

TRAININGZONE



there can be no shortcuts. Racing a 3.8km swim, 180km bike and 42km run course is gruelling. You need a solid training foundation under your belt before doing one, and that's just what this 12-week plan will help you achieve.

If you've entered a long-distance race in summer 2011 this plan is for you, but even if you haven't it will give you the fitness you need to make the leap into Ironman racing. The plan takes at least eight hours each week, so get family and poor' version for those with less than 10 hours a week to train, and a 'time rich' plan for those with more availability.

The plan builds the endurance and strength you'll need for Ironman. After that we'll bring in some race-pace and race-distance sessions in Issue 27. But for now, these sessions will form the backbone of your fitness.

Check out the Key and the intensity Training Zones to get the details right. And remember, if you start losing appetite or struggle with sleep or mood, you need to rest for a couple of days at least (and eat lots of chocolate).

IRONMAN TRAINING isn't for everyone, so if you're thinking of trying this plan you should be able to tick these boxes:

- 11 can swim 2km non-stop
- 2 I can ride my bike for two hours
- 3 I can run for an hour at a time



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Get your guide ready to go



Cut out the guide following the dotted outline



Fold the guide in quarters using the fold guides



Now carry it with you for reference while training



90 **Triathlon PLUS** JANUARY 2011

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Ironman foundation

FOLLOW THIS PLANIF YOU HAVE UNDER 10 HOURS A **WEEK TO TRAIN**

FOLD1

WEEK 02

Type Run Time Ihr

Type Swim Distance 2.3km
Instructions W/U(Z2): 200 fc, 50 kick, 200
pull, 50 kick. Technique (Z2): 2x100as (25 pull
ankles, 25 fc, 25 pullankles, 25 fc)+30secs.
2x100as (25 fists, 25 fc, 25 fists, 25 m fc)
+30secs. Main (Z2/Z3): 2x200m fc+30secs.
4x100mpull+30secs. 4x50 fc+10secs.
W/D(Z1): 400mback/fc

Type Swim Distance 2.7km
Instructions W|U(z2):500mas (200 fc, 50
pull, 100 fc, 50 back, 100 fc). Technique (Z2):
200m kick alternating 25m on back, 25m kick
on front. 400mas 8 x (25 kick on front arms by
side, 25 fc). Main (z2/3): 400m kick as (25m Z3,
25m Z1) +305ecs. 400m fc +30secs. 4x 100m
pull. W|D(Z1): 400m back/fc

Type Run Time 40mins Instructions 15mins in Z2, 10 mins at top of

Z3. 15 mins in **Z2**

Type Swim Distance 2.4km
Instructions W,U (Z2):100 fc,100 putl,50 kick,
100 fc,50 back. Technique (Z1 to Z3):200 m kick
as atternating 25 min Z3,25 min Z1,+30 secs.200
as 25 m fists, 25 m fc,+30 secs.200 m kick as
atternating 25 m in Z3,25 m in Z1,+30 secs.200 m
as atternating 25 m doggy paddle, 25 m fc,+30
secs. Main (Z3):2 x 200 fc+45 secs.8 x 50 putl +
20 secs. W/D (Z1):400 atternating back/fc

Type Run Time 1hr s Steady run in **Z2**

WEEK **01**

Type Swim Distance 2.4km Instructions W/U(Z2): 200 fcbi; 50 kick, 50 breast, 200 fc, 50 kick, 50 back. Technique (Z2): 2x100mas(Z5bi, 25mfc, 25mbi, 25mfc). +20 secs. Main(Z3): 4x100mpult+30 secs. 400mfcbreatheevery, 3, 7; strokes +30 secs. 4x100mfc + 30 secs. W/D(Z1): 400mfc

Type Run Time 40mins Instructions 15minsin Z2, 2x4 mins attop of Z3 (+2mins jogrest), 15 mins in Z2

REST DAY

Type Brick Time 2hrs Instructions Bike to run session. 1 hour 40 road or MTB in Z2 into run 20 mins in Z2

Type Bike Time 2hrs Instructions Steady bike: road or MTB Z2

REST DAY

Type Brick Time 2hrs Instructions Bike to run session. 1 hour 40 road or mtb in Z2 into run 20 mins in Z2

Type Bike Time 2hrs Instructions Steady bike: road or MTB Z2

INTENSITY TRAINING ZONES

IRONMAN FOUNDATION

8-10 hours per week

 $\textbf{USING THESE} \ \text{Training Zones will help you train at the right intensity for}$ each session. This helps to develop specific aspects of your fitness, as well as making sure you don't overdo it. At this foundation stage of training only Zones 1-3 are used. You can either estimate your intensity, using the Training Zone descriptions, or use a heart-rate monitor for a more precise measure. If you use a heart-rate monitor, use the percentages provided, and subtract them from your maximum heart rate to calculate your zones. Tools like cycle power meters and GPS watches will also help track your

