TRAININGZONE

The plan

RACE YOUR FIRST 70.3

MASTER MIDDLE DISTANCE WITH OUR FOOL-PROOF PLAN TO BUIL D STRENGTH AND FITNESS



Phil Mosley

Coaching editor of *Triathlon Plus* Mosley is an experienced coach and elite athlete with a sports degree from the University of Chichester

WHETHER YOU call it an Ironman 70.3 or a middle-distance triathlon, one thing is still true; the popularity of this distance is exploding. Turn the clock back five or six years, and there were only a handful of these races to choose from in the UK. These days the race calendar is bursting with great middle-distance events both here and abroad, so there's no excuse for not having a go.

Part of the reason for their popularity lies in their format: the 1.9km swim, 90km bike and 21km run plays into the hands of strong cyclists and runners. More importantly, it gives weak swimmers plenty of time to catch up any lost time.

It's also the first step into the world of long-distance racing, but one that doesn't have to take over your life. In fact, some people do middle-distance triathlons having only trained for Olympic distance and shorter, although I don't recommend this.

I've watched too many people suffer

to know that it's not a distance you can take lightly. That's why these training plans are challenging, but still achievable.

There are two plans here, one for time-poor athletes which takes up to 10 hours per week, and one for time-rich people that takes up to 13 hours per week. They'll both get you fit enough, so choose the one that suits your situation the best. But regardless of what the plan says, if you start losing your appetite, struggle to sleep, or become abnormally grumpy, you should take at least a couple of days rest.

Are these plans for you?

An Ironman 70.3 is a tough race, and so these training plans are no pushover. To start them you should already be able to:

- Swim 1,000m front crawl, non-stop
- Ride your bike for at least 90 minutes
- Run non-stop for an hour

Three to race

TriGrandPrix UK, 22 May, Emberton Country Park, Buckinghamshire, England, www.trigrandprix.com

- 2 Ironman 70.3 Ireland, 4 September, Galway, Ireland, www.ironmanireland.com
- **3**Extrememan Menorca, 11 September, Fornells, Menorca, www.extreme-man.com



How it works

Get your guide ready to go



Photos Corbis **Illustrations** Phil Nicodemi

Cut out the guide following the dotted outline



Fold the guide in quarters using the fold guides



Now carry it with you for reference while training

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THE PLAN 70.3: TIME POOR



TRAINING ZONES

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USING THESE training zones will help you train at the right intensity for each session. This helps you to develop specific aspects of your fitness, as well as making sure you don't overdo it. You can either estimate your intensity, using the training zone descriptions, or use a heart-rate monitor for a more precise measure. If you use a heart-rate monitor, use the percentages provided, and subtract them from your observed maximum heart rate to calculate your zones. Tools like cycle power meters and GPS watches will also help track your training progress, but they're not essential for these plans.

For Ironman 70.3, your training should mainly be within Z1 to Z4.

ZONE1 [Z1] Recovery

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

ZONE 2 [Z2] Steady

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

ZONE 3 [Z3] Tempo

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

ZONE 4 [Z4] Race tempo

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

ZONE 5 [Z5] Red line

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

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

STAY IN THE TRAINING ZONE WITH TRIATHLON PLUS

| FOLD1

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Swim 1.6km WU (Z2):100m fc, 100m putl, 50m kick, 100m fc, 50m back. Technique (Z1 to Z3): 200m kick as alternating 25m in Z3, 25m in Z1 +30secs. 200 as 25m first, 25m fc+30secs. 200m kick as alternating 25m in Z3, 25m in Z1 +30secs. 200m as alternating 25m doggy paddle, 25m fc+30secs. WD (Z1) 400 alternating back/fc

35mins in Z2 including 4x30sec hill sprints

Swim1.6km WU(Z2): 200 fcbi, 50 kick, 50 breast, 200 fc, 50 kick, 50 back. Technique (Z2): 2x100mas (25 bi, 25mfc, 25mbi, 25mfc) +20secs Main (Z3): 4x100mfc +30secs WD

