

# Challenge Wanaka Sec Schools U19 (8 weeks)

## Challenge Wanaka Sec Schools U19

This is a cracking 8 week plan to get you fast, sharp and ready to give it heaps at the U19 Sec Schools Challenge Triathlon. The plan has a fair amount of strength and speed work in a short space of time, so make sure you have a good base fitness before kicking it off.

The important thing with a plan like this is to do the easy stuff EASY and the hard stuff HARD! A few times through this session you will find yourself over race pace, and you may even reach your limits. But this is a good thing, if you don't know what your limit is then you may fall short of your target on race day. Rest and recovery is very important here. Make sure you finish your training session and get straight into your recovery strategies - Nutrition, Stretching, Compression garments, Ice baths, Sleep....what ever it takes you to freshen up for the next session.

Because it's a fairly short Training Plan we have kept the taper to 7-10 days. The taper phase is very individual, so you may find you have to lighten the load a little bit sooner than 10 days out, you can manually alter the training sessions to suit this. You shouldn't try to shorten the taper to any less than 7 days though. You want to make the most of that time to really freshen up, and just do enough training to remind your body what is coming up in a few days time.

Race day will be over before you know it. Just remember, in order to give yourself the best possible chance in the race keep a little bit in reserve for the final portions of each leg. You certainly don't want to go out too hard at the start of each discipline only to fall short before the finish. But on the other hand, don't go too easy. It's a sprint race and should be treated as such, so as long as the effort level is making you feel "quite uncomfortable" the whole way then you are probably doing it right.

## Week 1 (12:15)

### Monday

#### Swimming

Swim  
Use the session to get used to swimming for an increasingly extended period of time.

It's fine if you just start out by swimming single lengths or a few at a time if it means you are able to focus on smooth efficient technique. If you have swim training gear (fins, snorkel, pull buoy, paddles, band, kick board) use these to keep the session varied. Make sure you don't push the pace, there will be plenty of time to go fast in the weeks to come.

If you have any known technique issues then spend some time working on these.

If you want to have a session plan to follow here's one (you can modify the workout a bit to suit whether you are in a 25, 33 or 50 meter pool).

200m easy mixed strokes warmup  
6 x 50m, R10. Easy freestyle, focus on smooth form

10 x 50m, R15. Swim as 25m drill + 25m relaxed freestyle

20 x 50m, R10. Pull Buoy, Bilateral Breathing, focus on even strong strokes  
3 x 100m, R15. Swim easy with smooth form.

100, easy mixed stroke loosen

01h:00m

#### Running

Stride Out 80's  
Comfortable paced 10min warm-up, Zone1.

### Tuesday

#### Cycling

Steady State  
Warm up with 15mins easy riding. Then vary between Zones 1-2 throughout, staying seated on climbs.  
Up to 90 mins should be in Zone 2.

Or do an "Endurance" Indoor Trainer session.  
<http://foottrafficoaching.com/Membership/SharedFiles>

01h:30m

#### Running

Run Off Bike  
Maintain Zone2-3 pace with smooth and efficient running.  
If you are feeling good over the last quarter pick up to near race pace

00h:30m

### Wednesday

#### Swimming

Swim  
Use the session to get used to swimming for an increasingly extended period of time.

It's fine if you just start out by swimming single lengths or a few at a time if it means you are able to focus on smooth efficient technique. If you have swim training gear (fins, snorkel, pull buoy, paddles, band, kick board) use these to keep the session varied. Make sure you don't push the pace, there will be plenty of time to go fast in the weeks to come. If you have any known technique issues then spend some time working on these.

If you want to have a session plan to follow here's one (you can modify the workout a bit to suit whether you are in a 25, 33 or 50 meter pool).

2 x 200m, R30. Easy warmup

12 x 50m, R10. Swim with fins, good smooth technique

10 x 100m, R15. Pull Buoy 1-5, Pull Paddle Band 6-10

400m easy swim to loosen, Backstroke every 4th length

01h:00m

#### Cycling

1min on/off  
easy 20min warm up Zone1, including 2 x short hard hill bursts of 2-3 mins.  
Then perform 10-20 x 1 min at Zone4-5 + 1 min steady. Keep rolling through this set until you have completed all your repeats. Note that the "steady" portion is not

### Thursday

#### Running

3min Hill repeats  
Warm up for 10 mins, easy pace.  
Then do 6-9 steady grade hill repeats of approx 3mins long, at strong pace, but aim to keep HR no more than 10 beats over aerobic threshold. Try to get the feeling you are running light and efficiently.  
Easy jog back down hill to recover.  
Run at moderate pace for remainder of session.  
Optional:  
2 x 10step-ups on each leg after every 3rd hill repeat, (At the top of your hill, find a low park bench or bank or sturdy rock etc... something about 30-60cm high that you can do step-ups on).

00h:45m

#### Swimming

Open Water (or Swim race)  
Open water swim in wetsuit. Concentrate on steady pace and sighting.  
Swim in all conditions.

Focus on swimming this hard. Preferably with others

00h:30m

### Friday

#### Swimming

Swim  
This session will help develop your swim speed and muscular endurance. Take your time through these, focus on good form and completing the workout so you aren't losing form as it continues.

600m Freestyle Warm Up

4 x 100m Good Form Freestyle, on 1:50  
2 x 200m Good Form Freestyle, on 3:50

Repeat 2x  
2 x 50m Freestyle on 1:05  
4 x 50m Freestyle, Alternate Fast (40secs) / Slow (50secs), R10  
4 x 50m Freestyle with Paddles on 1:05

200m Easy Loosen

(Session Total = 3000m)

01h:00m

### Saturday

#### Running

5km Run Time Trial (or race)  
Warm up for an easy 10-15 minutes, Zone1.  
4 x 80m runs, starting slow and building to a fast pace.  
5mins easy.