ZONE1(Z1) Recovery

60 to 65% of max. Easy pace, feels nice and light

ZONE 2 (Z2) Steady

65 to 75% of max. Fairly easy pace. Easy enough so that you could breathe just through your nose if you wanted to

ZONE 3 (Z3) Tempo

75% to 80% of max. Fairly hard, but sustainable pace

 $training\ progress, but\ they're\ not\ essential\ for\ these\ plans.$

ZONE 4 (Z4) Race tempo

80 to 90% of max. Hard pace, sustainable, but requires real focus

ZONE 5 (Z5) Red line

90% to 100% max. Very hard, requires real focus, not sustainable for long

MTB Off-road bike FC Front crawl BACK Backstroke BREAST Breaststroke PULL FC with pull-buoy float PULL ANKLES FC with pull-buoy between ankles KICK Kicking on front & holding float FISTS FC with closed fists BI Bilateral breathing (every 3 strokes) W/U Warm up W/D Warm down

AY IN THE TRAINING ZONE WITH **TRIATHLON PLUS**

WEEK **03**

Type Swim Distance 2.4km Instructions W/JU (22): 800 mas (400 fc, 200 putl. 100 kick, 100 fc). Technique (22): 8x50 mas (1-2: head up, 3-4 putl. 5-6 fists, 7-8 fc). Main (22/3): 400 mputl +30 secs. 300 mfc +20 secs. 200 mputl +180 secs. 100 mfc. W/D (27): 200 malternating fc/back/putl/fc

Type Run Time 50mins Instructions Steadyrunin Z2

Type Swim Distance 2.4km Instructions WJU (22): 600m as 2x (100m fc, 100m pull, 100m kick). Technique (22): 2x 300m as (50 fists, 50 pull, 50 head up, 50 fc, 50 pull ankles, 50 fc) +30 secs. Main (22/3): 8x 100m as (50 fc, 50 pull). WJO (21): 400m as (8x 50m alternating kick/fc)

Type Run Time 30 mins Instructions 10 mins in Z2, 10 mins attop of Z3, 10 mins in Z2

WEEK

RECOVERY WEEK

Type Swim Distance I.4km Instructions W/U (Z2): 200 pull, 200 m fc. Main (Z2): 400 malternating 25 kick, 50 fc. Technique (Z2): 400 malternating 25 mpull, 25 m bi. W/D (Z1): 200 malternating back/

REST DAY

Type Swim Distance 2km Instructions W/U(Z2): 200 fc, 200 kick, 200 pull, 100 fc. Technique (Z2): 400 mas (50 fists, 100 fc, 50 pull, 100 fc, 50 doggy paddle, 100 fc) 430 secs. Main (Z2): 400m fc, 200 m pull, 100 fc. W/D(Z1): 200 m fc

Type Run Time 30 mins Instructions 10 mins in Z2,10 mins attop of Z3,10 mins in Z2

REST DAY

REST DAY

Type Brick Time 1 hour 20 Instructions Bike to run session. 1 hour road or MTB in Z2 into run 20 mins in Z2

Type Brick Time 2hrs Instructions Bike to run session. 1 hour 40 road or MTB in Z2 into run 20 minsin Z2