WU2miles Z1/2 Main 1 mile at top of Z3.2 miles in Z2.1 mile at top of Z3. WD 2 miles in Z2

Swim I.9km WU(22): 200m fc, 50m kick, 200m pull, 50m kick
Technique (27): 2x 100mas (25m pull ankles, 25m fc, 25m pull ankles, 25m fc, 25m fsts, 25m fc, 25m fsts, 25m fc, 25m fsts, 25m fc, 430secs Mair (2/73): 4x00m pull + 30secs. 4x50m fc +10secs WD (21): 400m back/fc

THE PLAN FOR TIME-

POOR TRIATHLETES

Run 35mins 35mins in Z2 including 4x30 sec hill sprints

Swim I.9km WU(22):500mas (200mfc, 50m pull, 100mfc, 50mback, 100mfc) Technique (22):200mkickalternating 25monback, 25m kickonfront. 400mas 8x (25mkickonfrontarms byside, 25mfc) Main(22)3:400mkickas (25m Z3, 25mZ1) +30secs. 400mfc +30secs. 4x100m pull +30 secs WD (Z1): 400m back/fc

WU2 miles Z1/2 Main 2 miles at top of Z3.1 mile in Z2.1 mile at top of Z3 WD 2 miles in Z2

Rest day

 $\textbf{Brick 2 hours} 1 hr 40 mins road or mtb in Z2 \\ into run 20 mins in Z2$

Bike-to-run session. 1hr 40mins road or mtb in Z2 into run 20 mins in Z2

Bike 2hrs 15mins

(Z1): 400mfc

Run 8 miles

Bike 2hrs 30mins

WEEK **03**

Swim2kmWU (Z2):800mas (400mfc, 200m pull, 100mkick, 100mfc)
Technique (Z2):8x50mas (1-2:head up, 3-4 pull, 5-6 fists, 7-8 fc) Main (Z2/3):300mfc +20secs. 200mpull +10secs. 100m fc WD (Z1): 200malternating fc/back/pull/fc

RECOVERY WEEK

Swim1.4kmWU (Z2):200mfc,50mkick,200m pull,50mkickTechnique (Z2):2x100mas(25m pullankles,25mfc,25mpullankles,25m fc)+30secs.2x100mas(25mfists,25mfc,25m fists,25mfc)+30secsMain(Z2)/Z3):4x100mpull +30secs.4x50fc+10secsWD (Z1):400mback/fc

Run 35mins 35mins in Z2 including 6x30sec hill sprints

Rest day

Swim 2km WU(Z2): 600mas 2x(100mfc, 100mpult, 100m kick).
Technique (Z2): 2x300mas (50m fists, 50m pult, 50m head up, 50m fc, 50m pult ankles, 50m fc) + 30secs Main (Z2/3): 4x100mas (50 fc, 50m pult) WD(Z1): 400mas (8x50m

VU (Z2): 200m fc. 200m kick. 200m pull. 100m fc Technique (Z2): 400mas (50mfists, 100mfc, 50mpult, 100mfc, 50m head up, 100mfc, 50m doggy paddle, 100mfc) +30secs Main (Z2): 400m fc, 200mpull, 100fc WD (Z1): 200mfc