Find a course that is 2.5km out and 2.5km back and run at your best pace for that distance, trying not to start too fast and therefore run out of energy before the finish.

Easy 5 mins jog/walk to finish off.

Alternatively take part in an organised running race of a distance between 3-7km.

Use your results to re-set your training zones using the v-dot calculator.

01h:00m

#### Cycling

Easy Spin  
Very easy pace  
Flat course

01h:00m

### Sunday

#### Cycling

Endurance Cycle 120 min  
10 min easy (keep your pedalling light, easy and quick)  
55 min steady (you should be able to feel your legs working but still be able to talk comfortably)  
10 min easy cool down to finish

02h:00m

Run 4-8 x 80m stride-outs with an easy jog back to your start point.

Stride-Out 80's are an 80m run starting at a slower pace and gradually gaining speed, almost to a sprint for the last 20m. Walk or easy jog back to your start point as recovery between stride-outs.

Do these on a flat or gradual downhill slope, preferably on a soft surface (such as a football field) at a steady pace. Concentrate on relaxing your face and arms, maintain good posture and run with a higher cadence, avoiding over-striding. You can run these barefoot. Continue with a comfortable pace for the remainder of the run, Zone1-2

00h:30m

"easy", so it is in Zone2. This can be a tough session so that is why there is a large range of repetitions you can chose to do  
5min spin, Zone1  
2 x 5 min hard effort at 70rpm, 2 min easy spin between  
Easy spin for remainder, Zone1

01h:30m



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>Swimming</b> Swim Use this session to focus on known deficiencies in your stroke. Pick two drills that you know will focus on these and add them to the workout where noted 'Own Drill'. If you don't have a drill to do then perform the one mentioned in the session. (The Drill description and other swim term explanations can be found on the membership site under; Content=&gt;Articles=&gt;Swim Terminology Glossary). Wear fins for the drills so you can optimise your stroke mechanics. Have adequate rest between the drills so you perform each one fresh and are able to maintain form. There is also an endurance component to this session, this should be done at a low intensity where you focus on perfect form.</p> <p>Remember to modify the Swim Set to fit in your pool length if necessary</p> <p>300m Freestyle</p> <p>Repeat this drill set 2 times through 100m Head Up Sighting every 4th stroke 100m Single Arm in front (50m left / 50m right) 100m Catch Up Drill</p> <p>2 x 300 SWF, Smooth with good form, R30</p> <p>With Paddles, all R20. Repeat 2x 150m coming in at 2:30 100m coming in at 1:35 50m coming in at :45</p> <p>3 x 200m Freestyle on 3:45</p> <p>200m easy your choice of</p>	<p><b>Cycling</b> Steady State Warm up with 15mins easy riding. Then vary between Zones 1-2 throughout, staying seated on climbs. Up to 90 mins should be in Zone 2.</p> <p>Or do an "Endurance" Indoor Trainer session. <a href="http://foottrafficoaching.com/Membership/SharedFiles">http://foottrafficoaching.com/Membership/SharedFiles</a></p> <p>01h:30m</p> <hr/> <p><b>Running</b> Run Off Bike Maintain Zone2-3 pace with smooth and efficient running. If you are feeling good over the last quarter pick up to near race pace</p> <p>00h:30m</p>	<p><b>Swimming</b> Swim This session will help develop your aerobic engine. Take your time through these, focus on good form and completing the workout so you aren't losing form as it continues.</p> <p>200m Easy Freestyle 100m Backstroke</p> <p>3 x 50m Body Position Kick, R20 3 x 50m Freestyle tempo on 1:05</p> <p>2 x 400m Freestyle, Negative Split, R30. 3:30 at halfway 3 x 200m Pull Buoy, on 3:45 2 x 200m SWF, FAST!, R1:00</p> <p>200m Loosen</p> <p>(Session Total = 2900m)</p> <p>01h:00m</p> <hr/> <p><b>Cycling</b> 1min on/off easy 20min warm up Zone1, including 2 x short hard hill bursts of 2-3 mins. Then perform 10-20 x 1 min at Zone4-5 + 1 min steady. Keep rolling through this set until you have completed all your repeats. Note that the "steady" portion is not "easy", so it is in Zone2. This can be a tough session so that is why there is a large range of repetitions you can choose to do 5min spin, Zone1 2 x 5 min hard effort at 70rpm, 2 min easy spin between Easy spin for remainder, Zone1</p> <p>01h:30m</p>	<p><b>Running</b> 3min Hill repeats Warm up for 10 mins, easy pace. Then do 6-9 steady grade hill repeats of approx 3mins long, at strong pace, but aim to keep HR no more than 10 beats over aerobic threshold. Try to get the feeling you are running light and efficiently. Easy jog back down hill to recover. Run at moderate pace for remainder of session. Optional: 2 x 10step-ups on each leg after every 3rd hill repeat, (At the top of your hill, find a low park bench or bank or sturdy rock etc... something about 30-60cm high that you can do step-ups on).</p> <p>00h:45m</p> <hr/> <p><b>Swimming</b> Open Water (or Swim race) Open water swim in wetsuit. Concentrate on steady pace and sighting. Swim in all conditions.</p> <p>Focus on swimming this hard. Preferably with others</p> <p>00h:30m</p>	<p><b>Swimming</b> Swim This session will help develop your swim speed and muscular endurance. Take your time through these, focus on good form and completing the workout so you aren't losing form as it continues.</p> <p>400m Freestyle Warm Up</p> <p>16 x 50m Freestyle, Good form on 1:00</p> <p>2 x 100m Freestyle Negative Split on 1:50</p> <p>3 x 100m Easy Freestyle, on 1:55 2 x 100m KWF, Side Lying, R10 10 x 50m Pull Buoy on 1:00 2 x 100 Freestyle, Negative Split, R45 3 x 100 Freestyle with Paddles, on 1:45</p> <p>200m Easy Loosen</p> <p>(Session Total = 2900m)</p> <p>01h:00m</p>	<p><b>Running</b> Long Run Start at a relaxed comfortable pace, Zone 1-2. Keep intensity under control on hills. In the final quarter aim to maintain a consistent pace and smooth form, upper Zone 2 if you are able, otherwise Zone 1-2 to keep Heart Rate under control. This is good to do off road as a softer surface causes less impact on the body.</p> <p>01h:00m</p>	<p><b>Cycling</b> Endurance Cycle 120 min 10 min easy (keep your pedalling light, easy and quick) 55 min steady (you should be able to feel your legs working but still be able to talk comfortably) 10 min easy cool down to finish</p> <p>02h:00m</p>