Type Bike Time 90mins Instructions Steady bike: road or MTB in Z2

Type Bike **Time** 90mins Instructions Steady bike: road or MTB in **Z2**

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TRAININGZONE

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TIME POOR PLAN WEEK 06 WEEK 05 **WEEK 07** WEEK 08 Type Swim Distance 2.6km Instructions W/U (Z2):600mas (200 fc, 100 kick, 200 putl, 100 kick). Technique (Z2):2x100 as (25 putl ankles, 25fc; 25 putl ankles, 25fc; 350ses. 2x100as (25 flists, 25fc, 25 flists, 25m fc)+30sess. Main (Z2)/Z3):2x40mfc+30sess. X100m putl +30sess. 4x50 fc+10sess. W/D (Z1):400mback/fc RECOVERY WEEK Type Swim Distance 2.7km Instructions W/J (22): 200 fc, 200 pull, 100 fc. Technique (21 to 23): 400 mkickas alternating 25min Z3, 25min Z1, -30 secs. 400 mas 25 mfists, 25m fc, +30 secs. 400 mas 25 mfists, 25m fc, +30 secs. W/D (Z1): 200 mas alternating back/fc AM Type Run Time 40mins Instructions Steadyrunin Z2 PM Type Swim Distance 2km Instructions W/U (Z2):200 fc, 200 kick, 200 pull, 100 fc. Technique (Z2): 400 mas (50 fists, 100 fc, 50 pull, 100 fc, 50 head up, 100 fc, 50 dogyp addle, 100 fc) 450 sees. Main (Z2): 400 mfc, 200 m pull, 100 fc. W/D (Z1): 200 m fc Type Swim Distance 1.4km Instructions W/U(Z2):200 pull, 200mfc. Main (Z2):400malternating 25 kick, 50 fc. Technique (Z2):400malternating 25 m pull, 25 m breatheevery 3 strokes. W/D (Z1):200m alternating back/breast Type Run Time 70 mins Instructions Steadyrunin Z2 Type Run Time 80mins Instructions Steadyrunin Z2 Type Run Time 80mins **REST DAY** ns Steadyrunin **Z2** Type Swim Distance 2.8km Instructions W/U (Z2): 800mas (200 fc bi, 100 kick, 100 breast, 200 fc, 100 kick, 100 fc). Technique (Z2): 2x200mas (50 bi, 50m fc, 50m bi, 50m fc) +20secs. Main(Z3): 4x200m fc +30secs. 400m pull, breatheevery 3,5,7 strokes.+30secs. W/D (Z1): 400m pull Type Swim Distance 2.7km Instructions WIU(Z2):500mas(200 fc.50 pull, 100 fc.50 back, 100 fc). Technique(Z2):200m klckalternating 25monback, 25monfront. 400mas 8x(25 klck, 25 fc). Main(Z2/3):400m klckas(25m23,25mZ1):409es. 4x200mpull +30secs. W/D(Z1):400mback/fc Art Type Bike Time 45mins Instructions Indoor trainer or road: WJU:10 mins 27. Main: 2x12mins in 23, +2 mins rest. WJD:4 mins in 22, 4 mins in 21 PM Type Swim Distance 2 4km Instructions WJU (22): 600 mas 2x (100 m fc, 100 m putl, 100 m kick). Technique (22): 2x300 mas (50 fists, 50 putl, 50 head up, 50 fc, 50 putl ankles, 50 fc) +30 secs. Main (27): 8x100 mas (50 fc, 50 putl). W/D (21): 400 mas (8x50m atternating kick/fc) Type Swim Distance 2km Instructions W/J (22):200 fc, 200 kick, 200 pull, 100 fc. Echnique (22): 400 mas (50 fists, 100 fc. 50 pull, 100 fc. 50 head up, 100 fc. 50 doggy paddle, 100 fc) +30 secs. Main (22): 400 m fc, 200 m pull, 100 fc. W/D (21): 200 m fc TypeRunTime 40 mins Instructions 15 mins in Z2,10 mins at top of Z3,15 mins in Z2 Type Run Time 40mins Instructions | 5minsin Z2, 2x4 mins attop of Z3 (+2minsjogrest), 15 minsin Z2 AMTypeRunTime35mins Instructions I5minsinZ2,5minsattopofZ3, I5minsinZ2 PMTypeSwimDistance1.5km InstructionsZ1recoveryswim:Mixitupwith differentstrokes,pullbuoy,kickfloatandany Type Run Time 30 mins Instructions 10 mins in Z2, 10 mins attop of Z3, 10mins in **Z2** E **REST DAY** REST DAY E **REST DAY REST DAY** Type Brick Time 2hrs 40mins Instructions Bike torun session. 2 hours road or MTB in Z2 into run 20 mins in Z2 Instructions Biketorunsession.: orMTBinZ2intorun20minsinZ2 Type Brick Time 1 hour 20 mins Type Brick Time 2 hours Instructions Biketorunsession.1hour 40mins road or MTB in Z2 into run 20 mins in Z2 Instructions Bike to run session. 