WU2milesZ1/2Main4milesattopofZ3 WD2milesinZ2

Run 30mins 10mins in Z2, 10mins at top of Z3, 10mins in Z2

Rest day

Bike-to-run session. 1hr 40mins road or mtb in Z2 into run 20mins in Z2

Bike-to-run session.1 hour road or mtb in Z2 into run 20mins in Z2

Bike 2hrs 45mins Bike1hr30mins (Z2) Steady bike, road or MTB



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TRAININGZONE

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	NMAN 70.3 TIMI WEEK 05	WEEK 06	1	WEEK 07	WEEK 08
	VVEERUS	Swim 2.2km WU (Z2):600mas (200mfc, 100m	1	VVLLIXUI	RECOVERY WEEK
	Swim 1.9km WU(Z2): 200m fo; 200m pull, 100m fo Technique (Z1 to Z3): 400m kickas atternating 25m in Z3, 25m in Z1 + 30secs. 400m as 25m fists; 25m fo+30secs Main (Z3): 8x50 pull + 20secs W/D (Z1): 200m as atternating back/fc	Swintz-Anni W. 22, Josulinas (2001), to kick, 200m putl, 100m kick) Technique (72): 2x100m as (25m putl ankles, 25m fc, 25m putl ankles, 25m fc, 25m fsits, 25m fc) +30secs. 2x100m as (25m fists, 25m fc, 25m fists, 25m fc) +30secs Main (72) (73): 400m fc +30secs Ax100m putl +30secs. 4x50m fc +10secs WD (21): 400m back/fc	Mon	Swim 2.4km WU/29; 600m as 2x (100m fc, 100m pult, 100m kick) Technique (Z2); 2x300m as (50m fists, 50m pult, 50m head up, 50m fc, 50m pult ankles, 50m fc) +30secs. Main (22); 8x100m as (50m fc, 50m pult) WD (Z1): 400m as (8x50m alternating kick/fc)	Swim1.4km WU (22) 200m pult, 2007 Main (Z2): 400 malternating 25m kick Technique (Z2): 400 malternating 25 25m breathe every 3 strokes WD (Z1): 2 alternating back/breast
	Run 40mins 40 mins in Z2 including 6 x 30 sec hill sprints	Run 40mins 40mins in Z2 including 8x30sec hill sprints	Tue	Run 40mins 40 mins in Z2 including 10x30sec hill sprints	Run 30mins Easy run in Z2
	Swim 2km WU (Z2):800mas(200m fc bi, 100m kick, 100m breast, 200m fc, 100m kick, 100m fc) Technique (Z2):2x200mas(50 bi, 50m fc, 50m fc, 50m bi, 50m fc) 420secs. Main (Z3):400m pull, breathe every 3, 5, 7 strokes +30secs WD (Z1): 400m pull	Swim 2.3km WU (22):500mas (200 fc, 50 pull, 100 fc, 50 back, 100 fc) Technique (22):200m kick alternating 25monback, 25m kickon front. 400mas 8x, 25m kickon front. 400mas 8x, 25m kickon from tamby side, 25m fc) Main(22/3):4x 200m pull +30 secs WD (21) 400m back/fc	Wed	Swim1.5km Z1 recovery swim. Mixit up, with different strokes, pull buoy, kick float and any other swim toys you have	Swim2kmWU(Z2):200mfc,200mkic pull,100mfc Technique(Z2):400mas(i 100mfc,50hpull,100fc,50headup,10) doggypaddle,100fc)+30secsMain(Z2, fc,200mpull,100mfcWD(Z1):200mfc
	Run 9 miles WU3 miles Z1/2 Main 2 x 2 miles at top of Z3 (with 3 mins jog recovery) WD 2 miles in Z2	Run 10 miles WU3 miles Z1/2 Main 2x2 miles at top of Z3 (with 3 mins jog recovery) WD3 miles in Z2	Thur	Run11miles WU4milesZ1/2Main2x2milesattopof23 (with3minsjogrecovery)WD3milesinZ2	Run 30mins 10mins in Z2, 10mins attop of Z3, 10min
	Rest	day	Fri	Res	t day
