



MILLTOWN RACES

SADDLEWORTH SPRINT TRIATHLON

12-WEEK TRAINING GUIDE

Intermediate

START



FINISH



**Oldham
active**

Brought to you by Oldham Community Leisure



KEY NOTES

Milltown Races and Oldham Active have created a series of training plans, providing tips and advice to make sure your training goes to plan and you stay injury free.

This booklet introduces a 12 week intermediate training plan to help you prepare for the Saddleworth Sprint Triathlon.

If you have any questions about your training or need some advice on nutrition or injuries, please email the team at info@ocll.co.uk.

- This 12 week training plan is designed to get an intermediate triathlete through a sprint distance triathlon in a good time. It is not a complex or hugely time consuming programme, however as you might expect in order to improve performance, sessions are longer and tougher than a beginner program.
- In order to be able complete the training you should have a reasonable level of fitness at the start of the training. A pre-requisite would be that you can swim 750 m continuously, you can cycle for 60 mins and run for 30 mins.
- The training sessions can be completed in a number of locations. The swim sessions are mostly designed for a pool. The bike sessions are designed so the midweek ones can be done on a turbo or gym/watt bike as this might fit in with your working week. However were possible it's recommended to be outside when you can. The same goes for the running sessions. We would strongly advise that you do spend as much time as possible training outdoors so that you get time training in similar conditions to those that you will be racing in.
- The intensity of the training in this programme is to be executed using the RPE (Rate of Perceived Exertion) scale, this allows the athlete to work to their limits with specific barriers.

We would advise that if this kind of training is new to you that you are cautious to begin with until you can understand how your body reacts to the training. The full RPE scale is at the back of the programme. If you are using heart rate or power meters, you should also relate these to how you feel. While technology like this is a fantastic tool for training and racing to a plan, ultimately your body can be the best source of information on how hard you can work. So, use all of the information available to you.

- We would strongly advise that as you get closer to the race day you ensure that you train using the exact equipment that you intend to use on race day, the same clothes, the same wetsuit, the same bike and trainers. You should not turn up on race day with brand new equipment to use.
- From time to time your busy lives will get in the way, we recommend that you don't make up the missed sessions simply resume your plan on the current day. Similarly the particular days the various sessions are laid out on are an example of a suitable/ideal way to spread them out. However you may change them to suit your own timings or around existing club sessions that you may already attend. So long as you allow sufficient recovery between longer sessions, or the same discipline.



WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SESSION	Strength & Swim	Bike	Run	Rest	Strength & Swim	Run	Bike
DURATION	60min/2km	20km	5km	-	60min/2km	7.5km	35km
INTENSITY	Drills/Intervals	Intervals	Negative	-	Drills/Intervals	Hills	"Just Ride"
SESSION DETAILS	Strength: Program 1a Swim: Session #6	3 km warm up @RPE 4-5 2 km @RPE 8 3 km @RPE 5 3 x through 2 km warm down @RPE 4	Run: Run at a steady but sustainable Threshold pace that is your maximum effort for 5 km. run the first 2.5 km @RPE 6-7, then run the second half around RPE 7-8		Strength: Program 1b Swim: Session #4	Head out for a steady run around RPE 5-7. Aim to include some undulation in your route, holding the effort level on the hills, both up and down. Use the downhill to work hard on foot strike and stabilisation	Head out for a ride at an RPE 5-8, some mixed efforts, taking in hills as they happen and making use of any flat safe areas to put a little power down
KEY FOCUS	Body position and kicking efficiency	Working towards a threshold pace, setting a pace for later sessions	Pace control and good form		Strength: Skill of movement. Swim: Technique & endurance	Maintaining pace even on undulating terrain	Working at threshold and below
NOTES	Kicking work will aid body position and rotation through the hips which will propel a better stroke. Shorter efforts will introduce speed work	Session may be done on indoor trainers where practical, however don't ignore value of getting out on the bike	Maintain form even when working hard. This will be important for efficient come race day		Strength training is valuable for making you more "robust", but exercises must be performed correctly; focus on technique. Run should be short and sharp	You may utilise sessions like these as off-road sessions. The mixed surfaces will challenge you more and may also be a nice break from tarmac	Learning to vary the pace on the bike will keep training interesting, but will also teach pace judgment and your ability to overtake cleanly

GOALS:

- Establish your training routine; working out where you can fit each session into your plan.
- Be flexible around any existing club/group sessions.
- Pace judgement and learning times for completing distances etc.
- Getting to know the weights needed for each exercise on the strength program.
- Taking note of your pace for a given distance and intensity will make setting pace in later session more accurate.

WEEKLY DISTANCE: 71.5 KM



WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SESSION	Swim	Bike	Swim & Run	Rest	Strength & Run	Swim	Brick
DURATION	2km	20km	2km/7.5km	-	45-60min/5km	1.5km	15km/2.5km
INTENSITY	Drills/Intervals	Mixed effort	Intervals/Steady	-	Fartlek	Intervals	Mixed
SESSION DETAILS	Swim: Session: #5	5 km @RPE 5 5 km @RPE 6-7 5 km @RPE 5-6 5 km @RPE 7-8 Use the gearing to keep your cadence between 85-95	Swim: Session #6 Run: "just run" – steady aerobic pace RPE @6-7 Each km should be within 5-10 seconds (depending on the consistency of your route)		Strength: Program 1b Run: Fartlek; steady run with random intervals based on cues on your surrounding or route; e.g. sprinting between lampposts, or up short hills	Swim: Session #2	Bike @RPE 5-6 steady effort Run @RPE 6-7 steady effort Moderate effort bike with harder run; running on tired legs
KEY FOCUS	Leg & head position in the water. Pace & speed	Pacing & cadence, working at aerobic & threshold levels	Run posture/form and ability to hold pace and technique		Ability to vary effort, but return to a steady pace	Increasing pace on shorter sets	Getting used to running hard off the bike
NOTES	Continuing with body positioning and kicking drills, moving into pacing with short sets with some sprint work	Pace control; having the ability to switch pace based on perceived effort will be a key skill in pacing in a race	The focus of this run should be feeling comfortable with the distance, focusing on your posture and run form, finishing feeling strong		This can be a good session to do with a friend, you can take turns to call the efforts and make it fun	As you do shorter/faster efforts it can be easy to loose technique focus. So try to keep your form, even when working hard. Try to replicate time/speed on efforts of the same length	Use brick session to practice how you lay out your kit and fine tune your transition speed. This is free time and somewhere you can make up a lot of time in a race

GOALS:

Consistency; keep the routine going. Modify session timings to fit your schedule if need be or if you find one session fatigues you for another too much.