1 hour road or MTB in Z2 into run 20 mins in Z2 **Type** Bike **Time** 2hrs 30mins **Instructions** Steady **Z2** bikeride. Include 10 mins at top of **Z3** Type Bike Time 2 hours Instructions Steady bike, road or MTB in Z2 Type Bike Time 90 mins Instructions Steady bike, road or MTB in Z2 WEEK 09 **WEEK 10** WEEKII <u> WEEK **12**</u> Type Swim Distance 3.2km Instructions W/U (Z2):800m as (200 fc, 200 kick, 200 putl, 200 kick, Technique (Z2):2x100 as (25 putl ankles, 25 fc, 25 putl ankles, 25 fc, 25 fists, 25 fc, 35 desc. 4x100 as (25 fists, 25 fc, 25 fists, 25 m (2+30 secs. 4x100 as (25 fists, 25 fc, 25 fists, 25 m (2+30 secs. 4x100 m putl +30 secs. 4x50 fc +10 secs. W/D (Z1):400m back/fc Type Swim Distance 2.8km Instructions W/U(Z2):1.000mas(400 fc, 200 pull, 200 kick, 200 fc). Technique (Z2):8x50m as(1-2:headun, 3-4 pull, 5-6 fists, 7-8 fc). Main (Z2/3):400m pull +30secs. 300m fc +20secs. 200mpull +10secs. 100m fc -W)(Z1):400m alternating fc/back/pull/fc RECOVERY WEEK Instructions W/IU (22):400 fc, 200 pull, 100 fc. Technique (21 to 23):400 m kick as alternating 25min 23, 25min 21.+30 secs. 400 m as 25m fists, 25m fc+30 secs. Main (23):2x 400 fc +45 secs. 8x 50 pull +20 secs. W/D: (21) 400 m as alternating back/fc Type Swim Distance 3.1km Type Swim Distance 1.4km Instructions W/U (Z2): 200 pull, 200 mfc. Main (Z2): 400 malternating 25 kick, 50 fc. Technique (Z2): 400 malternating 25 mpull, 25 mbi. W/D (Z1): 200 malternating back/ Type Run Time 90mins Instructions Steadyrun in Z2 Type Run Time 80 mins Instructions Steadyrunin Z2 Type Run Time 90 mins Instructions Steadyrunin Z2 **REST DAY** Type Swim Distance 3km Instructions W|U(Z2):800mas (200 fc, 200 pult, 200 back, 200 fc). Technique (Z2):200m kick alternating 25mon back, 25m kickon front. 400mas8x 25kickon frontarms by side, 25fc. Main(Z2/3): 400m kickas (25m Z3, 25m Z1)+30secs. 4x 200m pult+30secs. W|D(Z1): 400m back/fc Type Swim Distance 2.7km Instructions W/U/IZ21;900mas3x(100mfc, 100mpull, 100mkick)+ 45secs. Technique (Z2): 2x300mas(50fists, 50pull, 50headup, 50fc, 50pull ankles, 50fc; 430secs. Main (Z2/3): 8x100mas(50fc, 50pull), W/I/Z1): 400mas 8x50malternating kick/fc Type Swim Distance 2.8km Instructions W/U (Z2):800mas (200 fc bi, 100 kick, 100 breast, 200 fc, 100 kick, 100 fc). Technique (Z2):3x 200mas (50 bi, 50mfc, 50m bi, 50mfg - 120 secs. Swin (23): 4x 200m fc +30 secs. 400 mpull, breathe every 3, 5, 7 strokes. +30 secs. W/D (Z1): 400 mpull Type Swim Distance 2km Instructions W/U (Z2):200 fc, 200 kick, 200 pull, 100 fc. Technique (Z2):400mas (50 fists, 100 fc, 50 pull, 100 fc, 50 dogyp addle, 100 fc):40secs. Main (Z2):400m fc, 200m pull, 100 fc. W/D (Z1):200m fc Type Run Time 30 mins Type Run Time 40 mins Instructions 15 mins in Z2, 10 mins at top of Z3, 15 mins in Z2 Type Run Time 35mins Instructions 15mins in Z2, 5mins attop of Z3, 15mins in Z2 TypeRunTime 40mins Instructions 15minsin Z2,2x4mins attop of Z3 (+2mins jog rest), 15mins in Z2 s 10mins in **Z2**, 10 mins at top of **Z3**, E **REST DAY REST DAY REST DAY REST DAY** Type Brick Time 2hrs 40mins Type Brick Time 2hrs 40mins Instructions Bike to run session. 2hours 20 road or MTB in Z2 into run 20mins in Z2 Type Brick Distance 2hrs 20mins Instructions Bike to runsession. 2hours road or MTB in Z2 into run 20 mins in Z2 Type Brick Time 1hrs 20mins Sat Instructions Biketorun session. 2 hours 20 road or MBT in Z2 into run 20 mins in Z2 Instructions Biketorunsession.1hourroador MTBinZ2intorun20minsinZ2 **Type** Bike **Time** 3hrs **Instructions** Steady **Z2** bike ride. Include 2x10 mins attop of **Z3** Type Bike Time 3hrs **Type** Bike **Time** 2hrs 30mins **Instructions** Steady **Z2** bike ride. Include 10mins at top of **Z3** Type Bike Time 90 mins Steady **Z2** bike ride. Include 2x10 Steadybike.roadorMTBin Z2 7 minsatton of **Z3**