	Brick 2hrs Bike 1hr 40 mins in Z2 including 2x15 mins at top of Z3, straight into run 15 mins at top of Z3, 5 mins jog in Z1 or Z2	Brick3hrs Bike lhr 40mins in Z2 including 3x9mins at top of Z3, straight into run 15mins at top of Z3, 5 mins jog in Z1 or Z2	Sat	Brick 2hrs Bike Ihr 40mins in 22 including 30mins at top of 23, straight into run 15 mins at top of 23, 5mins jog in 21 or 2	Brick Ihr 20mins 1 hour road or mtb in Z2 into run 20 min
	Bike 2hrs 45mins Long ride in Z2	Bike 3hrs Long ride in Z2	Sun	Bike 3hrs Long ride in Z2	Bike Ihr 30mins Steady bike, road or MTB
-			<u> </u>	— — — — — WEEK 11	
	Swim2.3km WU(Z2): 400m fc, 200m pull, 100m fc Technique (Z1 to Z3): 400m kick as alternating 25min Z3, 25min Z1+30secs. 400m as 25m fists, 25m fc +30secs. Main (Z3): 8x50 pull + 20secs WD: (Z1): 400m as alternating back/fc	Swim 2.2km WU(Z2):800mas (200 fc; 200 kick, 200 pul, 200 kick) Technique (22):2x100mas (25mpull ankles, 25mfc; 25mfc); 25mfbts, 25mfc; 25mfbts, 25mfc; 25mfbts, 25mfc; 25mfbts, 25mfc; 30secs. 4x100mas (25mfbts, 25mfc); 30secs. 4x50 fc +10secs WD (Z1):400mback/fc	Mon	Swim1.6kmWU(Z2): 600mas (200mfc, 200m pull, 100mkck, 100mfc) Main (Z2/3): 300mfc +20secs. 200m pull +10secs. 100m fc. WD (Z1): 400m alternating fc/back/pull/fc	RACE WEEK Swim 1.4km WU (Z2): 200m pull, 200 Main (Z2): 400m alternating 25 m kick Technique (Z2): 400m alternating 25 25m breathe every 3 strokes WD (Z1): 2 alternating back/breast
-	Run 40mins 40mins in Z2	Run 40mins 40mins in 22	Tue	Run 40mins 40mins in 22	Bike Ihr Recovery ride in Z2
	Swim2.6kmWU(Z2):800mas(200mfcbi, 100mkick,100mmreast,200mfc,100mkick, 100mfc) Technique (Z2):3x200mas(50mbi, 50mfc,50mbi,50mfc)-20secs Main(Z3): 2x200mfc+30secs.400mpull,breatheevery3, 5,7 strokes+30secs WD(Z1):400mpull	Swim 2.2km WU (Z2):800 mas (200 m fc, 200 m pull, 200 m back, 200 m fc). Technique (Z2):200 m kick alternating 25 m on back, 25 m kick on front WD (Z1): 400 m back/fc	Wed	Swim1.7kmWU(22):300mas(100mfc,100m pull,100mkiok)+45secs Technique (22):300m as(50mfsts,50mpull,50mheadup,50mfc, 50mpullankles,50mfc)+30secs Main(22/3); 8x100mas(50fc,50pull)WD(21):300mas (5x50malternatingkick/fc)	Swim1.3km WU Openwaterswimorp 200mfc, 200mkick, 200mpull, 100mfc Technique (22): 400mas (50mfists, 100mfc, 50mpull, 100mfc, 50mheadu fc, 50mdoggy paddle, 100mfc) +30secs 200mfc
	Run12miles WU4milesZ1/2Main2x2milesattopofZ3 (with 3mins jog recovery) WD4 milesinZ2	Run 13 miles WU5 miles Z1/2 Main 2x2 miles at top of Z3 (with 3 mins jog recovery) WD4 miles in Z2	Thur	Run 40mins 40mins in Z2	Run 30mins 10mins in Z2, 10 mins at top of Z3, 10 min
	Rest	day	Fri	Rest	day
	Brick 2hrs Bike Ihr 40 mins in Z2 including 6x3 mins in Z4, straight into run 15 mins at top of Z3,5 mins jog in Z1 or Z2	Brick 2hrs Bike 1hr 40 mins in Z2 including 3x6 mins in Z4, straight into run 15 mins at top of Z3,5 mins jog in Z1 or Z2	Sat	Brick 30mins WURun 10mins in Z2 Main Bike 10mins at top of Z3, straight into Run 5mins at top of Z3 WD 5mins bike in Z2	Bike 20mins Easyride, to make sure bike is working

