



TRAINING PLAN

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Get your Olympic race in the bag

Bust your PB wide open with triathlon coach Phil Mosley's six week training plan

This six week training plan is designed to help you race your fastest Olympic distance triathlon (1.5k, 40k, 10k). It takes you up to race day and includes a one week taper into your big event. It assumes you're already training for swimming, cycling and running, so it's not for complete beginners. You'll need to be proficient enough to cover the distances separately before you begin the plan. Each week there are two bike sessions, two runs, two or three swims and

a brick session. Week three is an active recovery period, when you get to put your feet up a bit more.

With six weeks to go before you race, there's no time for messing about. The bulk of your sessions need to be race specific in terms of intensity or duration. Hence there are bike to run brick sessions, open water swims and plenty of race-pace efforts. Let me explain how to do these properly.

The pool swims involve several efforts at 1500m race pace. To work out your own 1500m race pace, you

should do a 400m time trial, recover for 10 minutes and then do a 200m time trial. Record your times and visit swimsmooth.com/css-calculator to calculate your 1500m pace, known as Critical Swim Speed or CSS

The bike sessions involve lots of efforts at race pace. It would be your one hour race pace or slightly below. Within the training plan we refer to this as upper Z3 to lower Z4 - it's the pace you'd ride an Olympic distance triathlon. It shouldn't feel too hard at first, but you'll certainly feel tired towards the end of each session. It's an intensity at which you'd need to start breathing through your mouth. The recoveries are short too.

I'll ask you to go even harder on the weekly run reps, which are at 5km race pace. The best way to work out your current 5km race pace is to do a Park Run. They're free and all over the country (parkrun.com).

The good thing is all of this hard effort will help ensure you're fit and ready to race your best ever Olympic distance triathlon.

Check out the key on the left. Listen to your body. If you feel excessively fatigued or sore, take two days off and then reassess.

IS THIS PLAN FOR YOU?

Goal
To beat your Olympic PB

Time Scale
Six weeks

Start point
To follow this plan you should already be able to separately swim 1500m, ride 40km and run 10km

Level
Intermediate

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
FC Frontcrawl, PULL Frontcrawl with a pull-buoy between thighs, KICK Kick with a float held in front, SECS seconds, BACK Backstroke, BREAST Breaststroke, Z1 Training Zone 1, Z2 Training Zone 2, Z3 Training Zone 3, Z4 Training Zone 4, Z5 Training Zone 5 RP Race Pace

Photo: British Triathlon



	DAY		ESSENTIAL WORKOUT		OPTIONAL WORKOUT
WEEK 1	Mon	Swim	WU 8x50 (FC/PULL/KICK/BACK) + 10secs rests MAIN 4x100, 50 hard, 50 easy + 20secs rests; 4x50 KICK hard + 20secs rests; 8x50FC at race pace + 5secs rests WD 4x100 (FC/PULL/KICK/BACK) + 15secs rests	Run	Easy run in Zone 2
	Tue	Bike	WU 20mins in Z2 MAIN Cycle 3x10mins in Z3 to Z4 (+60secs recoveries in Z1) WD 5mins in Z2	Pilates	Pilates class or home DVD
	Wed	Swim	WU 2x(50KICK, 50FC, 50PULL, 50KICK) + 20secs rest MAIN 8x50FC, 1500 race pace + 5secs rests, 25FC, 4x100FC at 1500 race pace, 15secs rests, 2x200FC at 1500 race pace + 30secs rest WD 200BREAST/KICK easy		RECOVERY
	Thur	Run	WU 15mins jog in Z2 MAIN 9x400m at target 5k race pace Z4 + 90secs walk/jog recoveries WD 5mins jog in Z2		RECOVERY
	Fri		RECOVERY	Yoga	Yoga class or home DVD
	Sat	Bike To Run	WU Cycle 30mins in Z2 MAIN Cycle 2x15mins in Z3 to Z4 (+2mins recoveries in Zone 1), STRAIGHT INTO Run 20mins as (5mins in Z4, 15mins jog in Z2)		RECOVERY
	Sun	Bike	Easy/steady ride, road or MTB. Z2	OW Swim	Easy open water swim, try sighting using static landmarks
WEEK 2	Mon	Swim	WU Easy: 100FC, 50BACK, 100FC, 50BREAST, 100FC MAIN 4x200FC (50 easy, 100, 50 easy) + 20secs rests, 8x50PULL race pace + 10sec rest WD 300 (25KICK/50FC)	Run	Easy run in Zone 2
	Tue	Bike	WU 20mins in Z2 MAIN Cycle 15, 12, 8 mins all in Z3 to Z4 (+90secs recoveries in Z1) WD 5mins in Z2	Pilates	Pilates class or home DVD
	Wed	Swim	WU 100 each FC/KICK/PULL MAIN 8x50FC race pace (RP) 15sec, 4x100FC RP 20sec, 2x200FC RP 30sec, 2x100FC RP, 20sec, 4x50FC RP, 15sec WD 50 each BACK/FC		RECOVERY
	Thur	Run	WU 15mins jog in Z2 MAIN 6x600m at target 5k race pace (Z4) + 90secs walk/jog recoveries WD 5mins jog in Z2		RECOVERY
	Fri		RECOVERY	Yoga	Yog class or home DVD
	Sat	Bike To Run	WU Cycle 30mins in Z2 MAIN Cycle 3x10mins in Z3 to Z4 (+90secs recoveries in Z1) STRAIGHT INTO Run 25mins as (5mins in Z4, 20mins jog in Z2)		RECOVERY
	Sun	Bike	Steady ride, road or MTB. Zone 2	OW Swim	Easy open water swim, try deep water starts
WEEK 3	Mon	Swim	WU 8x50 alternating 50FC, 50BACK + 5secs rests MAIN 800FC at approx 1500m race pace WD 400 as (100FC, 100KICK, 100PULL, 100FC) all easy		
	Tue	Bike	WU 15mins in Z2 MAIN 9, 7, 5 mins all in Z3 to Z4 (+60secs recoveries in Z1) WD 5mins in Z2	Pilates	Pilates class or home DVD
	Wed	Swim	WU 8x50FC BUILD MAIN 400FC non-stop fast effort, time yourself WD 400 as BREAST/BACK/PULL/KICK easy		RECOVERY
	Thur	Run	WU 15mins in Z2 MAIN 12mins as (2mins at target 5km race pace, 60secs walk recovery) WD 8mins jog in Z2		RECOVERY
	Fri		RECOVERY	Yoga	Yoga class or home DVD
	Sat	Bike	Steady ride, road or MTB. Zone 2		RECOVERY
	Sun	Run	Easy/Steady run in Zone 2. On soft ground preferably	Swim	Easy open water swim, but include 4x30secs hard from deep water start