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THE PLAN TIME RICH



Ironman Foundation

FOLLOW THIS PLANIF YOU HAVE OVER 10 **HOURS A WEEK TO TRAIN**

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INTENSITY TRAINING ZONES

IRONMAN FOUNDATION

10-13 hours per week

 $\textbf{USING THESE} \ \text{Training Zones will help you train at the right intensity for}$ each session. This helps to develop specific aspects of your fitness, as well as making sure you don't overdo it. At this foundation stage of training only Zones 1-3 are used. You can either estimate your intensity, using the Training Zone descriptions, or use a heart-rate monitor for a more precise measure. If you use a heart-rate monitor, use the percentages provided, and subtract them from your maximum heart rate to calculate your zones. Tools like cycle power meters, and GPS watches will also help track your $training\ progress, but\ they're\ not\ essential\ for\ these\ plans.$

ZONE1(Z1) Recovery

60 to 65% of max. Easy pace, feels nice and light

ZONE 2 (Z2) Steady

65 to 75% of max. Fairly easy pace. Easy enough so that you could breathe just through your nose if you wanted to

ZONE 3 (Z3) Tempo

75% to 80% of max. Fairly hard, but sustainable pace

ZONE 4 (Z4) Race tempo 80 to 90% of max. Hard pace, sustainable, but requires real focus

ZONE 5 (Z5) Red line

90% to 100% max. Very hard, requires real focus, not sustainable for long

Mon

Wed

Sun

MTB Off-road bike FC Frontcrawl BACK Backstroke BREAST Breaststroke PULL FC with pull-buoy float PULL ANKLES FC with pull-buoy between ankles KICK Kicking on front & holding float FISTS FC with closed fists BI Bilateral breathing (every 3 strokes) W/U Warm up W/D Warm down

STAY IN THE TRAINING ZONE WITH **TRIATHLON PLUS**

WEEK **01**

WEEK 02

AM Type Run Time 30mins
Instructions Steady run in Z2
PM Type Swim Distance 2.4km
Instructions W() (Z2):100 fc, 100 pull,
50 kick, 100 fc, 50 back. Technique (Z1 to Z3):
200m kick asalternating 25m in Z3, 25m in
Z1+30 secs. 200 as 25m fists, 25m fc. +30
secs. 200m kick as alternating 25m in Z3,
25m in Z1, +30 secs. 200 mas alternating 25m in Z3,
25m in Z1, +30 secs. 200 mas alternating 23;
2x200 fc +45 secs. 8 x 50 pull + 20 secs.
W(D(Z1): 400 alternating back/fc

AM Type Run Time 30mins Instructions Steady runin Z2 PM Type Swim Distance 2.1km Instructions WU (Z2): 200 fc, 50 kick, 200 pult, 50 kick. Technique (Z2): 2x100 as (25 pull ankles, 25 fc, 25 pult ankles, 25 fc, 25 fists, 25 fc; 25 fists, 25 fc; 30 secs. 2x100 as (25 fists, 25 fc, 25 fists, 25 fc; 430 secs. 4x100 m pult -330 secs. 4x50 fc +10 secs. W/D (Z1): 400 m back/fc

Wed

Phone

Sat

Mon

Type Run Time 60mins structions Steadyrunin Z2 M Type Run Time 60mins structions Steady run in Z2

Type Swim Distance 2.4km Instructions Warmup (Z2): 200 fcbi,50 kick, 50 breast, 200 fc,50 kick,50 back. Technique (Z2): 2x100m as (25 bi, 25mfc, 25mbi, 25mfc). +20secs. Main(Z3): 4x100m pull+30secs. 400m fc breathe every 3,5,7 strokes. +30 secs. 4x100m fc+30secs. W/D (Z1): 400m fc

AM Type Run Time 40mins
Instructions Isminsin Z2, 2x4minsattop of
Z31;2minsjogrest), Isminsin Z2
PM Type Swim Distance I.5km
Instructions Z1 recovery swim. Mixit up with
different strokes, pull buoy, kick float and any

AMType Bike Time 45mins Instructions Indoorrorad: W/U (Z2):10 mins. Main (Z3):10, 9,8 minswith 90 secrests. W/D:5 minsin Z2 PMType Swim Distance 2.1km Instructions W/U (Z2):500 mas (200 fc,50 pul,100 fc,50 back,100 fc). Main (Z2/3):400 m kickas (25m Z3, 25m Z1) +30 secs. 400 mpull. W/D (Z1):400 mback/f6

AMRun Time 40mins Instructions 15mins in Z2, 10 mins at top of

Instructions I5minsin_z_i_ Z3, I5minsin_Z2 PM Type Swim Distance I.5km Instructions Z1 recovery swim. Mixitup with different strokes, pull buoy, kick float and any other swim toys you have

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REST DAY

Type Brick Time 2hrs Instructions Bike torun session. 1 hour 40 road or MTB in Z2 into run 20 mins in Z2

Sun **Type** Bike **Time** 2hrs **Instructions** Steady bike: road or MTB in **Z2**

REST DAY

Type Brick Time 2hrs Instructions Bike torun session. 1 hour 40 road or MTB in Z2 intorun 20 mins in Z2

Type Bike **Time** 2hrs **Instructions** Steady bike:road or MTB in **Z2**

WEEK 03

TypeRun Time 30mi

Am typekun i me Jomnis Instructions Steadyrunin Z2 PM Type Swim Distance 2.4km Instructions W/U (Z2):800mas (400 fc, 200 putl, 100 kick, 100 fc). Technique (Z2):8x50m as (1-2:head up, 3-4 putl, 5-6 fists, 7-6 fc). Main (Z2/3):400m putl +10secs. 300m fc +20secs. 200m putl +10secs. 100m fc. W/D(Z1):200m atternating fc/back/putl/fc