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THE PLAN 70.3: TIME RICH



9-13 hours per week

THE PLAN FOR TIME-**RICH TRIATHLETES**

FOLD1

Mon

Tue

Wed

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Sun

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AM Run 40mins Easyrunin Z2
PM Swim 2.4km WU(Z2):100mfc,100mpull,
50mkick,100mfc,50mback. Technique (Z1 to
Z3):200mkickalternating 25min Z3,25min Z1
+30secs.200m as 25mif sts, 25min Z1
+30secs.200m atternating 25m of 29,25min Z1
-30secs.200m atternating 25m doggy paddle,
25mfc +30secsMain(Z3):2x200mfc +45secs.
8x50pull +20secsWD(Z1):400mback/fc

WU15mins 72 Main 3x9mins at top of 73 (even effort) with 90sec soft pedaling rests WD 15mins Z2

AMRun40minsEasyruninZ2with4x30secshill sprintsPMSwim2.4kmWU(Z2):200mfcbi,50m sprints:PMSwin2.4kmWU(21):200mfcbi,50m kick,50mtreast 200mfc,50mkick,50mback Technique(22):2xl00mas(25mbi,25mfc,25mbi, 25mfg)-20secsMain(23):4xl00mbl+30secs. 4xl00mfc,bratheevery3,5.7storkes+30secs. 4xl00mfc;bratheevery3,5.7storkes+30secs.

AM Run 10 miles WU 2x1 mile at top of Z3 with 2 mins jog rest. 2 miles in Z2. 2x1 mile at top of Z3 with 2 mins jog rest. 2 miles in Z2 PM Swim 1.5km Z1, recovery swim. Mixit up, with different strokes, pull buoy, kick float and any other swim toys you have

AM Run 10 miles
W/U 2 miles Z1/2.2x1 mile attop of Z3 with 2mins jog rest, 2 miles in Z2, 2x1 mile at top of 23 with 2mins jog rest. 2 miles in Z2

PM Swim 1.5km Z1, recovery swim. Mixit up, with different strokes, pull buoy, kick float and

AM Run 40mins Easyrunin Z2 PM Swim 2.4km WU(Z2): 200m fc, 50m kick, 200m pull, 50m kick Technique (Z2): 2x100m as (25m pull ankles, 25m fc, 25m pull ankles, 25m fc)+30secs. 2x100m as (25m fists, 25m fc, 25m fists, 25m fc) +30secs Main (Z2/Z3): 2x200m fc +30secs. 4x100m pull +30secs. 4x50 fc+10secs WD (Z1): 400m back/fc

WU15mins 72 Main 2x15mins at top of 73

(even effort) with 3mins soft pedaling rest between WU 12mins Z2

AMRun40mins EasyruninZ2.Include6x30secs hillsprintsPMSwim2.3kmWU(Z2);500mas (200mfc,50mpull,100mfc,50mback,100mfc)

(20Umrc,Sumpul, Unumc,Sumback, Unumc)
Technique/T29200mlkickatternating/Smonback,
25mkickonfront.400mas8x(25mkickonfront,25m
fcMain(2/23)400mlkickas(25m23,25m21)
*30secs.400mfc+30secs.4x100m pull
*30secs.8UD (Z1):400m back/fc

any other swim toys you have

Rest day

2hr 40mins road or mth in 72 into run 20mins in 72

s road or mth in 72 into run 20 mins in 72

Rike 2hrs Rike 2hrs 15min Recovery ride in Z2 Recovery ride in Z2 TRAINING ZONES

USING THESE training zones will help you train at the right intensity for each session. This helps you to develop specific aspects of your fitness, as well as making sure you don't overdo it. You can either estimate your intensity, using the training zone descriptions, or use a heart-rate monitor for a more precise measure. If you use a heart-rate monitor, use the percentages provided, and subtract them from your observed maximum heart rate to calculate your zones. Tools like cycle power meters and GPS watches will also help track your training progress, but they're not essential for these plans.

