



TRAINING PLAN

Please consult your physician before starting any fitness training

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Week 1	Rest day	Swim session 1	Bike 30 minutes Level 2	Run 15 minutes Level 1/2 Off road if possible	Swim session 1	Run 15 minutes Level 1/2 Off road if possible	Bike 30 minutes Level 1/2
Week 2	Rest day	Swim session 2	Bike 35 minutes Level 2	Run 20 minutes Level 1/2 Off road if possible	Swim session 2	Run 20 minutes Level 1/2 Off road if possible	Bike 35 minutes Level 1/2
Week 3	Rest day	Swim session 3	Bike 35 minutes Level 2	Run 20 minutes Level 2 Off road if possible	Swim session 3	Run 25 minutes Level 1/2 Off road if possible	Bike 40 minutes Level 1/2
Week 4	Rest day	Swim session 1	Bike 30 minutes	Run 15 minutes Level 2 Off road if possible	Swim session 1	Run 15 minutes Level 1/2 Off road if possible	Bike 30 minutes Level 1/2
Week 5	Rest day	Swim session 4	Bike session 1 Total time 40 mins	Run session 1	Swim session 4	Run 30 minutes Level 1-3 Off road if possible	Bike 45 minutes Level 1-3 Hilly route level 3 on hills

TRAINING PLAN

Please consult your physician before starting any fitness training

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Week 6	Rest day	Swim session 5	Bike session 2 Total time 45 mins	Run session 2	Swim session 5	Run 35 minutes Level 1-3 Off road if possible	Bike 50 minutes Level 1-3 Hilly route Level 3 on hills
Week 7	Rest day	Swim session 6	Bike session 3 Total time 48 mins	Run session 3	Swim session 6	Run 40 minutes Level 1-3 Off road if possible	Bike 50 minutes Level 1-3 Hilly route Level 3 on hills
Week 8	Rest day	Swim session 7	Bike session 1	Run session 1	Swim session 7	Run 30 minutes Off road if possible	Brick session 1 Bike 50 minutes Level 1-3 Followed by 15 minutes level 1 run
Week 9	Rest day	Swim session 4	Brick session 2 Bike 30 minutes Level 2-3 Run 20 minutes Level 2	Run 20 minutes Level 1/2 Off road if possible	Swim session 7	Run 30 Level 2 minutes Using the kit that you will run in next week	Preview Session See website for details
Week 10	Rest day	Swim session 8	Brick session 3 Bike 30 minutes Level 2-3 Run 25 minutes Level 2	Rest day	Swim session 1	15 min easy on bike checking everything is working. 10 min easy run.	Race day Have Fun