Type Run Time 50mins

AMType Bike Time 45mins Instructions Indoor trainer or road: W/U (Z2): 10mins. Main (Z3): 2x15 mins with 90 sec rests. W/D. 3 mins in Z3 mins in Z4 mins i

AM Type Run Time 30mins Thurs s 10 mins in **Z2**. 10 mins at top of 73 10 mins in 72

Z3, I/minsin Z2
PM Type Swim Distance 1.5km
Instructions Z1 recovery swim. Mixitup with
different strokes, pull buoy, kick float and any
other swim toy syou have

REST DAY

TypeRunTime30mins Instructions 10mins in Z2,10 mins at top of Z3,10 mins in Z2

REST DAY

WEEK **04**

RECOVERY WEEK

Type Swim Distance I.4km Instructions W/U(Z2):200 pull, 200 m fc. Main (Z2): 400 malternating 25 kick, 50 fc. Technique (Z2): 400 malternating 25 m pull,

25m breathe every 3 strokes. W/D(**Z1**): 200malternating **back/breast**

REST DAY

Type Swim Distance 2km Instructions W/U (Z2):200 fc, 200 kick, 200 pull, 100 fc. Technique (Z2): 400mas (50 fists, 100 fc, 50 pull, 100 fc, 50 head up, 100 fc, 50 doggy paddle, 100 fc) +30secs. Main (Z2): 400m fc, 200m pull, 100 fc. W/D (Z1):200m fc

E Sat Type Brick Time 2hrs

Instructions Bike to run session. 1 hour 40 road or MTB in Z2 into run 20 mins in Z2

Type Bike **Time** 90mins **Instructions** Steady bike: road or MTB in **Z2**

Type Brick Time 1 hour 20 Instructions Bike to run session. I hour road or MTB in Z2 into run 20 mins in Z2

Type Bike Time 90mins Instructions Steady bike: road or MTB in Z2

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TRAININGZONE

TIME RICH PLAN

WEEK 05

AM Type Run Time 40 mins

AM 19pe Run Time 40 mins Instructions Steadyrunin Z2 PM Type Swim Distance 2.7km Instructions W/U(Z2):200 fc; 200 pull, 100 fc. Technique (Z1 to Z3):400 m kick asalternating 25 min Z3, 25 min Z1, 30 secs. 400 mas 25 m fists, 25 m fc.+30 secs. Main (Z3):2×400 fc +45 secs. 8×50 pull +20 secs. W/D (Z1):200 mas alternating back/fc

Tue Type Run Time 80 mins Steadyrunin **Z2**

Mon

Wed

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Mon

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AM Type Bike Time 45mins Instructions Indoor trainer or road: W/U (Z2): 10mins. Main (Z3): 46 mins with 60 secrests. W/D: 3 mins in Z2, 3 mins in Z1 PM Type Swim Distance 2.8 km Instructions Warmup (Z3): 8000 mas (200 fc bi, 100 kick, 100 fp. 100 kick, 1

AMType Run Time 40mins Instructions 15minsin Z2,10minsattopof Z3,

Instructions I5minsin Z2,10 minsattopof Z3 I5minsin Z2 PminyseSwim Distance I.5km Instructions Z1 recovery swim. Mixit up with differents trokes, pull buoy, kick float and any other swim toys you have

REST DAY

Type Brick Time 2hrs 20mins Instructions Bike to run session. 2 hours road or MTB in Z2 into run 20 mins in Z2

Sat Sun Type Bike Time 2hrs 30mins Instructions Steady Z2 bike ride

WEEK 06

AM Type Run Time 40mins Instructions Steadyrunin Z2 PM Type Swim Distance 2.8km Instructions WU (Z2): 800mas (200 fc, 100 kick, 200 pull, 100 kick). Technique (Z2): 2x100as (25 pull ankles, 25 fc, 25 pull ankles, 25 fc, 25 pull ankles, 25 fc, 25 fists, 25 fc, 25 fc, 25 fists, 25 fc, 25 fc,

Type Run Time 80mins Steadyrunin **Z2**

AMTypeBikeTime 45mins
Instructions Indoor trainer or road: W/U (Z2):
10mins. Main (Z3): 6x 4 mins with 60 secrests.
W/D:3 minsin Z2.3 minsin Z1
PM Type Swim Distance 2.7 km
Instructions W/U (Z2): 500mas (200 fc, 50
pull, 100 fc, 50 back, 100 fc). Technique (Z2):
200m kick atternating 25mon back, 25m kick
onfront. 400mas & (25 kick on front arms by
side, 25 fc). Main (Z2/3): 400m kick as(25m Z3,
25m Z1) +305ecs. x4 x200m pull +30 secs.
W/D (Z1): 400m back/fc