For Ironman 70.3, your training should mainly be within Z1 to Z4.

ZONE1[Z1] Recovery

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

ZONE 2 [Z2] Steady

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

ZONE 3 [Z3] Tempo

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

ZONE 4 [Z4] Race tempo

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

ZONE 5 [Z5] Red line

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

KEY

Mon

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Sat

Sun

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

STAY IN THE TRAINING ZONE WITH TRIATHLON PLUS

WEEK 03

AM Run 40 mins Easy run in Z2 PM Swim 2.4 km WU(Z2): 800 mas (400 m fc, 200 mult, 100 m kick, 100 m fc) Technique (Z2): 8x50 mas [1-2: head up, 3-4 pult, 5-6 fists, 7-8 fc). Main (Z2/3): 400 m pult +10 secs. 300 m fc +20 secs. 200 m pult +10 secs. 100 m fc WD(Z1): 200 m alternating fc/back/pult/fc

Bike 1 hour WU 15mins Z2 **Main** 10, 9, 8mins at top of Z3 (even effort) with 90 secs soft pedaling rest between **WD** 12mins Z2

AM Run 40mins Easy run in Z2. Include 8x30secs hill sprints

Bx3Usecshillsprints
PM Swim 2.4kmWU (Z2): 600mas 2x (100m fc, 100m pull, 100m kick). Technique (Z2): 2x300mas (50 fists, 50 pull, 50m head up, 50m fc, 50m pull ankles, 50m fc) +30secs n (Z2/3): 8 x 100 m as (50 m fc, 50 m pull) WD 400 m as (8 x 50 m alternating kick/fc)

AM Run10 miles
WU2 miles 2I Main 22l mileattopof Z3 with
Zmins jogrest. 2 miles in Z2.2xl mileattopof
Z3 with 2mins jogrest. 2 miles in Z2
AM Swim 1.5km Z1, recovery swim. Mixit up,
with different strokes, pull buoy, kick float and
any other swim toys you have

U(Z2): 200m fc, 200m kick, 200m pull, 100m

WO(z); 200mfc, 200mack, 200mput, 100m fc, 50mputl, 100m fc, 50mhead up, 100mfc, 50mdogypaddte, 100mfc) +30secs Main(Z1); 400mfc, 200mputl, 100mfc WD(Z1); 200mfc

WEEK **04**

RECOVERY WEEK

AM Swim 2.4m WU (22): 200m pull, 200m fc MAIN (22): 400m atternating 25m kick, 50m fc Technique (22): 400m atternating 25m pull, 25m breathe every 3 strokes WD (21): 200m atternating back/breast