Your first brick session is a fairly short session, so you choose to work hard to test your speed. This will give you some time to compare later in the program.

WEEKLY DISTANCE: 55.5 KM



WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SESSION	Strength & Swim	Bike	Run	Rest	Strength & Swim	Run	Bike
DURATION	60min/2.5km	25km	7.5km	-	60min/2.5km	7.5km	60km
INTENSITY	Drills/Intervals	Intervals	Steady	-	Intervals	Track	"Just Ride"
SESSION DETAILS	Strength: Program 1a Swim: Session #7	5 km Warm up @RPE 4-5 1 min @RPE 5 6 min @RPE 6 1 min @RPE 7 1 min @RPE 8 1 min @RPE 9 Repeat as many times through until you reach 23 km. 2 km @RPE 4	Run: Maintain a steady (below threshold) pace of around RPE 5-6 If you like you can do this session off-road, but not too technical. Off-road build more skill work as you're controlling on an uneven surface. Expect to be a little slower for the same effort though.		Strength: Program 1b Swim: Session #8	Run: Session #2	Head out on a route with varying terrain, aiming to keep a steady tempo. Use longer rides to practice pacing and getting used to a more aero position where possible; bent elbows, low on the bars/drops or aero bars if you have them.
KEY FOCUS	Body position, rotation through the hips	Adjusting and holding speed & recovery from efforts	Moderate effort with sustainable form throughout		Arm placement during catch phase & pulling with hand and forearm as one	Replicating pace over similar distance. Increasing pace over 800's	Utilising the best position or gear for the type of road you're on
NOTES	Your kicking should be already feeling better, but still keep body position in mind and legs high in the water. Think about rotation through the hips	Remember RPE 6 is your sustainable moderate pace, then building up through to RPE 8 being your threshold pace (Race pace) with RPE 9 being unsustainable for much longer than 1 min	Remember that building run endurance is as much about maintaining run form as well as speed and distance		The strength program should be getting easier and you should be increasing your weights/ times of each exercise. Swim sets should be getting easier and you should be seeing improvement	Using time splits every 200 m, look for pace consistency. Over time you'll find it easier to run a set pace at will	Start looking at your average speed over these rides. They should be below your expected race pace (because of traffic, junctions etc.) but a good indication of your progress over the program

GOALS:

By week 3 you should be more settled with the routine and moving any sessions to fit in with your day to day life.

As the bike distance increases you should start to find a comfortable speed/rhythm with your peddling that will become your natural cadence. Use gears to keep you in this range.

As the weekly distance increase make sure you're sleeping and eating enough to recover.

WEEKLY DISTANCE: 105 KM

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WEEK 4

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SESSION	Swim	Bike	Swim & Run	Rest	Strength & Run	Swim	Brick
DURATION	2.5km	30km	2km/7.5km	-	60min/5km	2km	20km/3.5km
INTENSITY	Kicks/Intervals	Intervals	Intervals/Steady	-	Drills/Fartlek	Intervals	Tempo
SESSION DETAILS	Swim: Session: #7	5 min warm up @RPE 4 5x5 workout: 5 min @RPE 6 5 min @RPE 8 Repeat until you reach 28 km then ride easy for remaining time @RPE 4	Swim: Session #6 Run: Maintain a steady (below threshold) pace of around RPE 5-6		Strength: Program 1b Run: Fartlek; random intervals made up on a route of your choosing. Your average pace should still be around @RPE 6 with time spent between RPE 5-9	Swim: Session #4 You may add in glove work with the pull buoy sets if you wish. NOTE: if you notice your technique suffering with soft neoprene aqua mitts as you fatigue, take a break from them.	Complete your bike/run brick in a tempo/race pace format; holding a firm but slightly below threshold pace on the bike and then running hard off the bike. Bike @RPE 6-7 Run @RPE 8
KEY FOCUS	Body position, rotation through the hips	Longer threshold efforts to get you used to race pace	Swim; drills & speed Run; steady pace & good form		Adding some fun into training but also learning to return to base pace following effort.	Shorter intervals for more speed work	Learning to run hard off a hard bike
NOTES	Your kicking should be already feeling better, but still keep body position in mind and legs high in the water. Think about rotation through the hips. You can use fins for some of the kick length to add in a strength element	While this session may be done outside on a flat loop; it's a good one for the turbo/indoor trainer too	Use the 1-arm drills to iron out left/right imbalance and help you breath to your weaker side. Ensure the lead arm is kept in position out in front		Your average pace should be similar to an aerobic (RPE 6-7) run but with lots of variation in speed. This can be a good session to do with a friend, since you can take turns to call sprints, or efforts	Make sure to continuously breath out under water, avoid holding your breath. Remember head position; eyes down. Soft neoprene aqua mitts are good as they slow down your stroke and allow you to focus on technique	Practice with gearing to find and maintain a steady cadence/rhythm so you can control your effort. Settle into a run pace quickly. Practice set up in transition so you can save valuable time

GOALS:

If you're considering things like elastic laces in your shoes, or perhaps running without socks to improve transition time, then practice this now to give you time to get used to it. Nearly half way through, you should be feeling fitter, but also make sure you're resting enough and getting suitable recovery nutrition.