AM Type Run Time 40mins Instructions I5minsin Z2,2x4minsattopof Z34-Zminsjogrest), I5minsin Z2 PM Type Swim Distance I.5km Instructions ZI recoveryswim. Mixitupwith different strokes, pull buoy, kick float and any

REST DAY

Type Brick Time 2hrs 20mins Instructions Bike to run session. 2 hours road or MTB in Z2 into run 20 mins in Z2

Type Bike Time 2hrs 30 mins Instructions Steady Z2 bike ride

WEEK 07

Instructions Steady runin Z2 PMType Swim Distance 2km Instructions W/U (Z2):200 fc; 200 kick, 200 pull, 100 fc. Technique (Z2): 400mas (50 fists, 100 fc; 50 pull, 100 fc; 50 head up, 100 fc; 50 dogyp addle 100 fc) +30 secs. Main (Z2): 400m fc; 200m pull, 100 fc. W/D (Z1): 200m fc

Type Run Time 70mins

Mon

Tue

Wed

E

Mon

E

Sat

Sun

AM Type Bike Time 45mins Instructions Indoor trainer orroad: W/U (Z2): 10mins. Main (Z3): 2x12mins, +2 minsrest. W/D: 4mins in Z2, 4 mins in Z1 PM Type Swim Distance 2.4km Instructions W/U (Z2): 600m as 2x (100m fc, 100m put, 100m kick). Technique (Z2): 2x300mas (50 fists, 50 putl, 50 head up, 50 fc, 50 putl ankles, 50 fc) +30 secs. Main (Z2/3): 8x100mas (50 fc, 50 putl, W/D (Z1): 400mas 8x50malternating kick/fc MType Bike Time 45mins

AMTypeRun Time 35mins Instructions 15minsinz2,5minsattopofZ3, 15minsinz2,5minsattopofZ3, 15minsinz2,PMTypeSwim Distance 1.5km Instructions Z1 recovery swim. Mixitup with different strokes, pull buoy, kick float and any other swim toysyou have

REST DAY

Type Brick Time 2hrs Instructions Bike to run session. 1 hour 40 road or MTB in Z2 into run 20 mins in Z2

Sun Type Bike Time 2hrs Instructions Steady bike, road or MTB in Z2

WEEK 08 RECOVERY WEEK

Type Swim Distance 1.4km Instructions W/J (72): 200 pull, 200 mfc. Main (72): 400 matternating 25 kick, 50 fc. Technique (72): 400 matternating 25 m pull, 25 mbreathe every 3 strokes. W/D (71): 200 m atternating back/breast

REST DAY

Type Swim Distance 2km Instructions W/U (Z2):200 fc, 200 kick, 200 pull, 100 fc. Technique (Z2): 400 mas (50 fists, 100 fc, 50 pull, 100 fc, 50 head up, 100 fc, 50 dogy paddle, 100 fc) +30 secs. Main (Z2): doggypaddle, 100 fc) +30secs. Main(&z): 400mfc, 200mpull, 100 fc. W/D (Z1):200mfc

Type Run Time 30mins Instructions 10mins in Z2,10 mins attop of Z3,10 mins in Z2

REST DAY

Type Brick Time 1hrs 20 mins Instructions Bike to run session. 1 or MTB in Z2 into run 20 mins in Z2

Type Bike **Time** 90mins **Instructions** Steady bike, road or MTB in **Z2**

WEEK **09**

MType Run Time 50mins AMTypeRunTimeSulmins
Instructions Steadyrunin Z2
PMTypeSwimDistance3.lkm
Instructions W/U(22): 400fc, 200 putl,
100fc. Technique (Z1to 23): 400m kickas
alternating25min Z3, 25min Z1-30secs.
400m as 25m fists, 25mfc, >30secs.
Main(Z3): Zx 400 fc + 45 secs. 8 x 50 putl +
20secs. W/D (Z1): 400m as alternating

Type Run Time 90mins Instructions Steadyru uctions Steadyrunin **Z2**

AM Type Bike Time 45mins Instructions Indoor trainer or road: W/U (Z2): 7mins. Main (Z3): 5mins, 6mins, 7mins, 6mins, 5mins, +1min rests. W/O (Z2): 5mins PM Type Swim Distance 3km Instructions W/U (Z2): 800mas (200 fcbi, 100 kick, 100 breast, 200 fc, 100 kick, 100 fc). Technique (Z2): 3×200mas (50 bi, 50m fc, 50m bi, 50m fc) +20 secs. Main (Z3): 4×200m fc +30 secs. 400m pull, breathe every 3, 5,7 strokes. +30 secs. W/D (Z1): 400m pull.

