

220 Triathlon MIDDLE DISTANCE TRAINING PLAN

SESSION TERMINOLOGY

AEROBIC SWIM/BIKE/RUN Swim, bike or run the designated distance/time at a consistent moderate effort.

BRICK Use this session to combine two of the disciplines together and practise your transitions.

INTERVAL SWIM/BIKE/RUN Execute the designated number of intervals at the prescribed PE, the remainder of the session is at an aerobic effort. Include a warm-up and cool-down. Rest between intervals with easy 10-30secs, spinning or jogging.

RACE PACE Swim, bike or run at your estimated pace for your chosen race distance.

RECOVERY BIKE/RUN Use this session to keep active but allow the body to heal and repair.

TEMPO BIKE/RUN Alternate the effort in these sessions between aerobic, race pace and anaerobic according to the designated PE.

TIME TRIAL Execute the session as if it were a race, working at your estimated best race pace. Include a warm-up and cool-down.

PERCEIVED EXERTION CHART

Follow the suggested 'perceived exertion' (PE) rating for each session to peg your training efforts correctly.

- 0 NOTHING
- 0.5 VERY, VERY LIGHT
- 1.0 VERY LIGHT
- 2 LIGHT
- 3 LIGHT TO EASY
- 4 EASY TO MODERATE
- 5 MODERATE
- 6 MODERATE TO MODERATELY UNCOMFORTABLE
- 7 MODERATELY UNCOMFORTABLE TO MODERATELY HARD
- 8 HARD
- 9 VERY HARD EFFORT
- 10 AT OR CLOSE TO MAX EFFORT



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BASE PHASE

During the Base phase, aim to improve bike efficiency by focusing on smooth pedalling with a cadence of 80-95rpm.

| | Day 1 | Day 2 | Day 3 | Day 4 |
|-------------|---|--|--|--|
| Wk 1 | SWIM ENDURANCE POOL Total = 1,600m Main Set (MS) = 4 x 300m @ PE 8 | RUN INTERVALS 1hr, MS = 4 x 1,500m @ PE 6-8 Increase pace slightly each 500m | BIKE TEMPO 1hr, MS = 3 x 8mins @ PE 8 | RUN AEROBIC 10km @ PE 6-8 |
| Wk 2 | SWIM INTERVALS POOL Total = 1,600m, MS = 6 x 100m @ PE 8-9 6 x 50m @ PE 9 | BIKE INTERVALS 1hr, MS = 6 x 2mins @ PE 8 6 x 1min @ PE 9 | RUN TEMPO 1hr, MS = 4 x 6mins @ PE 8 | BIKE AEROBIC 60kms @ PE 6-8 |
| Wk 3 | SWIM ENDURANCE POOL Total = 1,800m MS = 3 x 400m @ PE 8 | RUN INTERVALS 1:10hr, MS = 4 x 1,800m @ PE 6-8 Increase pace slightly each 600m | BIKE TEMPO 1hr, MS = 3 x 8mins @ PE 8 | RUN AEROBIC 12km @ PE 6-8 |
| Wk 4 | SWIM INTERVALS POOL Total = 2,000m MS = 8 x 150m @ PE 8-9 | BIKE INTERVALS 1hr, MS = 6 x 2mins @ PE 8 6 x 1min @ PE 9 | RUN TEMPO 1hr, MS = 4 x 7mins @ PE 8 | BIKE AEROBIC 50kms @ PE 6-8 |
| Wk 5 | SWIM TIME TRIAL POOL 1,900m, Include warm-up & cool-down | RUN AEROBIC 6km @ PE 6-8 | BIKE TEMPO 1hr, MS = 3 x 10mins @ PE 8 | RUN AEROBIC 12-14km @ PE 6-8 |
| Wk 6 | SWIM INTERVALS POOL Total = 2,000m MS = 8 x 150m @ PE 8-9 | BIKE INTERVALS 1:10hr, MS = 8 x 2mins @ PE 8 8 x 1min @ PE 9 | RUN TEMPO 1hr, MS = 3 x 8mins @ PE 8 | BIKE AEROBIC 70km @ PE 6-8 |
| Wk 7 | SWIM ENDURANCE POOL Total = 2,200m, MS = 1 x 800m @ PE 7 1 x 400m @ PE 8 | RUN INTERVALS 1:10hr, MS = 4 x 2,000m @ PE 6-8 Increase pace slightly each 500m | BIKE TEMPO 1hr, MS = 3 x 12mins @ PE 8 | RUN AEROBIC 14-15km @ PE 6-8 |
| Wk 8 | SWIM INTERVALS POOL Total = 2,200m MS = 4 x 150m @ PE 8-9 6 x 100m @ PE 9 | BIKE INTERVALS 1:10hr, MS = 8 x 2mins @ PE 8 8 x 1min @ PE 9 | RUN AEROBIC 6-8km @ PE 6-8 | BIKE AEROBIC 60kms @ PE 6-8 |