WEEKLY DISTANCE: 72.5 KM

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WEEK 5

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SESSION	Swim	Bike	Swim & Run	Rest	Strength & Run	Swim	Brick
DURATION	3km	25km	2.5km/10km	-	60min/5km	2km	25km/7.5km
INTENSITY	Drill/Pacing	TT	Drills & TT/Tempo	-	Track	Pool Based	Negative Split
SESSION DETAILS	Swim: Session #9 If you like you can alter the main set to allow a 1000m Time Trial to test your race pace. The resume the rest of the session as written. (keeping it to 3 km)	1 km warm up @RPE 5 Once warmed up using your pace from previous session aim to hit your threshold speed for the rest of the distance. Warm down, easy leg spin afterwards for a couple minutes	Swim: Session #8 Run: Aim to run at your fastest sustainable pace. For 10 km @RPE 8		Strength: Program 2a Run: Session #1 Aim to hit the 800s at 5 sec per lap faster than the 1600, and the 400s another 3-5 seconds per lap quicker. BUT; each repeated distance must be consistent.	Pool swim part of the program. Cover the distance aiming to swim smoothly, keeping a good technique	Complete the first half of each discipline at a steady tempo, building into your race pace for the last half. RPE 6-8
KEY FOCUS	Pace control and repeatability of each set time	Maintaining intensity with minimal change in pace	This is a best effort time, to check in where you current race pace lies		Repeatable pace with minimal time checks	Practice stroke technique & breathing	Steady building into Threshold pace
NOTES	If you cannot repeat the times from each set, adjust your speed. Be strict with your turn around times, either going "off" a set time or limiting yourself to 15 sec rest on shorter sets	This should be done on a flattish route. Alternatively this may also be done on a turbo trainer, WATT bike or gym bike. The idea is to test how well you can hold a goal race pace	This might be currently slower than where you plan to be in 6 week's time, but it will give you a rough idea of you progress and if your target time is realistic		Pacing and strength work. Improving your ability to run at higher speeds will increase your run fitness but also give your more ability to push yourself towards the later stages of a race	Add in some sighting practice, getting better at this will pay off on race day. Practice breathing to your weaker side, in case you need to on race day	Play with position on bars for flat & climbing. Use gears to keep your pedal cadence smooth. Learning to run a negative split out of transition will help with pacing

GOALS:

"Time Trial" week. This is an opportunity to test how far you've come and get an idea of where you'll be setting your race target pace. If you've not already; start thinking about hydration and fuelling for longer rides and perhaps experiment with various drinks/gels if you're planning to take them come race day.

WEEKLY DISTANCE: 80 KM



WEEK 6

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SESSION	Strenght & Swim	Bike	Run	Rest	Strength & Swim	Run	Bike
DURATION	60min/2.5km	30km	12.5km	-	60min/2km	5km	65km
INTENSITY	Drill/Intervals	Intervals	Intervals/Steady	-	Intervals	Tempo/Hills	Steady/Hills
SESSION DETAILS	<p>Strength: Program 2a</p> <p>Swim: Session #7</p> <p>Count strokes per length as a way of keeping your technique in check; if you have to increase your strokes, you're losing efficiency, or fatiguing</p>	<p>Incremental set: 10 km @RPE 5 10 km @RPE 7 10 km @RPE 8-9</p> <p>Getting used to an increasing intensity which will feel like it's getting particularly hard at the end.</p> <p>If you're doing this set outside where the ground naturally varies, then try to make your average HR higher by 5-10 beats every 10 km</p>	<p>Run: Sub-max effort steady run @RPE 6</p> <p>Aim to keep a comfortable good run form with minimal changes in HR. You can do this as an off-road run too, with minimal undulation.</p>		<p>Strength: Program 2b</p> <p>Swim: Session #6</p>	<p>Run: @RPE 6-8</p> <p>Short and fast run. You can either choose to do a flatter tempo run, or you can do a hill session; either running a hilly course, or doing multiple reps of one hill</p>	<p>Head out on a route, aiming to keep your average work effort: @RPE 6</p> <p>If you like you can plan some hills into your route for some harder work intervals</p>
KEY FOCUS	Pace replication between sets of same distance	Pace control, knowing what's easy and what's hard	Holding a steady pace, finishing as strong as you started		Continue to work hard on strength work	Good form when running hard	Try and hold a strong but steady pace throughout
NOTES	When breathing aim to keep one eye in the water, and keep your lead hand out in front until your recovery arm is on the way forward	While this session may be done outside on a flat loop; it's a good one for the turbo/indoor trainer too. if you've a 10km training loop you can aim to take off a minute+ each time	Ensure you warm up prior to running; foam rolling & mobility work to allow better run form		With a higher volume bike week, this lower volume swim will allow you to work hard without over fatiguing	With the rest of this week's sessions being longer distance, this will be a good short, sharp hard session	Good pacing on hills is important to maintain optimal race pace, too easy and you lose time, too hard and you'll be slower on the flats

GOALS:

Any new kit you're planning to use should be use in training to test it; new goggles (tinted for open water), trainers, elastic laces, bike shoes, tri suit etc. You need to make sure it all fits and works where you need it.