strokes to loosen down

(Session Total = 2900m)

01h:00m

**Running**

Stride Out 80's

Comfortable paced 10min  
warm-up, Zone1.

Run 4-8 x 80m stride-outs with  
an easy jog back to your start  
point.

Stride-Out 80's are an 80m run  
starting at a slower pace and  
gradually gaining speed,  
almost to a sprint for the last  
20m. Walk or easy jog back to  
your start point as recovery  
between stride-outs.

Do these on a flat or gradual  
downhill slope, preferably on a  
soft surface (such as a football  
field) at a steady pace.

Concentrate on relaxing your  
face and arms, maintain good  
posture and run with a higher  
cadence, avoiding over-  
striding. You can run these  
barefoot.

Continue with a comfortable  
pace for the remainder of the  
run, Zone1-2

00h:30m

## Week 3 (11:15)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>Swimming</b> Swim Use this session to focus on known deficiencies in your stroke. Pick two drills that you know will focus on these and add them to the workout where noted 'Own Drill'. If you don't have a drill to do then perform the one mentioned in the session. (The Drill description and other swim term explanations can be found on the membership site under; Content=&gt;Articles=&gt;Swim Terminology Glossary). Wear fins for the drills so you can optimise your stroke mechanics. Have adequate rest between the drills so you perform each one fresh and are able to maintain form. There is also an endurance component to this session, this should be done at a low intensity where you focus on perfect form.</p> <p>Remember to modify the Swim Set to fit in your pool length if necessary</p> <p>300m Freestyle</p> <p>Repeat this drill set 2 times through 100m Head Up Sighting every 4th stroke 100m Single Arm in front (50m left / 50m right) 100m Catch Up Drill</p> <p>2 x 300 SWF, Smooth with good form, R30</p> <p>With Paddles, all R20. Repeat 2x 150m coming in at 2:30 100m coming in at 1:35 50m coming in at :45</p> <p>3 x 200m Freestyle on 3:45</p>	<p><b>Cycling</b> Steady State Warm up with 15mins easy riding. Then vary between Zones 1-2 throughout, staying seated on climbs. Up to 90 mins should be in Zone 2.</p> <p>Or do an "Endurance" Indoor Trainer session. <a href="http://foottrafficoaching.com/Membership/SharedFiles">http://foottrafficoaching.com/Membership/SharedFiles</a></p> <p>01h:30m</p> <hr/> <p><b>Running</b> Run Off Bike Maintain Zone2-3 pace with smooth and efficient running. If you are feeling good over the last quarter pick up to near race pace</p> <p>00h:30m</p>	<p><b>Swimming</b> Swim This session will help develop your aerobic engine. Take your time through these, focus on good form and completing the workout so you aren't losing form as it continues.</p> <p>300m Easy Freestyle</p> <p>6 x 50m Freestyle, Good Form on 1:00 3 x 100m Freestyle Negative Split, R15</p> <p>Repeat 2 x 200m Freestyle Easy on 4:00 300m Freestyle Pull Buoy on 5:30 2 x 200m Freestyle with paddles, strong effort on 3:30</p> <p>200m Loosen</p> <p>(Session Total = 2900m)</p> <p>01h:00m</p> <hr/> <p><b>Cycling</b> 1min on/off easy 20min warm up Zone1, including 2 x short hard hill bursts of 2-3 mins. Then perform 10-20 x 1 min at Zone4-5 + 1 min steady. Keep rolling through this set until you have completed all your repeats. Note that the "steady" portion is not "easy", so it is in Zone2. This can be a tough session so that is why there is a large range of repetitions you can chose to do 5min spin, Zone1 2 x 5 min hard effort at 70rpm, 2 min easy spin between Easy spin for remainder, Zone1</p>	<p><b>Running</b> 3min Hill repeats Warm up for 10 mins, easy pace. Then do 6-9 steady grade hill repeats of approx 3mins long, at strong pace, but aim to keep HR no more than 10 beats over aerobic threshold. Try to get the feeling you are running light and efficiently. Easy jog back down hill to recover. Run at moderate pace for remainder of session. Optional: 2 x 10step-ups on each leg after every 3rd hill repeat, (At the top of your hill, find a low park bench or bank or sturdy rock etc... something about 30-60cm high that you can do step-ups on).</p> <p>00h:45m</p> <hr/> <p><b>Swimming</b> Open Water (or Swim race) Open water swim in wetsuit. Concentrate on steady pace and sighting. Swim in all conditions.</p> <p>Focus on swimming this hard. Preferably with others</p> <p>00h:30m</p>	<p><b>Swimming</b> Swim This session will help develop your swim speed and muscular endurance. Take your time through these, focus on good form and completing the workout so you aren't losing form as it continues.</p> <p>400m Freestyle Warm Up</p> <p>Repeat 2x 4 x 100m SWF, Good form Freestyle, R15 2 x 100m Freestyle, on 1:45</p> <p>Repeat 2x 4 x 100m Pull Buoy on 1:55 6 x 50m KWF, hard effort on back, R15 2 x 100m Freestyle on 1:45 3 x 100m SWF Freestyle, Good form, R15</p> <p>200m Easy Loosen</p> <p>(Session Total = 2800m)</p> <p>01h:00m</p>	<p><b>Running</b> Long Run Start at a relaxed comfortable pace, Zone 1-2. Keep intensity under control on hills. In the final quarter aim to maintain a consistent pace and smooth form, upper Zone 2 if you are able, otherwise Zone 1-2 to keep Heart Rate under control. This is good to do off road as a softer surface causes less impact on the body.</p> <p>01h:00m</p>	<p><b>Cycling</b> Endurance Cycle 120 min 10 min easy (keep your pedalling light, easy and quick) 55 min steady (you should be able to feel your legs working but still be able to talk comfortably) 10 min easy cool down to finish</p> <p>02h:00m</p>

