) with 60secs easy spin recoveries WD 5mins spin in Z1	Stretch	Group yoga or stretch class
	Fri	Swim (speed)	MAIN 4x(2mins PULL Z2 +15secs rest, 4x1min Z5 +30secs rest)	Run (strength)	Run 40mins in Z2 to Z3. Choose a hilly route
	Sat	Bike (endurance)	WU 30mins in Z2 MAIN 15mins in Z3, 5mins in Z1, 20mins in Z3 WD 20mins in Z2		RECOVERY
	Sun	Run (endurance)	Off road if possible for 1hour. Run in Zone 2, but use the landscape for short fartlek intervals in Zones 3 to 4		RECOVERY
WEEK 5	Mon	Swim (recovery)	MAIN All in Z2 with 30secs rests: 3x5mins as (2 laps FC, 2 laps KICK, 2 laps PULL, 4 laps DRILL)		RECOVERY
	Tue	Bike (speed)	WU 10mins in Z2, 5mins as (20secs in Z5, 40secs in Z1) MAIN 15mins in upper Z3, 2mins in Z2, 10mins in Z4 WD 5mins in Z1	Strength	Group Pilates or core stability class
	Wed	Run (speed)	WU 10mins in Z2, 60secs accelerating from Z3 to Z5 MAIN 2x1min, 2x3mins, 2x5mins all in Z4 to low Z5 with 2mins rests WD 5mins in Z1		RECOVERY
	Thur	Bike (strength)	WU 10mins in Z2, 2mins in Z3 MAIN 15mins Z3 at low cadence (big gear, 60rpm), 2mins easy spin, 15mins Z3 at low cadence (big gear, 60rpm) WD 5mins spin in Z1	Stretch	Group yoga or stretch class
	Fri	Swim (speed)	MAIN 8x1min FC BUILD +15secs rests, 2mins KICK Z3, 4x2mins PULL +15secs rests, 2mins KICK Z3, 4x1min FC BUILD +10secs rests, 1min KICK Z3	Run (strength)	Run 40mins in Z2 to Z3. Choose a hilly route
	Sat	Bike (endurance)	WU 40mins in Z2 MAIN 20mins in Z3, 5mins in Z1, 20mins in Z3 WD 25mins in Z2		RECOVERY
	Sun	Run (endurance)	Off road if possible for 1hour5mins. Run in Zone 2, but use the landscape for short fartlek intervals in Zones 3 to 4		RECOVERY
WEEK 6	Mon		RECOVERY		RECOVERY
	Tue	Bike (speed)	WU 10mins in Z2, 5mins as (20secs in Z5, 40secs in Z1) MAIN 1,2,3,4,3,2,1mins in Z4 to Z5 +90secs recoveries WD 5mins in Z1	Strength	Group Pilates or core stability class
	Wed	Run (speed)	WU 10mins in Z2, 3x20secs in Z4 MAIN 5x1min in Z5 +60secs rests, 3mins in Z1, 5x1min in Z5 +60secs rests WD 5mins in Z1		RECOVERY
	Thur	Bike (strength)	WU 10mins in Z2, 2mins in Z3 MAIN 5x5mins Z3 at low cadence (big gear, 60rpm) with 60secs easy spin recoveries WD 5mins spin in Z1	Stretch	Group yoga or stretch class
	Fri	Swim (speed)	MAIN All with 30secs rests: 3x2mins FC Z4, 5mins PULL Z2, 2x1min FC Z4, 2mins PULL Z2, 1min FC Z4	Run (strength)	Run 40mins in Z2 to Z3. Choose a hilly route
	Sat	Bike (endurance)	WU 40mins in Z2 MAIN 20mins in Z3, 5mins in Z1, 20mins in Z3 WD 25mins in Z2		RECOVERY
	Sun	Run (endurance)	Off road if possible for 1hour10mins. Run in Zone 2, but use the landscape for short fartlek intervals in Zones 3 to 4		RECOVERY