

Standard distance triathlon.

12 Weeks to Success.

Heart Rate Zones

ZONE 1 – 60-70% - Of your maximum heart rate (MHR) – recovery or warm up pace.

ZONE 2 – 75-80% - Aerobic. A moderate level of exercise that you can perform over an extended period of time

ZONE 3 – 80-85% - Endurance, for developing your ability to maintain a high quality of work in the face of fatigue.

ZONE 4 – 85-90% - Anaerobic, beyond the point at which breathing becomes laboured and lactate starts to build up.

ZONE 5 – 90-100% - Maxing out. You can only do this for very short periods.

Week 1	Phase 1 Laying the Foundation
Mon	Run 30 minutes easy (zones 1-2) used to promote recovery. Swim 30-45 mins (zones 2-3)
Tue	Bike 1hr, ideally on a turbo trainer increasing your pace every 15-20 mins (up to zone 3). Immediately followed by 10 mins easy running (zone 1)
Wed	Run 40 mins steady (zones 1-2). Swim 30-45 mins (zones 2-3)
Thur	Run 45 mins building every 15 mins and finishing strong (zones 2-3)
Fri	Rest day
Sat	Long bike ride 2hrs + depending on fitness (zone 3)
Sun	Longer run 1hr including steady hills (zone 2-3)

Week 2	Phase 1 Laying the Foundation
Mon	Run 30 mins easy (zone 1-2) used to promote recovery. Swim 30-45 mins (zone 2-3)
Tue	Bike/Run. Warm up on bike followed by 10x2 mins (zones 2-3) with 90 seconds rest between efforts. Run 15 mins steady (zone 1-2) off the bike.
Wed	Run steady off road 30 mins (zone 2)
Thur	Run 3x7 mins (zone 3-4) with 2 mins rest between efforts. Swim 45 mins (zone 2-3)
Fri	Rest day.
Sat	Long bike ride 2hrs+ (zone 3)
Sun	Longer run 65 mins including steady hills (zones 2-3)

Week 3	Phase 1 Laying the Foundation
Mon	Run 40- 45 mins (zones 1-2) Swim 30- 45 mins (zone 2-3)
Tue	Bike 10mins hard, 3 mins rest, 7 mins hard, 3 mins rest, 5 mins hard, 2 mins rest, 3 mins hard, 10 mins easy cool down. (zones 3-4)
Wed	Run up to 45 mins (zone 2-3). Swim 3km (zone 3)
Thur	Run 4x6 mins with 2 mins rest between efforts (zone 3-4)
Fri	Rest day
Sat	Bike 2hrs + (zone 3)
Sun	Longer run 70 mins (zone 2-3)

Week 4	Phase 1 Laying the Foundation
Mon	Rest day
Tue	Swim 30 mins (zone 2)
Wed	Bike (ideally on a turbo trainer) 1hr (zones 2-3)
Thur	Rest day
Fri	Swim 30-45 mins (zone 3)
Sat	Bike 60-75 mins (zones 2-3)
Sun	Long run 75 mins (zone 1-2)

Week 5	Phase 2 Increasing the Pace
Mon	Run 60 mins (zones 2-3) Swim 30-45 mins (zones 2-3)
Tue	Bike on the road 90 mins or on the turbo trainer 60 mins (zone 3)
Wed	Swim 30 mins (zone 2) Bike 75 mins (zone 3)
Thur	Run 45 mins, building every 15 mins and finishing fast. (zones 2-3)
Fri	Rest day.
Sat	Bike 2hrs + (zones 2-3)
Sun	Long run 80 mins (zones 1-2) Swim 25 mins as recovery (zone 1)