200m easy your choice of strokes to loosen down

(Session Total = 2900m)

01h:00m

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**Running**

Stride Out 80's

Comfortable paced 10min warm-up, Zone1.

Run 4-8 x 80m stride-outs with an easy jog back to your start point.

Stride-Out 80's are an 80m run starting at a slower pace and gradually gaining speed, almost to a sprint for the last 20m. Walk or easy jog back to your start point as recovery between stride-outs.

Do these on a flat or gradual downhill slope, preferably on a soft surface (such as a football field) at a steady pace.

Concentrate on relaxing your face and arms, maintain good posture and run with a higher cadence, avoiding over-striding. You can run these barefoot.

Continue with a comfortable pace for the remainder of the run, Zone1-2

00h:30m

01h:30m

Week 4 (11:30)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>Swimming</b> Swim Use this session to focus on known deficiencies in your stroke. Pick two drills that you know will focus on these and add them to the workout where noted 'Own Drill'. If you don't have a drill to do then perform the one mentioned in the session. (The Drill description and other swim term explanations can be found on the membership site under; Content=&gt;Articles=&gt;Swim Terminology Glossary). Wear fins for the drills so you can optimise your stroke mechanics. Have adequate rest between the drills so you perform each one fresh and are able to maintain form. There is also an endurance component to this session, this should be done at a low intensity where you focus on perfect form.</p> <p>Remember to modify the Swim Set to fit in your pool length if necessary</p> <p>200m Freestyle</p> <p>Repeat this drill set 2 times through 100m Side Lying Kick (50m left / 50m right) 100m Single Arm in front (50m left / 50m right) 100m Finger Trail</p> <p>3 x 600m smooth with good form, R45 #1 Swim With Fins #2 Pull Buoy and Band #3 Paddles</p> <p>200m easy your choice of strokes to loosen down</p> <p>(Session Total = 2800m)</p>	<p><b>Cycling</b> Steady State Warm up with 15mins easy riding. Then vary between Zones 1-2 throughout, staying seated on climbs. Up to 90 mins should be in Zone 2.</p> <p>Or do an "Endurance" Indoor Trainer session. <a href="http://foottrafficoaching.com/Membership/SharedFiles">http://foottrafficoaching.com/Membership/SharedFiles</a></p> <p>01h:30m</p> <p><b>Running</b> Run Off Bike Maintain Zone2-3 pace with smooth and efficient running. If you are feeling good over the last quarter pick up to near race pace</p> <p>00h:30m</p>	<p><b>Swimming</b> Swim This session will help develop your aerobic engine. Take your time through these, focus on good form and completing the workout so you aren't losing form as it continues.</p> <p>200m Easy Freestyle 100m Backstroke</p> <p>2 x 50m Freestyle on 1:05 2 x 100m Freestyle on 2:00 3 x 100m Freestyle, Negative Split on 1:50 2 x 200m Freestyle on 4:00</p> <p>Paddles only, Repeat 2x 150m Easy, R20 100m Moderate, R20 50m Fast, R20</p> <p>500m PPB, Steady effort</p> <p>200m Loosen</p> <p>(Session Total = 2600m)</p> <p>01h:00m</p> <p><b>Cycling</b> Power Hills Easy 20min warm up in Zone1 Find a hill with 4-6% gradient. Do 6-9x 20sec sprints at very high cadence. Use a 10sec flying start to get to speed before the hill starts. Remain seated for the first 10secs applying maximal force. Try to get your Power to Zone5c, or an RPE of 9-10/10. Heart rate is irrelevant in these intervals. Roll down the hill and spin easy for 2-3 mins before starting the next interval. Continue at Zone2 for remainder of ride.</p>	<p><b>Running</b> Short Hill Reps 10-12 min easy warm up, Zone1 5 x (1:30 secs steady on flat + 1:30 uphill strong with good posture). Start at Zone3 effort and build to Zone4 by the last interval. 5 x (30 secs steady on flat + 30 uphill strong with good posture). Start at Zone4 effort and build to Zone5 by the last interval. aim for high leg turnover and running at a hard even pace 10x step ups each leg after every 2nd repeat remainder of run at easy pace</p> <p>00h:45m</p> <p><b>Swimming</b> Open Water (or Swim race) Open water swim in wetsuit. Concentrate on steady pace and sighting. Swim in all conditions.</p> <p>Focus on swimming this hard. Preferably with others</p> <p>00h:30m</p>	<p><b>Swimming</b> Swim This session will help develop your swim speed and muscular endurance. Take your time through these, focus on good form and completing the workout so you aren't losing form as it continues.</p> <p>2 x 150m Freestyle Warm Up</p> <p>2 x 200m KWF Body Position Kick, R10 3 x 200m Good Form Swim, R30</p> <p>8 x 25m Freestyle on :30 8 x 25m Freestyle, Pull Buoy and Band on :30 6 x 50m Freestyle on :55 6 x 50m Freestyle Max effort Sprint with Paddles, R30 6 x 50m SWF, Alternate Fast (40secs) / Slow (50secs), R10 (SWF=Swim With Fins)</p> <p>200m Easy Loosen</p> <p>(Session Total = 2800m)</p> <p>01h:00m</p>	<p><b>Running</b> Long Run Start at a relaxed comfortable pace, Zone 1-2. Keep intensity under control on hills. In the final quarter aim to maintain a consistent pace and smooth form, upper Zone 2 if you are able, otherwise Zone 1-2 to keep Heart Rate under control. This is good to do off road as a softer surface causes less impact on the body.</p> <p>01h:00m</p>	<p><b>Cycling</b> Endurance Cycle 120 min 10 min easy (keep your pedalling light, easy and quick) 55 min steady (you should be able to feel your legs working but still be able to talk comfortably) 10 min easy cool down to finish</p> <p>02h:00m</p>

