

Training Plan Reverse Sprint Tri 8 Weeks

Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 1						
Day 1	2	3	4	5	6	7
<p>Let's get started!</p> <p>Your first reaction will be that the training is TOO EASY. This is NOT the c...</p>	<p>Swim Fast Swim 0:20:00 Swim 5-10 minutes warm-up, 6 x 50 on 30 seconds rest at a Moderate to FAST effort, 5 minutes warm-down</p>	<p>Run Speed Run 0:30:00 Run Hill%: 0-50 Overall Effort: Easy to Moderate After warming up, perform 3 x 2 minutes at sustained Race Pace Effort or slightly Faster with 1 minute rest</p>	<p>Bike Easy Bike with Sprints 0:30:00 Bike Hill%: 0-25 Overall Effort: Easy Include 4 x 20 seconds Best Effort with 1 minute rest between efforts</p>	<p>Day Off</p>	<p>Run Easy Run 0:15:00 Run Hill%: 0-25 Overall Effort: Easy Do the bike as soon as possible following the run</p>	<p>Swim Easy Swim 0:20:00 Swim Easy swim, focus on technique Include 4 x 50 at a MODERATE, repeatable pace with 30 seconds rest between swims.</p>
<p>Run Easy Run 0:15:00 Run Hill%: 0-25 Overall Effort: Easy</p>			<p>Swim East Swim 0:20:00 Swim Easy swim, focus on technique Include 4 x 25 meter VH sprints with 1 minute rest between sprints, Can you hold your technique while sprinting?</p>		<p>Bike MOD Bike 1:00:00 Bike Hill%: 25 Overall Effort: Moderate After warming up, sustain a MODERATE effort for the duration of the ride, aiming to hold the same pace/speed/effort through the entire session</p>	
<p>Bike Speed Bike 0:40:00 Bike Hill%: 0-50 Overall Effort: Moderate After warming up, Include 6 x 1 minutes at sustained Race Pace Effort or slightly Faster with 1 minute easy between each effort</p>						

Training Plan Marathon Basic - 12 Weeks

Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 1						
Day 1	2	3	4	5	6	7
	<div data-bbox="438 456 669 659" style="border: 1px solid black; padding: 5px;"> <p>Run Easy Run 0:30:00 Run Hill%: 0-25 Overall Effort: Easy</p> </div>	<div data-bbox="722 456 972 716" style="border: 1px solid black; padding: 5px;"> <p>Run Easy Run 0:40:00 Run Hill%: 0-25 Overall Effort: Easy Include 4-6 x 1 minute MODERATE efforts</p> </div>	<div data-bbox="1014 456 1186 693" style="border: 1px solid black; padding: 5px;"> <p>Run Easy Run 0:30:00 Run Hill%: 0-25 Overall Effort: Easy</p> </div>		<div data-bbox="1417 448 1656 737" style="border: 1px solid black; padding: 5px;"> <p>Run Easy Run 0:30:00 Run Hill%: 0-25 Overall Effort: Easy Include 2-4 x 1 minute MODERATE efforts</p> </div>	<div data-bbox="1680 448 1990 1122" style="border: 1px solid black; padding: 5px;"> <p>Run Run Time Trial 1:00:00 Run Hill%: 0 Overall Effort: Moderate to Hard warm up, then run a 5k time trial at your best even effort for the whole 5k. Push the effort harder the last 1k if you can, Note time and average heart rate for the 5k effort. Use the heart rate training zones, and use an online pace calculator to determine training paces (useful if you have a way to train with paces and for Yasso 800's</p> <p>THIS MAY ALSO BE A 5k RACE</p> </div>

Training Plan Run 10km - 12 Weeks

Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 1						
Day 1	2	3	4	5	6	7

Let's get started!

Your first reaction may be that this is not enough training. This is NOT the ...

Run
1:00:00
Run
10' warm up
8 x 400m with 400m jog/walk recovery
10' loosen

Other
Easy jog, bike, or swim
0:30:00
Other

Run
0:45:00
Run
10' warm up
3 miles or 5km at ST
10' loosen

Run
0:50:00
Run
6 miles or 10km at LT

Day Off

Other
Easy jog, bike, or swim
0:30:00
Other

Training Plan Bike Basic 60-80k race - 12 Weeks

Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 1						
Day 1	2	3	4	5	6	7

Let's get started!

Easy (E)● Continuous conversation pace (except hills, which would be moderat...

Bike
1:15:00
Bike

Ramp
1 x 5 min ME

Bike
1:00:00
Bike
2-8 x 5' Mod
with 3'-5' Easy
Recovery

Bike
Group Ride?
2:00:00
Bike
33% Hills

Bike
1:00:00
Bike
EASY

Week #	Basic Triathlon (Sprint Race)	Basic Marathon	Run 10k	Basic Bike (60-80k Race)
	Hours/Week	Hours/Week	Hours/Week	Hours/Week
1	05:05	03:10	03:35	05:15
2	06:10	03:30	04:00	05:30
3	06:10	04:00	03:50	05:45
4	05:05	03:10	04:30	05:15
5	07:05	04:30	04:05	05:45
6	07:05	05:00	04:00	06:30
7	07:05	03:10	04:00	06:30
8	05:50	05:35	04:25	05:30
9	03:25	06:00	04:10	06:30
10		05:10	04:15	06:30
11		04:10	03:40	04:45
12		01:45	03:00	02:20