AMTypeRunTime 40 mins Instructions Isminsin Z2,2x4 minsattop of Z2/2 minsjogrest), Isminsin Z2 and Type Swim Distance I. Skm Instructions Z1 recovery swim. Mixit up, with differents trokes, pull buoy, kick float and any other swim toys you have

REST DAY

Type Brick Time 2hrs 40mins Instructions Bike to run session. 2 hours 20 road or MTB in Z2 into run 20 mins in Z2

Type Bike Time 3hrs
Instructions Steady Z2bike ride. Include 2x10 mins attop of Z3

WEEK **10**

AM type kun Time Sumins Instructions Steadyrunin Z2 PM Type Swim Distance 3.2km Instructions WjU (Z2): 800mas (200 fc, 200 kick, 200 µult, 200 kick). Fechnique (Z2): 2x100as (25 pull ankles, 25 fc, 25 pull ankles, 25 fc; 35 pull

Type Run Time 90 mins Instructions Steady run in Z2

AM Type Bike Time 45mins Instructions Indoortrainer or road: W/IU (Z2): 8mins. Main (Z3): 2x15mins, +2mins rest. W/D (Z2): 5mins. Main (Z3): 2x15mins, +2mins rest. W/D (Z2): 5mins PM Type Swim Distance 3km Instructions W/IU (Z2): 800mas (200 fc, 200 pull, 200 back, 200 fc). Technique (Z2): 200m kickalternating 25monback, 25m kickon front 400mas 8x (25kickon frontarms by side, 25fc), Main (Z23): 400mkickas (25m Z3, 25m Z1)+30 secs. 4x 200mpull +30 secs. W/D (Z1): 400mback/fc

AM Type Run Time 40mins Instructions 15mins in Z2, 10 mins at top of

Instructions I5minsin 22, 15minsin 22
3, 15minsin 27
PM Type Swim Distance I.5km
Instructions ZI recovery swim. Mixitup with different strokes, pull buoy, kick float and any other swim toys you have

REST DAY

Type Brick Time 2hrs 40mins Instructions Bike to run session. 2 hours 20 road or MTB in Z2 into run 20 mins in Z2

Type Bike Time 3hrs Instructions Steady Z2 bike ride. Include 2x10 mins at top of Z3

WEEK

AM Type Run Time 50mins Instructions Steadyrunin Z2 PM Type Swim Distance 2.4km Instructions W/U (Z2):1,000mas (400 fc, 200 pull, 200 kick, 200 fc). Technique (Z2):8 x 50m as (1:2:head up, 3-4 pull, 5-6 fists, 7-8 fc). Main (Z2/3):400m pull +30secs. 300m fc +20secs. 200m pull +10secs. 100m fc. W/D(Z1):400m alternating fc/back/pull/fc

Type Run Time 80mins Instructions Steadyrunin Z2

MType Bike Time 45mins structions Indoortrainerorroad: W/U (Z2): mins. Main (Z3):7x3 mins + 60 secrests.

IUmins. Main (23; /x3mins+60secrests. W/D/ (22): 7 mins PM Type Swim Distance 2.7km Instructions W/J (22): 900m as 3 x (100m fc, 100m pull, 100m kickly + 45 secs. Technique (22): 2x300mas (50 fists, 50 pull, 50 head up, 50 fc, 50 pull ankles, 50 fc, 50 pull). W/D (21): 400mas (50 fc, 50 pull). W/D (21): 400mas (8x50malternating kick/fc)

AM Type Run Time 35 mins ns 15mins in **Z2**.5 mins at top of **Z3**. 15 mins in **72**

Ismins in ZZ

PM Type Swim Distance 1.5km
Instructions ZI recovery swim. Mixit up with
different strokes, pull buoy, kick float and any
other swim toys you have

Type Swim Distance 1.4km rype swm Distance 1.4km Instructions W/U (Z2): 200 pull, 200m fc. Main (Z2): 400m alternating 25 kick, 50 fc. Technique (Z2): 400m alternating 25m pull, 25m breatheevery 3 strokes. W/D (Z1): 200m alternating back/breast

WEEK 12

RECOVERY WEEK

REST DAY

Type Swim Distance 2km Instructions W/U (Z2): 200 fc, 200 kick, 200 pull, 100 fc, Technique (Z2): 400 mas (50 fists, 100 fc, 50 pull, 100 fc, 50 head up, 100 fc, 50 doggy paddle, 100 fc) + 30 sees. Main (Z2): 400 m fc, 200 mpull, 100 fc. W/J (Z1): 200 m fc

Type Run Time 30mins Instructions 10mins in Z2, 10 mins at top of Z3.10 mins in Z2

REST DAY

Type Brick Time 2hrs 20mins Instructions Biketorun session. 2 hours road or MTB in Z2 into run 20 mins in Z2

Type Bike **Time** 2hrs 30 mins **Instructions** Steady **Z2** bike ride. Include 10 mins at top of **Z3**

REST DAY

Type Brick Time Ihrs 20mins Instructions Bike to run session. 1 hour road or MTB in Z2 into run 20 mins in Z2

Type Bike **Time** 90mins **Instructions** Steady bike, road or MTB in **Z2**

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