01h:00m

**Running**

Stride Out 110's  
Comfortable paced 20min  
warmup, Zone1  
Run 4-6x stride outs with an  
easy jog back to your start  
point.  
The Stride Out 110's are 110m  
barefoot (or in racing shoes)  
accelerations across the  
diagonal of a football field,  
with a walk-across recovery.  
The first 30 to 40 meters  
should be at 1500m race-pace  
effort, the next 30 to 40 meters  
at 800m effort, and the last 30  
to 40 meters at best smooth  
top-end speed.  
Comfortable relaxed pace for  
the remainder of your run,  
Zone1-2

00h:45m

01h:30m

Week 5 (11:50)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>Swimming</b> Swim Use this session to focus on known deficiencies in your stroke. Pick two drills that you know will focus on these and add them to the workout where noted 'Own Drill'. If you don't have a drill to do then perform the one mentioned in the session. (The Drill description and other swim term explanations can be found on the membership site under; Content=&gt;Articles=&gt;Swim Terminology Glossary). Wear fins for the drills so you can optimise your stroke mechanics. Have adequate rest between the drills so you perform each one fresh and are able to maintain form. There is also an endurance component to this session, this should be done at a low intensity where you focus on perfect form.</p> <p>Remember to modify the Swim Set to fit in your pool length if necessary</p> <p>200m Freestyle</p> <p>Repeat this drill set 2 times through 100m Side Lying Kick (50m left / 50m right) 100m Single Arm in front (50m left / 50m right) 100m Finger Trail</p> <p>3 x 600m smooth with good form, R45 #1 Swim With Fins #2 Pull Buoy and Band #3 Paddles</p> <p>200m easy your choice of strokes to loosen down</p> <p>(Session Total = 2800m)</p>	<p><b>Cycling</b> 12/3 Easy spin 30 mins, Zone1 Within this include 4 x 30sec high cadence bursts at 8/10 effort, with 2:30 easy spin recovery between.</p> <p>After the warm up perform 2 x (12mins race pace + 3mins over race pace), 3:00 easy spin between sets steady pace for the remainder of the ride</p> <p>Or do one of our "Anaerobic" Indoor Trainer sessions here <a href="http://foottrafficoaching.com/Membership/SharedFiles">http://foottrafficoaching.com/Membership/SharedFiles</a></p> <p>01h:30m</p> <p><b>Running</b> Run Off Bike Easy jog for the first 500 metres then hold race pace for the next 10mins. Easy jog for the remainder of the run</p> <p>00h:20m</p>	<p><b>Swimming</b> Swim This session will help develop your aerobic engine. Take your time through these, focus on good form and completing the workout so you aren't losing form as it continues.</p> <p>200m Easy Freestyle 100m Backstroke</p> <p>2 x 50m Freestyle on 1:05 2 x 100m Freestyle on 2:00 3 x 100m Freestyle, Negative Split on 1:50 2 x 200m Freestyle on 4:00</p> <p>Paddles only, Repeat 2x 150m Easy, R20 100m Moderate, R20 50m Fast, R20</p> <p>500m PPB, Steady effort</p> <p>200m Loosen</p> <p>(Session Total = 2600m)</p> <p>01h:00m</p> <p><b>Cycling</b> Power Hills Easy 20min warm up in Zone1 Find a hill with 4-6% gradient. Do 6-9x 20sec sprints at very high cadence. Use a 10sec flying start to get to speed before the hill starts. Remain seated for the first 10secs applying maximal force. Try to get your Power to Zone5c, or an RPE of 9-10/10. Heart rate is irrelevant in these intervals. Roll down the hill and spin easy for 2-3 mins before starting the next interval. Continue at Zone2 for remainder of ride.</p>	<p><b>Running</b> Short Hill Reps 10-12 min easy warm up, Zone1 5 x (1:30 secs steady on flat + 1:30 uphill strong with good posture). Start at Zone3 effort and build to Zone4 by the last interval. 5 x (30 secs steady on flat + 30 uphill strong with good posture). Start at Zone4 effort and build to Zone5 by the last interval. aim for high leg turnover and running at a hard even pace 10x step ups each leg after every 2nd repeat remainder of run at easy pace</p> <p>00h:45m</p> <p><b>Swimming</b> Open Water (or Swim race) Open water swim in wetsuit. Concentrate on steady pace and sighting. Swim in all conditions.</p> <p>Focus on swimming this hard. Preferably with others</p> <p>00h:30m</p>	<p><b>Swimming</b> Swim This session will help develop your swim speed and muscular endurance. Take your time through these, focus on good form and completing the workout so you aren't losing form as it continues.</p> <p>500m Freestyle Warm Up</p> <p>Repeat 4 x 50m KWF Body Position Kick, R10 2 x 25m SWF good form, R10 100m Freestyle</p> <p>2 x 100m Freestyle Negative Split on 1:50</p> <p>SWF Repeat 2 x 75m Easy, R15 50m Moderate, R15 25m Fast, R15</p> <p>4 x 100m Freestyle with Fins and Paddles, R15 12 x 25m Pull Buoy on :35 8 x 25m Freestyle, Alternate Fast (20secs) / Slow (25secs), R10</p> <p>200m Easy Loosen</p> <p>(Session Total = 2900m)</p> <p>01h:00m</p>	<p><b>Brick</b> Hour of Power Bike 10 minutes easy to warmup</p> <p>Main set: Starting in the 53x15 (big ring in front and middle in the back), ride 3x90 sec absolutely all out RPE of 9-10/10. Recovery is 90 sec between each. Follow that with 53x13 (harder gear) for 90 secs all out again, 90 sec recovery between each. Last, ride in your smallest gear in back (hardest gear), still 3x90 sec all out, 90 sec recovery between each. ride very easy 3-5 minutes, Zone1</p> <p>Transition Run: Run 5km at race effort, running it as a negative split (faster over the 2nd half)</p> <p>Cool-down: Easy walk!</p> <p>01h:00m</p> <p><b>Running</b> Easy Jog Do in the evening after you have fully recovered from the Brick session</p> <p>Relaxed conversation paced run, no intensity, keep it 2-3/10!</p> <p>00h:30m</p>	<p><b>Cycling</b> Endurance Cycle 120 min 10 min easy (keep your pedalling light, easy and quick) 55 min steady (you should be able to feel your legs working but still be able to talk comfortably) 10 min easy cool down to finish</p> <p>02h:00m</p>