Rest day

AM Run 30mins 10mins in Z2, 10mins at top of zone 3,10mins in Z2

Rest day

TYPEBrick3hrs nins road or mtb in Z2 into run 20 mins in Z2

1 hour road or mtb in Z2 into run 20 mins in Z2

Bike 1hr 30mins Steady bike, road or MTB in Z2 Rike 2hrs 30n



TRAININGZONE

IRONMAN 70.3 TIME-RICH PLAN WEEK 05 WEEK **06** AMRun50mins Easy runin Z2PM Swim 2.6km WU(Z2): 600m as (200m fc, 100m kick, 200m pull, 100m kick) Technique (22): 2x100m as (25mpull ankles, 25m fc, 25m pull ankles, 25m fc, 25m fc): 30secs. 2x100m as (25m fists, 25m fc, 25m fists, 25m fc): 30secs. 4x10m pull + 30secs. 4x50 fc + 10secs WD (Z1): 400m back/fc AM Run 50mins Easyrun in Z2 PM Swim 2.4km WU(Z1); 200m fc, 200m pull, 100m fc Technique (Z1 to Z3); 400m kick as atternating 25m in Z3, 25m in Z1+30secs. 400m as 25m fists, 25m fc+30secs Main (Z3); 2x400 fc+45secs. 8x50 pull + 20secs WD (Z1) 200m as atternating back/fc. Mon Brick 45mins Double Brick. Set up a mini Tue Transition, with a gym bike or indoor trainer WU Run 10mins in 22 Main 2x (bike 9mins at top of Z3, straight into run 5mins at top of Z3) + 3mins rest WD 10mins bike in Z2 Double brick WU Run 10 mins in 72 Main 2x (bike 10mins at top of Z3, straight intorun 6mins at top of Z3) + 3mins rest WD 10mins AM Run50mins Z2inc 10x30secshillsprintsPM Swim2.7km WU (Z2):500m (200mfc, 50mpul, 100mfc,50mback, 100mfc) Technique (Z2): 200m kick (25monback, 25monfront), 400mas 8x(25kickonfrontarmsbyside, 25fc) Main(Z2/3): 400m kickas (25mZ3, 25mZ1) +30secs. 4x200m pull +30secs WD (Z1):400mback/fc AM Run 50mins Easyrunin Z2incl0x30sec hlltsprints PM Swim 2.8km WU(Z); 800mas (200m febi, 100m kick, 100m breast, 200m fe, 100m kick, 100m fe) Technique (Z2); 2x 200mas (50mbi, 50mfe, 50mbi, 50mfe) + 20secs Main (Z3); 4x200mfc + 30secs, 400m pull, breathe every 3, 5, 7 strokes + 30secs WD (Z1); 400m pull Wed AM Run 12 miles WU3 miles ZI/2 Main 2 miles at top of 23.2 miles in Z2.2 miles at top of Z3 WD3 miles in Z2.2 miles at top of Z3 WD3 miles in Z2.2 miles at top of Z3 WD3 miles in Z2 PM Swim I.5 km ZI, recovery swim. Mixit up, with different strokes, pull buoy, kick float and any other swim toys you have AMRun12 miles WU2 miles Z1/2 Main3 miles at top of Z3.2 miles in Z2.3 miles at top of Z3 WD2 miles in Z2 Fil **Rest day** Sat Race pace reps: 45mins in Z2. 30mins at top of Z3. 30mins in Z2. 30mins at top of Z3. 45mins Race pace reps: 1 hour in Z2.30 mins at top of Z3.30 mins in Z2.30 mins at top of Z3.1 hour AM Bike 2hrs Easy recovery ride in Z2 PM Swim 30 mins Sun Recovery ride in Z2 Open-waterswimin Z2

	WEEK 07	WEEK 08
	AM Run 40mins Easyrunin Z2	RECOVERY WEEK
Mon	PM Swim 2.4km WU (Z2):600m as 2x (100m fc, 100m pull, 100m kick) Technique (Z2):2x300m as (50m fists, 50m pull, 50m head up, 50m fc, 50m pull unakles, 50m fc) +30secs Main (Z2/3):8x100m as (50m fc, 50m pull) WD (Z1):400m as (8x50m atternating kick/fc)	Swim1.4km WU(Z2): 200m pull, 200m fc Main (Z2): 400m alternating 25m kick, 50m fc. Technique (Z2): 400m alternating 25m pull, 25m breathe every 3 strokes WD (Z1): 200m alternating back/breast
Tue	Brick 50mins Double brick WURun 10mins in 22 Main: 2x (bike 8mins at top of 23, straight into run 4mins at top of 23) + 3mins rest WD 10mins bike in 22	Run 30mins Easyrun in Z2
Wed	AMRun 40mins Easyrunin Z2 PM Swim 1.5km ZI, recovery swim. Mixit up, with different strokes, pull buoy, kick float and any other swim toys you have	AM Swim 2km WU(22):200m fc, 200m kick, 200m pull, 100m fc Technique (2): 400m as (50m fists, 100m fc, 50m pull, 100m fc, 50m head up, 100m fc, 50m doggy paddle, 100 fc) -30secs Main (72): 400m fc, 200m pull, 100m fc WD (21):200m fc
Thur	AM Run 12 miles WU2 miles Z1/2 Main 3 miles attop of Z3.2 miles in Z2.3 miles attop of Z3 WD2 miles in Z2	AMRun 30mins 10mins in 22, 10mins attop of Z3, 10mins in Z2
Fri	Rest	day
Sat	AM Bike 3hrs 30mins Race pace reps: 1 hour in Z2.30mins attop of Z3. 30mins in Z2.30mins attop of Z3.1 hour in Z2	AM Brick 1hr 20 mins 1 hour road or mtb in Z2 into run 20 mins in Z2
g	AM Bike 2hrs	