	DAY		ESSENTIAL WORKOUT		OPTIONAL WORKOUT
WEEK 4	Mon	Swim	WU 2x(50FC, 50PULL, 50BACK, 50KICK, 50BREAST, 50PULL) MAIN 20x50 arace pace +10secs rests, +30secs rest at 10 reps WD 200FC, 100KICK, 100FCeasy	Run	Easy run in Zone 2
	Tue	Bike	WU 20mins in Z2 MAIN Cycle 3x10mins as (90secs in Z3, 30secs in Z5) +2mins recoveries in Z1 WD 5mins in Z2	Pilates	Pilates class or home DVD
	Wed	Swim	WU 10x50 easy, alt 25FC, 25BILATERAL+30secs rests MAIN 8x50FC race pace +10secs rests, 4x100FC race pace +20secs, 2x200FC race pace +30secs WD 200KICK		RECOVERY
	Thur	Run	WU 15mins jog in Z2 MAIN 5x800m at target 5k race pace (Z4) +2mins walk/jog recoveries WD 5mins jog in Z2		RECOVERY
	Fri		RECOVERY	Pilates	Yoga class or home DVD
	Sat	Bike To Run	WU Cycle 30mins in Z2 MAIN Cycle 3x10mins in Z3 to Z4 (+3mins recoveries in Z1) STRAIGHT INTO Run 30mins as (5mins in Z4, 25mins jog in Z2)		RECOVERY
	Sun	Bike	Easy/steady ride, road or MTB. Z2	OW Swim	Include 4x200 at target 1500m race pace. Practice swimming beside and behind others
WEEK 5	Mon	Swim	WU 2x(50FC/50BK/50FC/50BR) 20sec rest MAIN 400FC race pace 30sec rest, 300PULL 800 pace 30sec rest, 200FC 400 pace 30sec rest, 2x100FC 200 pace 30secs rest WD 200 easy 200KICK alternating (25easy/25hard), 100PULL easy	Run	Easy run in Zone 2
	Tue	Bike	WU 15mins in Z2 MAIN 20mins in Z3, 3mins rest, 15mins in Z4, 3mins rest, 10mins in Z4 WD 5mins in Z2	Pilates	Pilates class or home DVD
	Wed	Swim	WU easy: 300FC, 100KICK, 200PULL, 100KICK, 200FC MAIN 2x(200PULL race pace, 30secs rest, 4x50FC 400 pace 15secs rests) WD 200 easy FC		RECOVERY
	Thur	Run	WU 15mins jog in Z2 MAIN 4x1000m at target 5k race pace (Z4) +2mins 15secs walk/jog recoveries WD 5mins jog in Z2		RECOVERY
	Fri		RECOVERY	Pilates	Opyional Yoga class or home DVD
	Sat	Bike To Run	WU Cycle 30mins in Z2 MAIN Cycle 2x15mins in Z3 to Z4 (+3mins recovery in Z1) STRAIGHT INTO Run 30mins as (5mins in Z4, 25mins jog in Z2)		RECOVERY
	Sun	Bike	Steady ride, road or MTB. Zone 2	OW Swim	Include 3x400 at target 1500m race pace. Practice 90 degree turns around a bouy
WEEK 6	Mon	Swim	WU 8x50 easy alternating FC/PULL+10secs rest MAIN 3x200FC at race pace +30secs rest WD 2x100 as 25FC/25BACK/25BREAST/25FC+10secs rest		RECOVERY
	Tue		RECOVERY	Pilates	Pilates class or home DVD
	Wed	Run	WU 15mins in Zone 2 MAIN 12mins as (2mins at target 5km race pace, 60secs walk recovery) WD 8mins jog in Z2		RECOVERY
	Thur	Bike	WU 15mins in Z2 MAIN 9, 7, 5 mins all in Z3 to Z4 (+60secs recoveries in Zone 1) WD 5mins in Z2		RECOVERY
	Fri	Swim	WU 200FC, 100BACK, 100FC, all easy MAIN 6x100FC at target 1500 race pace +30secs rests WD 100FC, 100KICK all easy	Yoga	Yoga class or home DVD
	Sat		RECOVERY		RECOVERY
	Sun	Race day	Olympic Distance Triathlon		RECOVERY