01h:00m

**Running**

Stride Out 110's  
Comfortable paced 20min  
warmup, Zone1  
Run 4-6x stride outs with an  
easy jog back to your start  
point.  
The Stride Out 110's are 110m  
barefoot (or in racing shoes)  
accelerations across the  
diagonal of a football field,  
with a walk-across recovery.  
The first 30 to 40 meters  
should be at 1500m race-pace  
effort, the next 30 to 40 meters  
at 800m effort, and the last 30  
to 40 meters at best smooth  
top-end speed.  
Comfortable relaxed pace for  
the remainder of your run,  
Zone1-2

00h:45m

01h:30m

Week 6 (12:05)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>Swimming</b> Swim Use this session to focus on known deficiencies in your stroke. Pick two drills that you know will focus on these and add them to the workout where noted 'Own Drill'. If you don't have a drill to do then perform the one mentioned in the session. (The Drill description and other swim term explanations can be found on the membership site under; Content=&gt;Articles=&gt;Swim Terminology Glossary). Wear fins for the drills so you can optimise your stroke mechanics. Have adequate rest between the drills so you perform each one fresh and are able to maintain form. There is also an endurance component to this session, this should be done at a low intensity where you focus on perfect form.</p> <p>Remember to modify the Swim Set to fit in your pool length if necessary</p> <p>200m Freestyle</p> <p>Repeat this drill set 2 times through 100m Side Lying Kick (50m left / 50m right) 100m Single Arm in front (50m left / 50m right) 100m Finger Trail</p> <p>3 x 600m smooth with good form, R45 #1 Swim With Fins #2 Pull Buoy and Band #3 Paddles</p> <p>200m easy your choice of strokes to loosen down</p> <p>(Session Total = 2800m)</p>	<p><b>Cycling</b> 12/3 Easy spin 30 mins, Zone1 Within this include 4 x 30sec high cadence bursts at 8/10 effort, with 2:30 easy spin recovery between.</p> <p>After the warm up perform 2 x (12mins race pace + 3mins over race pace), 3:00 easy spin between sets steady pace for the remainder of the ride</p> <p>Or do one of our "Anaerobic" Indoor Trainer sessions here <a href="http://foottrafficoaching.com/Membership/SharedFiles">http://foottrafficoaching.com/Membership/SharedFiles</a></p> <p>01h:30m</p> <p><b>Running</b> Run Off Bike Easy jog for the first 500 metres then hold race pace for the next 10mins. Easy jog for the remainder of the run</p> <p>00h:20m</p>	<p><b>Swimming</b> Swim This session will help develop your aerobic engine. Take your time through these, focus on good form and completing the workout so you aren't losing form as it continues.</p> <p>200m Easy Freestyle</p> <p>Repeat 2x 2 x 100m Freestyle Negative Split, R15 2 x 100m Good Form Freestyle, R15</p> <p>Repeat 2 x 300m Freestyle Easy, R30 300m Freestyle Moderate with Paddles, R30 300m Freestyle Easy PPB, R30</p> <p>200m Loosen</p> <p>(Session Total = 3000m)</p> <p>01h:00m</p> <p><b>Cycling</b> Power Hills Easy 20min warm up in Zone1 Find a hill with 4-6% gradient. Do 6-9x 20sec sprints at very high cadence. Use a 10sec flying start to get to speed before the hill starts. Remain seated for the first 10secs applying maximal force. Try to get your Power to Zone5c, or an RPE of 9-10/10. Heart rate is irrelevant in these intervals. Roll down the hill and spin easy for 2-3 mins before starting the next interval. Continue at Zone2 for remainder of ride.</p>	<p><b>Running</b> 1km Fartlek Repeats 15-20min warmup, Zone1</p> <p>10x 500m reps to leave on expected race pace - 400m strong + 100m slower</p> <p>5min easy warm down, Zone1</p> <p>01h:00m</p> <p><b>Swimming</b> Open Water (or Swim race) Open water swim in wetsuit. Concentrate on steady pace and sighting. Swim in all conditions.</p> <p>Focus on swimming this hard. Preferably with others</p> <p>00h:30m</p>	<p><b>Swimming</b> Swim This session will help develop your swim speed and muscular endurance. Take your time through these, focus on good form and completing the workout so you aren't losing form as it continues.</p> <p>600m Freestyle Warm Up</p> <p>Repeat 2x 4 x 100m Freestyle, R15 4 x 25m Freestyle on :35</p> <p>Repeat 2x 100m Kick on side (50 Left / 50 Right), R10 100m Freestyle Good Form, R10 4 x 25m Freestyle Good Form on :30 4 x 25m Freestyle Sprint with Paddles on :25 8 x 25m Pull Buoy Sprint on :30</p> <p>200m Easy Loosen</p> <p>(Session Total = 3000m)</p> <p>01h:00m</p>	<p><b>Brick</b> Hour of Power Bike 10 minutes easy to warmup</p> <p>Main set: Starting in the 53x15 (big ring in front and middle in the back), ride 3x90 sec absolutely all out RPE of 9-10/10. Recovery is 90 sec between each. Follow that with 53x13 (harder gear) for 90 secs all out again, 90 sec recovery between each. Last, ride in your smallest gear in back (hardest gear), still 3x90 sec all out, 90 sec recovery between each. ride very easy 3-5 minutes, Zone1</p> <p>Transition Run: Run 5km at race effort, running it as a negative split (faster over the 2nd half)</p> <p>Cool-down: Easy walk!</p> <p>01h:00m</p> <p><b>Running</b> Easy Jog Do in the evening after you have fully recovered from the Brick session</p> <p>Relaxed conversation paced run, no intensity, keep it 2-3/10!</p> <p>00h:30m</p>	<p><b>Cycling</b> Endurance Cycle 120 min 10 min easy (keep your pedalling light, easy and quick) 55 min steady (you should be able to feel your legs working but still be able to talk comfortably) 10 min easy cool down to finish</p> <p>02h:00m</p>