TRAINING PLAN

Please consult your physician before starting any fitness training

	Swim session	Bike session	Run session
1	<p>Warm up: 2 x 50m Level 1 (rest 30 secs) 2 x 50m Level 2 (rest 1 minute)</p> <p>Main set: 100m Level 1 (rest 1 minute) 100m Level 2 (rest 90 secs)</p> <p>Swim down: 50m Level 1 Total 450m (18 lengths)</p>	<p>10 minutes Level 1</p> <p>10 minutes Level 3</p> <p>20 minutes Level 1</p> <p>Try and find a hilly route. Work hard for the middle 10 minutes</p>	<p>5 minutes Level 1 warm up</p> <p>4 x 3 minutes Level 3 with 1 min recovery.</p> <p>10 min Level 1</p>
2	<p>Warm up: 2 x 50m Level 1 (rest 30 secs) 2 x 50m Level 2 (rest 1 minute)</p> <p>Main set: 100m Level 2 (rest 1 minute) 150m Level 1 (rest 90 secs)</p> <p>Swim down: 50m Level 1 Total 500m (20 lengths)</p>	<p>10 minutes Level 1 warm up</p> <p>15 minutes Level 3</p> <p>20 minutes Level 1</p>	<p>5 minutes Level 1 warm up</p> <p>3x5 minutes Level 3 with 2 minutes recovery.</p> <p>10 min Level 1</p>
3	<p>Warm up: 2 x 50m Level 1 (rest 30 secs) 2 x 50m Level 2 (rest 1 minute) 2 x 50m Level 3 (rest 1 minute)</p> <p>Main set : 100m Level 2 (rest 1 minute) 200m Level 1 (rest 90 secs)</p> <p>Swim down: 50m Level 1 Total 600m (24 lengths)</p>	<p>10 minutes Level 1 warm up</p> <p>20 minutes Level 3</p> <p>4x 1 min Level 4 (rest 1 min between each level 4 effort)</p> <p>10 minutes Level 1</p>	<p>Find a short hill (about 7%). Which takes about 2 minutes to run.</p> <p>10 minutes Level 1 warm up - to bottom of hill.</p> <p>Run hill 4x Level 3/4</p> <p>Jog down for recovery</p> <p>10 minutes Level 1</p>
4	<p>Warm up: 2 x 100m Level 1 (rest 30 secs between 100s)</p> <p>Main set : 250m Level 2 (rest 1 minute) 2 x 50m Level 3 (rest 1 minute between 50s)</p> <p>Swim down: 50m Level 1 Total 600m (24 lengths)</p>	<p>30 minute Level bike</p> <p>Followed by</p> <p>15 minute Level 3 run</p>	
5	<p>Warm up: 2 x 100m Level 1 (rest 30 secs)</p> <p>Main set : 300m Level 2 (rest 90 secs) 2 x 75m Level 3 (rest 1 minute between 75s)</p> <p>Swim down: 50m Level 1 Total 700m (28 lengths)</p>		

TRAINING PLAN

Please consult your physician before starting any fitness training

	Swim session	Bike session	Run session
6	<p>Warm up: 2 x 100m Level 1 (rest 30 secs)</p> <p>Main set: 400m Level 2 (rest 1 minute) 1x 50m Level 4 (rest 1 minute)</p> <p>Swim down: 50m Level 1</p> <p>Total 700m (24 lengths)</p>		
7	<p>Warm up: 1x 100m Level 1 (rest 30 secs)</p> <p>Main set: 400m Level 2 (rest 1 minute)</p> <p>Swim down: 100m Level 2</p> <p><i>50m level 3 rest of swim in level 2 to simulate the start of the race. Throw in occasional 10m of harder effort to simulate having to overtake someone during race. Last 25m ease up in preparation to climb out of the pool and enter transition.</i></p> <p>Total 600m (24 lengths)</p>		
8	<p>Warm up: 1x 100m Level 1 (rest 30 secs)</p> <p>Main set: 400m Level 4 (rest 1 minute) 2x 50m Level 4 (rest 90 secs)</p> <p>Swim down: 50m Level 1</p> <p>Total 700m (24 lengths)</p>		

Assumptions and Notes - Most swimming pools in the UK are 25 metre. Older ones maybe 25 yards, therefore 50m is 2 lengths 100m is 4 lengths. The swim for the NHS FunTri is 400m which is 16 lengths I have used the Reebok University's Effort Scales to illustrate the effort required for each session. These have been adapted and simplified from the Borg Scale And use a 1 to 4 scale

Exertion Level 1 - Light to moderate effort. Mild increase in breathing rate.

Exertion Level 2 - Moderate effort. Noticeable increase in breathing.

Exertion Level 3 - Moderate to hard effort. Noticeable increase in depth/rate breathing. Difficulty talking in full sentences.

Exertion Level 4 - Hard to extremely hard effort. Unable to talk at all. Gasping slightly for breath.

The weekly structure that you use is obviously dependent on your own circumstances So feel free to change the session around. However try to adhere to the following guidelines:

Avoid two hard days back to back

If you miss a session don't panic.

If you miss a few days restart the training where you left off.

If you have questions or comments please leave them in the training section on the website forum.