Week 6	Phase 2 Increasing the Pace
Mon	Run 60 mins (zones 2-3) Swim 30-45 mins (zones 2-3)
Tue	Bike 2hrs (zone 3) Swim 30 mins (zone 2)
Wed	Rest day or optional light swim or turbo.
Thur	Run 60 mins building every 20 mins and finishing very strong (zones 3-4)
Fri	Rest day.
Sat	Bike 2hrs + last 40 mins fairly solid (zone 3). Run 10 mins easy off the bike (zone 1)
Sun	Longer run up to 90 mins (zone 2)

Week 7	Phase 2 Increasing the Pace
Mon	Run 60 mins (zones 2-3) Swim 30-45 mins (zones 2-3)
Tue	Ride up to 2hrs (zone 3) Swim 30 mins (zone 3)
Wed	Rest day
Thur	Interval runs session. 2x90 secs with 30 secs rest, 4x60 secs with 60 secs rest, 4x30 secs with 30 secs rest, 4x15 secs with 15 secs rest. (zones 4-5)
Fri	Day off
Sat	Bike 2hrs + (zones 3)
Sun	Longer run 90 mins (zone 2)

Week 8	Phase 2 Increasing the Pace
Mon	Rest day.
Tue	Swim 30 mins (zone 3)
Wed	Run 30 mins (zones 1-2)
Thur	Bike (ideally on a turbo trainer) 45 mins, spinning light (zone 2)
Fri	Rest day, or light swim.
Sat	Bike 2hrs (zone 3)
Sun	Run 60 mins (zone 2)

Week 9	Phase Race Preparation
Mon	Run 60 mins (zone 2) Swim 30 mins (zone 3)
Tue	Bike/run. 15x2 mins with 1min rest between efforts (zone3-4). Jump off the bike and run 4x1k @ race pace with 2 mins rest between efforts (zones 3-4)
Wed	Swim 30 mins (zone 3)
Thur	Run 2km fast (zone 4) 3 mins rest, 1km fast, 2 mins rest, 400mtrs fast with 45 seconds rest.
Fri	Rest day.
Sat	Ride 2hrs + making the last 30 mins solid (zone 4). Run 15 mins off the bike as 30 secs fast, 30 secs easy.
Sun	Run 80 mins (zones 1-2)

Week 10	Phase 3 Race Preparation
Mon	Run 60 mins (zone2) Swim 30 mins (zone 3)
Tue	Bike (ideally on turbo trainer) 6x5 mins fast (zone4) with 2-3 mins rest.
Wed	Swim 30 mins (zone 3)
Thur	Run 2 sets of 4x500mtrs reducing the rest period between efforts – 90 secs, 75 secs, 60 secs, 45 secs. Take 3 mins rest between sets (zones 4-5)
Fri	Rest day.
Sat	Bike 90 mins. Warm up 30 mins, then 30 mins at your hardest effort.cool down 30 mins.
Sun	Run 75 mins (zone 1-2)

Week 11	Phase 3 Race Preparation
Mon	Run 40 mins (zone 2)
Tue	Bike/run. Bike 10x1 min with 30 secs rst (zones 3-4). Run fast off the bike (zone 4) followed by 10 mins easy running (zone 1)
Wed	Swim 45 mins (zone 3)
Thur	Run 5x400mtrs reducing the rest period between efforts – 90 secs, 75 secs, 60 secs, 45 secs, take 3 mins rest between sets (zone 4)
Fri	Rest
Sat	Bike 90 mins (zone 2) on flat with about 6x20 secs pick ups (zones 3-4)
Sun	Run up to 1hr (zone 1-2)

Week 12	Phase 3 Race Preparation
Mon	Run 2 sets of 4x200mtrs (zone3-4) with 1 min rest between efforts. Swim 25-30 mins (zone3)
Tue	Bike 75 mins (zone 2)
Wed	Run 25 mins (zone1-2)
Thur	Swim 20-30 mins (zone 2)
Fri	Rest day.
Sat	Race prep. Swim, bike, run. 15 mins each (zone 1) with a few 15 secs hard bursts.
Sun	Race day. Good luck!