01h:00m

**Running**

Stride Out 110's  
Comfortable paced 20min  
warmup, Zone1  
Run 4-6x stride outs with an  
easy jog back to your start  
point.  
The Stride Out 110's are 110m  
barefoot (or in racing shoes)  
accelerations across the  
diagonal of a football field,  
with a walk-across recovery.  
The first 30 to 40 meters  
should be at 1500m race-pace  
effort, the next 30 to 40 meters  
at 800m effort, and the last 30  
to 40 meters at best smooth  
top-end speed.  
Comfortable relaxed pace for  
the remainder of your run,  
Zone1-2

00h:45m

01h:30m

Week 7 (9:20)

**Monday**

**Swimming**

Swim  
Use this session to focus on known deficiencies in your stroke. Pick two drills that you know will focus on these and add them to the workout where noted 'Own Drill'. If you don't have a drill to do then perform the one mentioned in the session. (The Drill description and other swim term explanations can be found on the membership site under; Content=>Articles=>Swim Terminology Glossary).  
Wear fins for the drills so you can optimise your stroke mechanics. Have adequate rest between the drills so you perform each one fresh and are able to maintain form. There is also an endurance component to this session, this should be done at a low intensity where you focus on perfect form.

Remember to modify the Swim Set to fit in your pool length if necessary

500m Warm up

Repeat 2 x  
2 x 50m Closed Fist  
2 x 50m Head up every 4th stroke  
2 x 50m Long Dog  
2 x 50m Side lying kick (25m each side)

10 x 100m PPB on 1:55  
8 x 50m Good Form Freestyle with fins on :55  
4 x 50m Freestyle with paddles, hard effort, R20

200m Loosen

(Session Total = 3100m)

**Tuesday**

**Cycling**

12/3  
Easy spin 30 mins, Zone1  
Within this include 4 x 30sec high cadence bursts at 8/10 effort, with 2:30 easy spin recovery between.

After the warm up perform  
1 x (12mins race pace + 3mins over race pace), 3:00 easy spin between sets  
steady pace for the remainder of the ride

Or do one of our "Anaerobic" Indoor Trainer sessions here  
<http://foottrafficoaching.com/Membership/SharedFiles>

01h:00m

**Running**

Run Off Bike  
Easy jog for the first 500 metres then hold race pace for the next 10mins.  
Easy jog for the remainder of the run

00h:20m

**Wednesday**

**Swimming**

Swim  
This session will help develop your aerobic engine. Take you time through these, focus on good form and completing the workout so you aren't loosing form as it continues.

300m Easy Freestyle

6 x 50m Good form on 1:00  
3 x 100m Freestyle, Negative Split. R15, half way in 0:50

2 x 200m KWF, Side lying, R10  
600m Freestyle with Paddles, steady effort

With Pull Buoy and Band, Repeat 2 x  
200m Easy, R20  
150m Moderate, R20  
50m Max effort, R20

200m Loosen

(Session Total = 2900m)

01h:00m

**Thursday**

**Cycling**

12/3  
Easy spin 30 mins, Zone1

1 x 12/3 set  
12mins race pace + 3mins over race pace

Easy spin for remainder of ride, Zone1

01h:00m

**Running**

EMH off bike  
Break run into 3 segments.  
1st stage = easy  
2nd stage = moderate  
3rd stage = hard (if you can maintain it, otherwise keep pace moderate)

00h:30m

**Friday**

**Swimming**

CSS Test Swim  
Warm Up:  
600m easy freestyle swim.  
6x25m (or 4x33m or 4x50m), 15sec rest, build pace over each length.  
4x25m (or 4x33m, 2x50m) freestyle with ankle band, 15sec rest. High arm turnover to keep momentum.