WEEKLY DISTANCE: 117 KM



WEEK 7

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SESSION	Swim	Bike	Swim & Run	Rest	Strength & Run	Swim	Brick
DURATION	3km	35km	2.5k/7.5km	-	60min/7.5km	2km	30km/5km
INTENSITY	Drill/Intervals	Hills	Steady	-	Track	Pool Based	Mixed effort
SESSION DETAILS	Swim: Session #10	Using a hilly route or one with at least one good climb that takes >3 min to ascend. Mix up between seated and standing climbing, keeping rhythm. Get used to descending too	Swim: Session #8 Run: Steady pace, below threshold @RPE 6-7		Strength: Program 2b Run: Session #2 Sets of the same distance should be repeated at the same speed/time. So consider this when you set off	Swim: Second pool swim of the program, continue with Practice sighting, and adapting your stroke; Slow your cadence. Break your swim down into some time spent adapting then finish with a 4-500 m hard effort @RPE 7	Option 1: Split into two mini-bricks of 15k/2.5k and do twice through, for more transition practice and more speed work Option 2: Complete through once at race pace
KEY FOCUS	Pace control and being able to repeat pace of each set	Climbing, descending, maintaining rhythm	Focus on run form and posture. Aim to keep 1 km slips as similar as possible		Hold form, and ensure times are repeated on shorter sets	Practice controlling your breathing	Set at race pace. Running well off the bike
NOTES	While aiming to swim hard on the shorter efforts, also try to maintain good alignments and form in the water since losing technique will make you slower	If you've not a hilly route you can do plan a 5-8 km loop around 1 particular hill and rep around that	Ensure you're hydrated and perhaps practice with any energy products you're planning to use on race day		The longer set should be closer to your goal race pace. The shorter sets should be faster	Add in some sighting practice, getting better at this will pay off on race day. Practice breathing to your weaker side, in case you need to on race day	Experiment with different positions on the bike; hoods, drops etc., aiming to be more 'aero' where it counts

GOALS:

As the volume reaches this level you should really feel the endurance improvements. Focus on your ability to hold higher efforts for longer. Use hills sessions to focus on power and control Keep improving open water skills & confidence.

Throw in a quick transition practice after your OWS; getting wetsuit off asap while still moving, running after a swim.

WEEKLY DISTANCE: 92.5 KM

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WEEK 8

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SESSION	Swim	Bike	Strength & Run	Rest	Strength & Run	Swim	Brick
DURATION	2.5km	40km	60min/7.5km	-	60min/5km	2km	70km
INTENSITY	Drill/Intervals	Intervals	Negative	-	Track	Pool Based	Hills
SESSION DETAILS	Swim: Session #7	5 x 5 intervals: 10 min warm up @RPE 5 5 min @RPE 6 5 min @RPE 8-9 Repeat until 3-5 km to go then warm down @RPE 4-5 Outdoors: Plan a route where you can complete a similar workout; e.g. loops or out-and-back	Strength: Program 2a Run: @RPE 6-9 Break this run down into 3 x 2.5 km efforts, planning to run each block at the following intensity: 1 – RPE 6 2 – RPE 8 3 – RPE 9		Strength: Program 2b Run: Session #1	Work in some harder efforts in to the later part of the session	Steady state ride with some efforts and/or hills included. Maintain steady cadence and rhythm to keep a constant work rate on climbs and flat. If you have access to your race course, you could do a recon ride (2 laps)
KEY FOCUS	Body position, rotation through the hips	High intensity efforts & recovery	Pace judgement & finishing strong		Match or better time from the last time you did this track session	Swim at harder using intervals RPE 8-9	Maintaining steady RPE 6-8
NOTES	Your kicking should be already feeling better, but still keep body position in mind and legs high in the water. Think about rotation through the hips & forearm position on catch	This may be performed on a turbo or outside, whichever is convenient	Working at RPE 9 towards the end of a run will feel very tough, but will be good practice for race day, as well as mental prep for working hard		The strength program should be getting easier and you should be increasing your weights/ times of each exercise	Arm drills aid rotation & stroke efficiency are good focus point for this session	Being able to ride your race route give you more confidence on descents & corners. You can also pace judge climbs and look for prevailing wind direction etc

GOALS:

This is your second largest volume week, so ensure you allow sufficient fuelling and recovery/sleep. Stick to the increases in distances as best you can, and where it fits. The more familiar session in the program should be seeing noticeable improvements. If you're happy to do so you can tweak sessions e.g. swims to work on weaker areas like drills or sprints.

WEEKLY DISTANCE: 127 KM



WEEK 9

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SESSION	Swim	Bike	Swim & Run	Rest	Strength & Run	Swim	Brick
DURATION	2.5km	40km	2.5km/10km	-	60min/7.5km	2km	30km/5km
INTENSITY	Drill/Intervals	Mixed efforts	Intervals/ Negative Split	-	Track	Pool Based	Bike/Run
SESSION DETAILS	Swim: Session #8	Preferably outdoors ride on a naturally varied route. Add in some harder "fartlek" style efforts. Pick a route where you can practice longer aerobar/drop efforts to work hard in a lower position	Swim: Session #7 Run: Complete this run as a negative split, but keeping intensity moderate: @RPE 5-7		Strength: Program 2a Run: Session #3	Longer steady duration swimming. Practice your sighting and start to play around with speed work. If you can swim with a friend or in a group, it is good practice for race day conditions	Race simulation: Using your intended race kit, clothing etc. Bike: warm up over the first couple of km then build into RPE 8+ Run: Run strong off the bike for the first 2 km then settle into an easier pace
KEY FOCUS	Holding form over longer distance. Using gloves work to strengthen stroke	Simulating holding a pace in a race with shorter higher efforts like hills/ overtaking	Simulating holding a pace in a race with shorter higher efforts like hills/ overtaking		Speed work and pushing into peak fitness	Maintain a steady consistent pace	Bike: Race pace effort Run: work hard for 2 km then slow to steady pace
NOTES	Final fitness push. The hard work you do here will fine tune your race fitness. Use shorter efforts to work hard and longer efforts to refocus on technique	Take adequate water & fuelling with you	This is a high volume day, if possible plan the session with a good gap in between. Make sure to eat and drink enough before and after these sessions		Strength sessions here are now key in keeping your body mobile and working muscles that you'll be relying on	Even though we want to try and race at a steady pace, mixing up your speed will simulate fatigue or being out of breath and help you learn to cope with it	Prep you bike as you intend to on race day; bottles, nutrition, spares etc. Field test all your planned equipment and transition strategies

GOALS:

The next two weeks are high volume training weeks, time wise. Ensure you plan in adequate rest and nutrition to prepare for sessions. This is a high volume week for running and your last tough one before you begin to taper down. Speed work and pacing is key Start to think about how much fluid you're using in training as a predictor of what you'll need on race day. If you've got any new shoes for race day, start to wear them in now.