BUILD PHASE

If doing Run Intervals on a treadmill complete the main set efforts on a 2% incline. During Build phase improve strength by making the Aerobic bike and run sessions on hillier routes

| | Day 1 | Day 2 | Day 3 | Day 4 |
|--------------|--|--|---|--|
| Wk 9 | SWIM ENDURANCE POOL Total = 2,300m MS = 3 x 600m @ PE 7 | RUN INTERVALS 1:10hr, MS = 4 x 800m @ PE 8 1 x 1,600m @ PE 7 4 x 800m @ PE 8 | BIKE INTERVALS 1:10hr, MS = 5 x 2mins @ PE 8 5 x 1min 30secs @ PE 8 5 x 1min @ PE 9 | RUN AEROBIC 16-18km @ PE 6-8 |
| Wk 10 | SWIM INTERVALS POOL Total = 2,200m MS = 4 x 150m @ PE 8-9 6 x 100m @ PE 9 | RUN INTERVALS 1:10hr, MS = 5 x 1,600m @ PE 7-8 | RUN TEMPO 1hr, MS = 3 x 10mins @ PE 8 | BIKE AEROBIC 80kms @ PE 6-8 Hilly ride |
| Wk 11 | SWIM ENDURANCE POOL Total = 2,300m MS = 4 x 400m @ PE 7-8 | BRICK MULTI 1:15hr, As detail previous section | BIKE TEMPO 1:10hr, MS = 4 x 10mins @ PE 8 | RUN RACE PACE 16km @ PE 6-8 Inc. 3 x 3km @ PE 8 |
| Wk 12 | SWIM INTERVALS POOL Total = 2,200m, MS = 3 x 200m @ PE 8 3 x 150m @ PE 8-9 3 x 100m @ PE 9 | RUN AEROBIC 8km @ PE 6-8 | BIKE INTERVALS 1:10hr, MS = 6 x 2mins @ PE 8 6 x 1min 30secs @ PE 8 6 x 1min @ PE 9 | BRICK ENDURANCE Bike 60km @ PE 8 Run 6km @ PE 9 |
| Wk 13 | SWIM TIME TRIAL POOL 1,900m, Include warm up & cool down | BRICK MULTI 1:15hr, As detail previous section | BIKE TEMPO 1:10hr, MS = 4 x 10mins @ PE 8 | RUN AEROBIC 21.1km @ PE 6-8 |
| Wk 14 | SWIM ENDURANCE POOL Total = 2,500m MS = As detailed in previous section | RUN INTERVALS 1:10hr, MS = 4 x 800m @ PE 8 1 x 1,600m @ PE:7, 4 x 800m @ PE 8 | RUN TEMPO 1hr, MS = 3 x 10mins @ PE 8 | BIKE RACE PACE 100kms @ PE 6-8 Hilly ride, Inc. 3 x 15km @ PE 8 |
| Wk 15 | SWIM INTERVALS POOL Total = 2,200m, MS = 3 x 200m @ PE 8 3 x 150m @ PE 8-9, 3 x 100m @ PE 9 | BRICK MULTI 1:15hr, As detailed in previous section | BIKE INTERVALS 1:10hr, MS = 6 x 2mins @ PE 8 6 x 1min 30secs @ PE 8 6 x 1min @ PE 9 | RUN RACE PACE 14-16km @ PE 6-8 Inc. 3 x 3km @ PE 8 |
| Wk 16 | SWIM ENDURANCE POOL Total = 2,500m MS = As detailed in previous section | RUN AEROBIC 8km @ PE 6-8 | BIKE TEMPO 1hr, MS = 2 x 15mins @ PE 8 | BRICK ENDURANCE Bike 60km @ PE 8 Run 6km @ PE 9 |