Main:  
400m Time Trial (TT) - (take note of your time).  
200m easy backstroke.  
4x100m easy freestyle with fins, 20sec rest.  
6x25m (or 4x33m or 4x50m), 15sec rest, build pace over each length.  
200m TT (take note of your time)

Warm Down:  
200m Loosen

Once you have determined your TT times, have a read of this article to find the CSS Calculator  
<https://foottrafficoaching.com/articles/critical-swim-speed-calculation-and-paces>

If you use a Tempo Trainer enter the time per length setting for future CSS workouts

01h:00m

**Saturday**

**Brick**

Hour of Power  
Bike 10 minutes easy to warmup

Main set:  
Starting in the 53x15 (big ring in front and middle in the back), ride 3x90 sec absolutely all out RPE of 9-10/10.  
Recovery is 90 sec between each. Follow that with 53x13 (harder gear) for 90 secs all out again, 90 sec recovery between each. Last, ride in your smallest gear in back (hardest gear), still 3x90 sec all out, 90 sec recovery between each.  
ride very easy 3-5 minutes, Zone1

Transition Run:  
Run 5km at race effort, running it as a negative split (faster over the 2nd half)

Cool-down: Easy walk!

01h:00m

**Running**

Easy Jog  
Do in the evening after you have fully recovered from the Brick session

Relaxed conversation paced run, no intensity, keep it 2-3/10!

00h:30m

**Sunday**

**Cycling**

Endurance Cycle 75 min  
10 min easy (keep your pedalling light, easy and quick)

55 min steady (you should be able to feel your legs working but still be able to talk comfortably)  
10 min easy cool down to finish

01h:15m

01h:00m

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**Running**

Stride Out 200's

Comfortable paced warm-up

Run 3 x 200m stride outs with  
2-3mins easy jog between.

Concentrate on relaxed face  
and arms, good posture and  
higher cadence.

The stride outs can be run  
barefoot or in racing shoes if  
you wish.

Comfortable paced warm  
down for the remainder of  
your run.

00h:45m

Week 8 (4:51)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>Swimming</b>                      Swim                      This session will help develop your swim speed and muscular endurance. Take your time through these, focus on good form and completing the workout so you aren't losing form as it continues.</p> <p>2 x 250m Freestyle Warm Up</p> <p>Repeat x 2                      100m Freestyle Tempo                      2 x 50m Freestyle, good form, R20                      2 x 50m Sprint, R20</p> <p>8 x 50m Freestyle, Pull Buoy and Band, coming in :45, R20                      2 x 100m Freestyle, Negative Split, R45                      8 x 50m Freestyle, Pull Buoy and Band, coming in :45, R20                      4 x 50m Freestyle, Progressive (slow to fast), R20                      8 x 50m SWF, coming in :40, R20</p> <p>200m Easy Loosen</p> <p>(Session Total = 2900m)</p> <hr/> <p>01h:00m</p> <p><b>Running</b>                      Windsprints                      Warmup 10-15mins                      Using an athletics track or a Foot Ball field run 20 x 50m/50m (alternate sprint/easy)</p> <p>Easy run for remainder</p> <p>00h:30m</p>	<p><b>Cycling</b>                      Race Week Wind Up                      Easy spin with 2 x 2 mins at race pace</p> <p>00h:45m</p> <hr/> <p><b>Running</b>                      Easy Jog                      Relaxed conversation paced run, no intensity, keep it 2-3/10!</p> <p>00h:30m</p>	<p><b>Swimming</b>                      Swim 2 Taper - Race week                      Swim open water if possible unless race in a pool - wear what you will be wearing on race day.                      5-10 min easy swim gradually increasing (if swimming wetsuit, incorporate 3 x 50 strokes with fits)pace                      2 x swim start sprints (50 strokes) deep water or beach start depending on race                      15 min steady swim, incorporate 3 x fast 50 strokes, 3 x strong 50 strokes, keep your speed about 5 sec slower than race specific pace in between these (aka do not slow down too much - this section is simulating an effort you might put in to get on someones feet or rounding a buoy.</p> <p>00h:30m</p>	<p><b>Cycling</b>                      Race Week Wind Up                      Easy spin with 2 x 2 mins at race pace</p> <p>00h:45m</p> <hr/> <p><b>Running</b>                      Easy Jog                      Relaxed conversation paced run, no intensity, keep it 2-3/10!</p> <p>00h:20m</p>	<p><b>Rest</b>                      REST                      Put your feet up for most of the day.                      You can still do normal activities but just don't swim, bike or run.                      Catch up on work, family, shopping etc.                      This is a great chance to do the attached stretch session</p>	<p><b>Brick</b>                      Pre-race Shake Down                      Swim 10 minutes easy with 4 x 30 seconds at race pace                      Bike 10 minutes with 4 x 30 seconds fast                      Run 10 minutes with 4 x 20 seconds at 90 percent effort.</p> <p>00h:30m</p>	<p><b>Race</b>                      TRIATHLON RACE                      Have a good warm up before the race. Make sure you have run for at least 15 minutes and have added a few 20 second pick ups to race pace.                      If you have an indoor trainer at the race you can spin for 10mins at a high cadence with low effort.                      Finish your warm up by correctly fitting your wetsuit before having 2-5mins of easy swimming with a few simulated starts to find the best part of the startline to position yourself.</p> <p>00h:01m</p>