WEEKLY DISTANCE: 104.5 KM



WEEK 10

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SESSION	Strength & Swim	Bike	Run	Rest	Strength & Run	Swim & Run	Bike
DURATION	60min/2.5km	30km	7.5km	-	60min/7.5km	2km/5km	50km
INTENSITY	Drill/Intervals	Intervals	Intervals/Steady	-	Track	Pool Based/Track	Hills
SESSION DETAILS	Strength: Program 2a Swim: Session #10	Indoors: 5 km Warm up, progressing intensity @RPE 5-8 1 min @RPE 5 6 min @RPE 6 1 min @RPE 7 1 min @RPE 8 1 min @RPE 9 Repeat until 3-5 km to go, then cool down @RPE 4 Outdoors: Fartlek ride with longer efforts	Run: @RPE 6-7 Steady effort, keep it aerobic and run over a route of your choosing. If you're off-road or on a hilly route, pace yourself to keep effort in the correct zone		Strength: Program 2b Run: Session #3	Swim: Run through a prep as if race day; get your Tri suit/swim gear on, fit it properly then do a practice start and swim race distance. Use remaining distance for sprints. Run:@RPE 8	Steady state ride with some hills included. Maintain steady cadence and rhythm. Pace judgement on hills
KEY FOCUS	Swim: Test yourself on the last 400m to see how well you perform tired	Holding threshold pace for longer	Focus on run form, posture and finishing feeling strong		Working above race pace	Swim: Working at race pace. Run: Race pace for 3/4 distance	Pace judgement on hills
NOTES	You should be getting near your best times over 100 & 200 m, but the real show of fitness, will come when you are able to them return to the longer 400's and hold a good pace	Being able to work above and below your threshold/ race pace and then return to working there is a useful skill for racing on courses with challenging terrain or technical segments	Steady effort at a below max pace, focusing on holding form and keeping each km the same effort level or HR		If you like you can do each segment of the same distance as a negative split, trying to beat the time of the last segment by 1-2 seconds	Final race pace prep. Polishing off you technique and race pacing	Good pacing on hills is important to maintain optimal race pace, too easy and you lose time, too hard and you'll be slower on the flats

GOALS:

The last high volume week before we start to bring the distance down. By the end of this week you will have a good idea of your race plan and be able to set a realistic target and plans your pacing and nutrition strategy around this.

Make sure you have all the equipment you need, and any last minute purchases are tested in training over race distance at least.

WEEKLY DISTANCE: 105 KM



WEEK 11

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SESSION	Swim	Bike	Swim & Run	Rest	Strength & Run	Swim	Brick
DURATION	3km	30km	2.5km/7.5km	-	60min/3.5km	2km	20km/5km
INTENSITY	Drill/Intervals	TT	Intervals/Track	-	Tempo	Pool Based	
SESSION DETAILS	Swim: Session #9	Preferably outside on a route you know well and can ride hard safely. Aim to complete the ride at race intensity @RPE 7-8 If weather allows, use race kit as well: Shoes, socks/sockless? Trisuit Sunglasses	Swim: Session #8 Run: Session #2		Strength: Your program choice Which even program you feel is more effective for you. Keep the weights/ repetition the same but only complete around 2/3 of the total sets. Allocate more time to flexibility and foam rolling Run: Steady pace @RPE 8+	If you like you can do this session as a straight 1 km swim TT. Otherwise break it up into shorter/faster efforts. Where ever you feel you stand to gain the most, based on how your training has gone	Race day simulation: Use all your kit and practice how you'll lay it out come race day. Bike & Run @RPE 7-8 working on your pacing and trying to settle into your run as soon as you can off the bike. Work on transition time
KEY FOCUS	Maintaining stroke count per length when working hard	Sustained race pace	Speed, pacing, consistency		Flexibility, Run; Hard from the start effort @race pace	Distance, breathing, sighting, pace.	Transition speed, pacing
NOTES	A good sign that you're holding your efficiency is that you're stroke count per length stays the same	Keep hydrated and note your intake, practice nutrition strategy	Use the shorter sets to really push out your maximum sustained efforts over each distance		Keeping your muscles working, but more importantly keeping them mobile and recovering will be important for being at your best on day	Make sure your warm up routine is in place, so you can be ready to work at race pace from the gun	Everyone lays out transition slightly differently. Find what works for you and practice it; e.g. race belt, elastic laces, nutrition

GOALS:

Bringing the volume down and working on speed will let your body start to recover while acting as a last surge for your peak fitness. Everything should be aimed at setting up your race plan.

NB; All plans need to be flexible, this is a critical stage in training and if you feel over fatigued you must rest, as this will prepare you better than overtraining.

