

TRAINING PLAN - WEEKS 1 TO 4

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

WEEK1-TIMETOGETSTARTED!OURPLANBEGINSONAMONDAY,BUTYOUCANSTARTONANYDAYOFTHEWEEK

SWIM <ul style="list-style-type: none">4 x 200m moderate•4 x 150m vigorous•4 x 100m very hard•30secs rest between reps	BIKE <ul style="list-style-type: none">1 x [10mins moderate/ 2mins easy]•5 x [2mins hard/1min very hard/1min easy]•1 x [10mins moderate/ 2mins easy]	RUN <ul style="list-style-type: none">8-10 x 1km vigorous•45secs rest between reps	BIKE <ul style="list-style-type: none">5 x [7mins moderate/ 3mins easy]	REST DAY	OW SWIM <ul style="list-style-type: none">2km, inc. 2 x 500m @70.3 race pace. Focus on sighting, and turn at buoys BIKE <ul style="list-style-type: none">70km moderate on an undulating route	RUN <ul style="list-style-type: none">12km moderate on a flat route
---	---	---	--	-----------------	--	--

WEEK2-ALWAYSINCLUDEAWARM-UPBEFOREEACHSESSION-5-8MINSOFGRAUALLYBUILDINGFROMEASYTOVIGOROUS

SWIM <ul style="list-style-type: none">4 x 200m moderate•4 x 150m vigorous•4 x 100m very hard•30secs rest between reps	BIKE <ul style="list-style-type: none">1 x [12mins moderate / 3mins recovery]•6 x [2mins hard/1min very hard / 1min easy]•1 x [12mins moderate / 3mins easy]	RUN <ul style="list-style-type: none">8-10 x 1km vigorous•45secs rest between reps	RUN <ul style="list-style-type: none">4 x [7mins moderate / 3mins easy]	REST DAY	OW SWIM <ul style="list-style-type: none">2.5km•Include 3 x 400m efforts @ faster than 70.3 race pace. Focus on sighting, swimming with head up and turning at buoys	BRICK <ul style="list-style-type: none">60-70km bike moderate•8km run estimated 70.3 race pace
---	---	---	--	-----------------	---	---

WEEK3-ALWAYSINCLUDEACOOLO-DOWNAFTEREACHSESSION-3-5MINSOFEASYCARDIOFOLLOWEDBYSTRETCHES

SWIM <ul style="list-style-type: none">4 x 150m vigorous•4 x 250m moderate•4 x 150m vigorous•30secs rest between reps	BIKE <ul style="list-style-type: none">1 x [12mins moderate / 3mins recovery]•6 x [2mins hard/1min very hard/1min easy]•1 x [12mins moderate / 3mins easy]	RUN <ul style="list-style-type: none">6-7 x 1.5km vigorous; 45secs rest between reps SWIM <ul style="list-style-type: none">3 x 600m moderate; increasing pace in final 150m; 30secs rest between reps	BRICK <ul style="list-style-type: none">Repeat 3 x•10mins bike vigorous•5mins run moderate•90secs rest between reps	REST DAY	OW SWIM <ul style="list-style-type: none">2.3km, inc. 1 x 1km @70.3 race pace; try to swim in groups BIKE <ul style="list-style-type: none">80-90km moderate on an undulating route; inc. 2 x 15km @faster than 70.3 pace	RUN <ul style="list-style-type: none">15-16km moderate on a flat route•Include 3 x 2km @faster than 70.3 race pace
--	---	--	--	-----------------	---	---

WEEK4-REMEMBER,DOUBLEDAYSESSIONSDON'TNEEDTOBEDONENINSUCCESION-RECOVERWELLBETWEENEACH

SWIM <ul style="list-style-type: none">4 x 150m vigorous•4 x 250m moderate•4 x 150m vigorous•30secs rest between reps	BIKE <ul style="list-style-type: none">1 x [10mins moderate/ 2mins easy]•5 x [2mins hard /1min very hard/1min easy]•1 x [10mins moderate/ 2mins easy]	RUN <ul style="list-style-type: none">6-7 x 1.5km vigorous•45secs rest between reps	BIKE <ul style="list-style-type: none">5 x [8mins moderate/ 2mins easy]	REST DAY	RUN <ul style="list-style-type: none">2km easy; treat like a recovery run OW SWIM <ul style="list-style-type: none">1km easy	MOCK RACE <ul style="list-style-type: none">1.5km swim•40km bike•10km run•Treat as a training session. Train using fuel and kit you will use on race day.
--	--	--	--	-----------------	--	--