KEY: km/h = kilometres per hour; MS = main set; PE = perceived exertion; RI = rest interval between sets; RP = race pace; TT = time trial



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PEAK-TAPER PHASE

During Peak phase a lot of time is spent focusing on Race Pace – fine tuning what your expected race day speeds will be and getting used to working and fuelling at those levels
Treat the larger BRICK sessions like mini races – it's crucial to get them right.

| | Day 1 | Day 2 | Day 3 | Day 4 |
|-------------|--|---|---|--|
| Wk 1 | SWIM INTERVALS POOL Total = 2,400m MS = As detailed in previous section | BIKE INTERVALS 1:15hr MS = As detail previous section | RUN INTERVALS 1:15hr MS = As detailed in previous section | BIKE RACE PACE 110km @ PE 6-8 Inc. 3 x 15km @ PE 8 |
| Wk 2 | SWIM ENDURANCE OPEN WATER Total = 2,400m MS = 1 x 1,500m @ PE 8 | RUN INTERVALS 1:15hr MS = As detailed in previous section | BIKE TEMPO 1:10hr MS = 3 x 15mins @ PE 8 | BRICK ENDURANCE Bike 90km@ PE 8 Run 6km @ PE 9 |
| Wk 3 | SWIM INTERVALS POOL Total = 2,400m MS = As detailed in previous section | RUN TEMPO 50mins MS = 2 x 12mins @ PE 8 | BIKE INTERVALS 1:15hr MS = As detailed in previous section | RUN AEROBIC 18-20km @ PE 6-8 |
| Wk 4 | SWIM ENDURANCE OPEN WATER Total = 2,000m MS = 2 x 750m @ PE 8 | RUN AEROBIC 8-10km @ PE 6-8 | BIKE TEMPO 1:10hr MS = 3 x 15mins @ PE 8 | BRICK ENDURANCE Bike 80km @ PE 8 Run 12km @ PE 9 |
| Wk 5 | SWIM TIME TRIAL OPEN WATER 1,900m Include warm-up & cool-down | BIKE INTERVALS 1:15hr MS = As detailed in previous section | RUN INTERVALS 1:15hr MS = As detailed in previous section | BIKE RACE PACE 100kms @ PE 6-8 Inc. 2 x 15km @ PE 8 |
| Wk 6 | SWIM ENDURANCE OPEN WATER Total = 2,400m MS = 1 x 1,000m @ PE 8 8 x 50m @ PE 9 | RUN TEMPO 50mins MS = 2 x 12mins @ PE 8 | BIKE TEMPO 1:10hr MS = 3 x 15mins @ PE 8 | BRICK ENDURANCE Bike 70km@ PE 8 Run 15km @ PE 9 |
| Wk 7 | SWIM ENDURANCE OPEN WATER Total = 2,400m MS = 1 x 1,500m @ PE 7-8 6 x 50m @ PE 9 | BIKE INTERVALS 1hr MS = 8 x 2mins @ PE 8-9 | RUN INTERVALS 1hr MS = 7 x 1km @ PE 8-9 | BRICK ENDURANCE Bike 50km@ PE 8 Run 5km @ PE 9 |
| Wk 8 | SWIM INTERVALS POOL Total = 1,500m MS = 10 x 100m @ PE 7-8 | RUN TEMPO 30mins MS = 3 x 4mins @ PE 8 | BIKE TEMPO 45mins MS = 2 x 10mins @ PE 8 | YOUR MIDDLE DISTANCE RACE! |



KEY: km/h = kilometres per hour; MS = main set; PE = perceived exertion; RI = rest interval between sets; RP = race pace; TT = time trial