WEEKLY DISTANCE: 73.5 KM



WEEK 12

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SESSION	Swim	Bike	Run	Strength	Run	Swim	RACE DAY
DURATION	1.5km	12.5km	2.5km	30min	1.5km	1km	-
INTENSITY	Mixed	Mixed	Mixed	Easy	Easy	Pool Based (Easy)	Race Pace
SESSION DETAILS	200 m warm up 200 m pull buoy @RPE 6 400 m @RPE 7 200 m @RPE 8 100 m x 2 @RPE 9 100 m warm down	Final pre-race check; ride a steady effort bike in race set up, carry what you're planning to carry in the race. Add in some bursts 2-4 minute efforts. RPE 5-8	Run at a steady pace focusing on your form and keeping a light foot strike. Add in shorts burst of harder efforts for a little bit at a time. RPE 6-8	Just do the WARM-UP/ flexibility part of your routine ONLY. If you're feeling good head out for a gentle 1 km run @ RPE 5-6 to keep you loose (optional)	Still warming up beforehand this should be about keeping your legs moving. Still working at a good tempo, but not quite race pace. RPE 7	Relaxed effort swim, loosening off with a few short bursts. RPE 5-7	The hard work is over, stick to what you know in training. Race hard, race well and have fun!
KEY FOCUS	Speed, pacing	How the bike feels	Run form	Flexibility, Recovery	Relaxed form	Relaxed stroke.	
NOTES	With all the training under your belt, you shouldn't feel tired after this session. This is steady work with a few bursts	This is your pre-race bike check; is all in working order, do you have the spares you need. After the ride, clean the bike and give the tyres a once over	This distance should feel very easy now and you should feel good when you finish	If possible book a massage		Nice short session to loosen off	Do your best, and have fun!

GOALS:

The hard work is done, nothing you can do now will make you fitter. So the focus here is to maintain your peak while allowing recovery. Keep the sessions high quality with good pace work. Reduced volume/distance will allow for adaptation/recovery.

If you've travelled to an event having a run or swim when you get there can help you get over a journey.

WEEKLY DISTANCE: 44.8 KM



RATE OF PERCEIVED EXERTION

We will use the Rate of Perceived Exertion (RPE) scale illustrated below to determine the intensity of your sessions.

These will be highlighted in each session text to make it clear as to what is expected. This table helps you understand exactly how you should feel when executing the training session. Due to the nature of the scale, it is subjective and requires you to feel how your body is responding to the exercise, when doing this consider how your heart is pumping, how quickly you are breathing, how much you are sweating and how much discomfort you are experiencing in your legs.

Please remember that everybody's RPE figure could be different to yours when exercising at the same speed because we all respond differently to exercise.

RPE DESCRIPTION

- | | |
|-----------|---|
| 0 | Complete rest |
| 1 | Very Weak: I am just about moving |
| 2 | Weak: I am walking at a faster pace and can hold a conversation easily |
| 3 | Light: I am beginning to sweat a little, but can hold conversation throughout |
| 4 | Moderate: I am very happy at this effort |
| 5 | Somewhat Strong: I am sweating more heavily and starting to feel my breathing is becoming more stressed |
| 6 | Strong: I am beginning to feel more out of breath but could maintain this pace for a few hours |
| 7 | Very Strong: My breathing is very laboured, but I can still maintain pace for an hour without slowing |
| 8 | Hard: I am starting to struggle to hold this pace and my heart is racing and am sweating heavily |
| 9 | Very Hard: This is hurting and I can only hold this effort for up to 5mins |
| 10 | Extremely Hard: I am absolutely flat out and this is sprinting. I will need to stop after 30secs |



SWIM SESSIONS

SESSION 1 - 1KM

WARM UP

100 m FS @RPE 4-5
200 m Drill (25m Fist/25m FS x 4)

MAIN SET

2 x 200 m FS + Pull buoy @RPE 5
2 x 100 m FS @RPE 7

COOL DOWN

100 m – FS RPE 4-5

SESSION 4 - 2KM

WARM UP

400 m FS @RPE 5
400 m FS + Pull @RPE 5-6

MAIN SET

200 m FS @RPE 6
100 m FS @RPE 7
50 m FS @RPE 8

COOL DOWN

150 m – any stroke RPE 4-5

SESSION 2 - 1.5KM

WARM UP

200 m FS @RPE 4-5
200 m Drill (25m Fist/25m FS x 4)

MAIN SET

1 x 400 m FS + Pull buoy @RPE 5
2 x 200 m FS @RPE 6
2 x 100 m FS @RPE 7

COOL DOWN

100 m – FS RPE 4-5

SESSION 5 - 2KM

WARM UP

200 m FS @RPE 5
300 m Drill (25m 1-arm FS/25m 1-arm FS/50m FS x3)

MAIN SET

400 m FS @RPE 5-6
200 m FS + Gloves + Pull buoy @RPE 6
4 x 200 m FS @RPE 7-8 (30 sec rest)

COOL DOWN

100 m – any stroke RPE 4-5

SESSION 3 - 1.5KM

WARM UP

200 m FS @RPE 4-5
200 m Drill (50m Drill/50m FS x 2)
(Drill can be; Kickboard/catch-up/1-arm)

MAIN SET

1 x 300 m FS + Pull buoy @RPE 6
2 x 150 m FS @RPE 7
4 x 75 m FS @RPE 7-8

COOL DOWN

200 m – FS RPE 4-5

SESSION 6 - 2KM

WARM UP

400 m FS @RPE 5
100 m Kicking w/kickboard

MAIN SET

400 m FS + Pull buoy @RPE 5-6
200 m FS @RPE 6-7
2 x 100 m FS @RPE 8

COOL DOWN

100 m – any stroke RPE 4-5



SWIM SESSIONS

SESSION 7 - 2.5KM

WARM UP

200 m FS @RPE 5
200 m Drill (25m Fist drill/25m FS x 4)