TRAINING PLAN - WEEKS 5 TO 8

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

WEEK5 - PRACTISE KEY OPEN-WATER SKILLS IN YOUR WEEKLY OUTDOOR SWIM SESSION

SWIM <ul style="list-style-type: none">5 x 200m moderate•20secs rest between reps•10 x 100m vigorous•15secs rest between reps	BIKE <ul style="list-style-type: none">2 x [8mins moderate/ 2mins easy]•10 x [1min very hard/1min easy]•2 x [8mins moderate/ 2mins easy]	RUN <ul style="list-style-type: none">5-6 x 2km vigorous; 45secs rest between reps SWIM <ul style="list-style-type: none">3 x 600m moderate, increase pace in final 150m; 30secs rest between reps	BRICK <ul style="list-style-type: none">Repeat 3 x•10mins bike vigorous•5mins run moderate•90secs rest between reps	REST DAY	OW SWIM <ul style="list-style-type: none">2.5km, inc. 3 x 500m @faster than 70.3 pace; swim in groups BIKE <ul style="list-style-type: none">100km moderate on an undulating route; inc. 3 x 15km @faster than 70.3 pace	RUN <ul style="list-style-type: none">18-20km moderate on a flat route.•Include 3 x 3km @faster than 70.3 race pace
--	---	--	--	-----------------	--	--

WEEK6-THELONGERBIKEANDRUNSASWELLASTHEBRICKS,AREDEALTODIALINYOURMIDDLE-DISTANCERACEPACE

SWIM <ul style="list-style-type: none">5 x 200m moderate•20secs rest between reps•10 x 100m vigorous•15secs rest between reps	BIKE <ul style="list-style-type: none">2 x [10mins moderate/ 2mins easy]•12 x [1min very hard/1min easy]•2 x [10mins moderate/ 2mins easy]	RUN <ul style="list-style-type: none">5-6 x 2km vigorous•45secs rest between reps	RUN <ul style="list-style-type: none">5 x [7mins moderate/ 3mins easy]	REST DAY	OW SWIM <ul style="list-style-type: none">2.5km•Include 1 x 1.9km @70.3 race pace. Focus on sighting, swimming with head up and turning at buoys	BRICK <ul style="list-style-type: none">80km bike moderate•12-14km run estimated 70.3 race pace•Train using fuel and kit you will use on race day
--	---	--	---	-----------------	---	--

WEEK7-THEFINALBIGWEEKOFTRAINING,AGAINREDUCINGSPEEDBUTFOCUSINGONENDURANCE

SWIM <ul style="list-style-type: none">4 x 200m moderate•4 x 150m vigorous•4 x 100m very hard•30secs rest between reps	BIKE <ul style="list-style-type: none">2 x [8mins moderate/ 2mins easy]•10 x [1min very hard/1min easy]•2 x [8mins moderate/ 2mins easy]	RUN <ul style="list-style-type: none">5 x 1.5km vigorous; 45secs rest between reps SWIM <ul style="list-style-type: none">3 x 600m moderate, increase pace in final 150m; 30secs rest between reps	BIKE <ul style="list-style-type: none">4 x [8mins moderate/ 2mins easy]	REST DAY	OW SWIM <ul style="list-style-type: none">2.2km•Include 3 x 400m @faster than 70.3 race pace. Focus on starts and finding swim pace	BRICK <ul style="list-style-type: none">50km bike estimated 70.3 race pace•10km run estimated 70.3 race pace•Train using fuel and kit you will use on race day
---	---	--	--	-----------------	--	---

WEEK8-THISWEEKINCLUDESTWORESTDAYSASYOUTAPERTOWARDSTHEALL-IMPORTANTTRACE!

SWIM <ul style="list-style-type: none">10 x 100m vigorous•20secs rest between reps	REST DAY	BRICK <ul style="list-style-type: none">2 x•12mins bike moderate•6mins run moderate•90secs rest between reps	BIKE <ul style="list-style-type: none">4 x [7mins moderate/ 3mins easy]	REST DAY	RUN <ul style="list-style-type: none">2-3km easy on course; treat like a recovery run OW SWIM <ul style="list-style-type: none">1km easy on course	70.3 RACE <ul style="list-style-type: none">1.9km swim•90km bike•21.1km run•Execute your race plan using the knowledge gained from your training. Good luck!
---	-----------------	---	--	-----------------	--	---