MAIN SET - Repeat twice through

1 x 400 m FS @RPE 5-6
2 x 200 m FS + gloves @RPE 6-7
2 x 100 m FS @RPE 8

COOL DOWN

100 m – any stroke RPE 4-5

SESSION 10 - 3KM

WARM UP

400 m FS @RPE 5
100 m Kicking

MAIN SET

1 x 400 m FS @RPE 6 (45 sec rest)
2 x 200 m FS Gloves + Pull buoy @RPE 7 (30 sec rest)
4 x 100 m FS @RPE 8 (20 sec rest)
2 x 200 m FS + Gloves + Pull buoy @RPE 7 (30 sec rest)
1 x 400 m FS @RPE 6 (45 sec rest)
2 x 200 m Medley (if you cannot do fly, replace with FS)

COOL DOWN

100 m – any stroke RPE 4-5

SESSION 8 - 2.5KM

WARM UP

400 m FS @RPE 5
400 m Drill (50m kick/50m FS x 4)
200 m FS + Pull buoy @RPE 6

MAIN SET - Repeat twice through

400 m FS @RPE 6
200 m FS @RPE 7-8
100 m Mixed stroke @RPE 5-6

COOL DOWN

100 m – FS RPE 4-5

SESSION 9 - 3KM

WARM UP

400 m FS @RPE 5+
100 m Kickboard
100 m FS + Pull buoy @RPE 6

MAIN SET - Repeat three times through

1 x 200 m FS @RPE 6
2 x 100 m FS @RPE 7 (gloves + pull optional)
4 x 50 m FS @RPE 8+

COOL DOWN

100 m – any stroke RPE 4-5



EXPLANATION OF SWIM DRILLS

Included within the swim sessions are a number of drills. Please find an explanation of each drill below:

KICK: Swim on your front and using a kickboard you use only your legs to aid propulsion. You must kick from the hips using a straight leg action. Concentrate on pointing your feet behind you and having floppy and flexible ankles. Engage your core to keep your hips elevated. When using the kickboard aim to keep the board horizontal by applying a small amount of pressure down on the board thus raising your chest. You can either keep your head up or pop your face into the water to simulate the correct body position. You can use fins to help with your kick if necessary.

SIDE KICK: Hold the kickboard in one hand and keep that hand outstretched in front of your head and body, your other arm will rest on your side. Kick from the hips with the hips facing the sides of the pool. Concentrate on pointing your feet towards the end of the pool with floppy and flexible ankles. Engage your core to keep your hips elevated. You should keep your face pointing down to the bottom of the pool only turning your head sideways to breathe. You can use fins to help with your kick if necessary.

DEAD MAN FLOAT: Push off the wall keeping your arms in front of the head then when you begin to lose momentum bring your arms back to being by your sides, where they now stay. Use only your kick for propulsion, using fins where necessary. Concentrate on body and head position, keep your head facing down with the chin slightly tucked inwards to your chest and push your chest out down towards the floor. The hips should gently break the surface of the water. If you become stationary simply do a few arm strokes to gain momentum again.

PENCIL FLOAT: Apply the same principles as for the Dead Man Float, except this time you keep your arms fully stretched out in front of the body and have your head squeezed in between your arms. Concentrate on keeping the arms straight and long.

CATCH-UP: When swimming a standard Front Crawl technique apply a slower arm revolution so that each arm is completing a full stroke before the other arm begins the next stroke. Complete a full stroke with your Right arm, holding your Left arm in a forward and outstretched position, with your Right hand coming through and making contact with your Left hand before you begin a full stroke with the Left arm. Continue to do this resisting the temptation to begin the next stroke too soon. A handy tip is to use a kickboard or pull buoy and hold this in the leading hand and exchange hands between strokes. If you struggle to maintain body position doing this drill hold a pull buoy between your thighs.

PULL: Swim standard Front Crawl holding a pull buoy between your thighs. Concentrate on the power needed to complete the full stroke without any kick being applied. You must be strict to not use any kick doing this. Do not speed your stroke up to compensate for the lack of a leg kick.

ZIPPERS: Swim standard Front Crawl, as your arm is beginning its movement up the body trail your thumb up from the thigh, past the hip and into towards the arm pit before allowing the hand to exit the water and reach forwards. This encourages a high elbow exit from the water as well as keeping your recovery arm in close proximity to the body.

SOFT NEOPRENE AQUA MITTS: Wear soft neoprene aqua mitts to apply greater resistance to the water through each stroke. This promotes greater strength through your arms and shoulders. To use soft neoprene aqua mitts properly ensure soft neoprene aqua mitts used are OCL policy compliant, then when using you must enter the water with the fingers pointing down to the bottom of the pool and pull through the water with your elbow always higher than your hand. Continue to push all of the way through the stroke past your hip to get full use of the soft neoprene aqua mitts.

POLO-SIGHTING: Introduce some open water skills to your pool swim with this drill. When turning your head to breathe also turn your head forwards to look in front of you. When trying to look forwards activate a strong stroke that will allow you to bring your shoulders higher out of the water. Do not do this every breath, start with every 4 breathes and work up to every 8. Find the sighting/breathing pattern that works best for you.

HYPOXIC BREATHING: Swim standard Front Crawl and concentrate on the number of strokes per breath. Begin with your normal breathing pattern and then gradually try to increase by 1 stroke at a time, building to a maximum of 7 strokes per breath. You must relax completely to be able to execute this drill, relax your chest, neck and jaw and focus on a very slow exhalation. Alternate between breathing patterns to simulate the unpredictability of open water swimming.

FIST DRILL: Close your hands like fists and swim normal front crawl. This takes away the paddle action of your hand and you will need to concentrate on the position of your forearm to be used to pull you through the water.



RUNNING - TRACK SESSIONS

SESSION 1

WARM UP

400 m @RPE 4-5

MAIN SET*

1 x 1600 m

2 x 800 m

4 x 400 m

TOTAL: 5200 m

SESSION 2

WARM UP

400 m @RPE 4-5

MAIN SET*

3 x 1600 m

3 x 800 m

TOTAL: 7600 m

SESSION 3

WARM UP

400 m @RPE 4-5

MAIN SET*

1 x 1200 m

3 x 400 m

1 x 1200 m

3 x 400 m

1 x 1200 m

3 x 400 m

TOTAL: 7600 m

*You should aim to run your main set as fast as you can, however the pace you set should be consistent for all of your 400m efforts for example in Session 1 the 400m pace during your 1600m effort should be the same as your final 400m effort. If you start out too fast your 400m times will start slipping. Find a pace you can maintain then gradually chip away at your 400m time gradually.



STRENGTH & CONDITIONING SESSIONS

SESSION 1A

WARM UP

Flexibility/Movement	Duration	Notes
Foam roller; Back	30-45 sec	Roll over back, especially lower, to ease off connective tissue & increase mobility
Foam roller; ITB	30-45 sec	Roll ITBs to release tension in connective tissue that may inhibit knee/hip movement
Foam roller; Calf's	30-45 sec	Rolling calf's, especially Achilles, can aid ankle flexibility and recovery from training
Kneeling hip flexor stretch	30-45 sec	Gently driving hips into stretch, with arms overhead to feel stretch in hips & torso
Hamstring 'track stretch'	8-10 reps	From "start" position to semi-standing while holding foot, until stretch is felt, in hamstring

MAIN SET

Exercise	Sets	Reps	Tempo	Rest	Weight
Side plank; from knees	2-3	45sec	Static	20sec	BW
Front plank on stability ball	2-3	16-20	Slow	20sec	BW
Tube walking	2	20	Slow	20sec	RB
2 leg glute press w/foot on step	2-3	12-15	Slow	30sec	BW
Stability ball wall squat	2-3	12-15	Slow	30sec	BW
Laying over stability ball, arm raise	2-3	12-15	Slow	30sec	BW
Kneeling press up	2-3	Max	Slow	30sec	BW

SESSION 1B

WARM UP

Flexibility/Movement	Duration	Notes
Foam roller; Back	30-45 sec	Roll over back, especially lower, to ease off connective tissue & increase mobility
Foam roller; ITB	30-45 sec	Roll ITBs to release tension in connective tissue that may inhibit knee/hip movement
Foam roller; Calf's	30-45 sec	Rolling calf's, especially Achilles, can aid ankle flexibility and recovery from training
Kneeling hip flexor stretch	30-45 sec	Gently driving hips into stretch, with arms overhead to feel stretch in hips & torso
Hamstring 'track stretch'	8-10 reps	From "start" position to semi-standing while holding foot, until stretch is felt, in hamstring

MAIN SET

Exercise	Sets	Reps	Tempo	Rest	Weight
Front plank (from toes or knees)	2-3	45sec	Static	20sec	BW
Dead bug	2-3	16-20	Slow	20sec	BW
Laying on side leg raise	2	20	Slow	20sec	RB
Hamstring curl on stability ball	2-3	12-15	Slow	30sec	BW
Lateral lunge, alternating sides	2-3	12-15	Slow	30sec	BW
Resistance band pull over on ball	2-3	12-15	Slow	30sec	BW
Stability ball chest press	2-3	Max	Slow	30sec	BW



STRENGTH & CONDITIONING SESSIONS

SESSION 2A

WARM UP

Flexibility/Movement	Duration	Notes
Foam roller; Back	30-45 sec	Roll over back, especially lower, to ease off connective tissue & increase mobility
Foam roller; ITB	30-45 sec	Roll ITBs to release tension in connective tissue that may inhibit knee/hip movement
Foam roller; Calf's	30-45 sec	Rolling calf's, especially Achilles, can aid ankle flexibility and recovery from training
Kneeling hip flexor stretch	30-45 sec	Gently driving hips into stretch, with arms overhead to feel stretch in hips & torso
Hamstring 'track stretch'	8-10 reps	From "start" position to semi-standing while holding foot, until stretch is felt, in hamstring

MAIN SET

Exercise	Sets	Reps	Tempo	Rest	Weight
Side plank; from toes	2-3	45sec	Static	20sec	BW
Stability ball roll outs from knees	2-3	16-20	Slow	20sec	BW
Tube walking	2	20	Slow	20sec	RB
1 leg glute press w/foot on step	2-3	12-15	Slow	30sec	BW
Stability squat (with weights if easy)	2-3	12-15	Slow	30sec	BW
Laying over stability ball; arm dumbbell row	2-3	12-15	Slow	30sec	BW
Kneeling press up	2-3	Max	Slow	30sec	BW

SESSION 2B

WARM UP

Flexibility/Movement	Duration	Notes
Foam roller; Back	30-45 sec	Roll over back, especially lower, to ease off connective tissue & increase mobility
Foam roller; ITB	30-45 sec	Roll ITBs to release tension in connective tissue that may inhibit knee/hip movement
Foam roller; Calf's	30-45 sec	Rolling calf's, especially Achilles, can aid ankle flexibility and recovery from training
Kneeling hip flexor stretch	30-45 sec	Gently driving hips into stretch, with arms overhead to feel stretch in hips & torso
Hamstring 'track stretch'	8-10 reps	From "start" position to semi-standing while holding foot, until stretch is felt, in hamstring

MAIN SET

Exercise	Sets	Reps	Tempo	Rest	Weight
Front plank (from toes or knees)	2-3	45sec	Static	20sec	BW
Dead bug	2-3	16-20	Slow	20sec	BW
Laying on side leg raise	2	20	Slow	20sec	RB
Walking lunges	2-3	20	Dynamic	30sec	BW
Lateral lunge to balance	2-3	12-15	Slow	30sec	BW
Resistance band pull over on ball	2-3	12-15	Slow	30sec	BW
Stability ball chest press	2-3	Max	Slow	30sec	BW