WEEK **09 WEEK 10** MRun 40mins Easyrunin Z2 PM Swim Am Run 4ummis-Basyrunni22Pm Swim 3.1km WU[22]: 400mfc, 200m pull, 100mfc Technique (Z1 to Z3): 400m kickalternating 55min Z3, 55m fc + 30secs 400m s 25m fists, 25m fc + 30secs Main (Z3): 2x400m fc +45secs. 8x50m pull + 20secs WD(Z1) 400m atternating back/fc. 3km WU(2):800ms(200mfc,200mkick, 200mpull,200mkick) <u>Technique</u> (2):2x 100mpull,200mkick) <u>Technique</u> (2):2x 100ms(25mpull ankles, 25mfc,25mpull ankles,25mfc)-30secs,300ms (25mfsts, 25mfc,25mfsts,25mfc)+30secs,4min(22/ 23):2x400mfc-30secs,4x00mpull+30secs,4x50 fc+10secsWD (2):400mback/fc Mon Brick 50mins Triple brick WU Run 10 mins in Z2 Main 3x (Bike 5 mins attop of Z3, straightinto run 3 mins at top of Z3) + 3 mins rest WD 10 mins bike in Z2 **Brick 45mins**Triple brick **WU** Run 10mins in Z2 **Main** 3x (bike Tue 4mins at top of Z3, straight into run 3mins at top of Z3) + 3mins rest WD 10mins bike in Z2 AM Run 40mins Easyrun in Z2 PM Swim 3km WU (Z2): 800m as (200m fc, 200m pull, 200 back, 200m fg Technique (Z2): 200m kick atternating 25m on back, 25m kick on front. 400m as 8x (25m kick on front arms by side, 25m fc) Main(Z2/3): 400m kick as (25m Z3, 25m Z1): 430secs. 4x 200m pull +30secs WD (Z1): 400m back/fc AM Run 40mins Easy run in Z2 PM Swim 3km WU(Z2): 800m as (200m fc bi, 100m kick, 100m breast, 200m fc, 100m kick, 100m the Technique (Z2):3x200m as (50m bi, 50m fc, 50m bi, 50m fc) +20secs Main(Z3): 4x200m fc +30secs. 400m pull, breathe every 3, 5, 7 stroke +30secs WD (Z1): 400m pull Wed WU2milesZ1/2Main 3 miles at top of Z3.2 miles in Z2.3 miles at top of Z3. WD 2 miles in Z2 Run12 miles WU 2 miles Z1/2 Main 3 miles at top of Z3.2 miles in Z2.3 miles at top of Z3 WD2 miles in Z2 H Rest day **Bike 3hrs 30mins** Race pacereps:1hourin Z2.30mins attop of Z3.30mins in Z2.30mins attop of Z3.1hour Sat Race pace reps:1hour in Z2.30mins at top of Z3.30mins in Z2.30mins at top of Z3.1hour in Z2 AM Bike 2hrs

Recovery ride in Z2 PM Swim 45 mins

Open-water swim in Z2. With others if

possible. Practise swimming in a close group

	WEEK 11	WEEK 12
		RACE WEEK
Mon	AM Run 30mins Easyrun in ZZ PM Swim 2km Wu (ZZ): 800mas, 2000m fe, 200m pul, 100m kick, 100m fc) Main (ZZ/3): 400m pull +30secs. 300m fc -20secs. 200m pull +10secs. 100m fc. WD (Z1): 400m alternating fc/back/pull/fc	Swim1.4km WU(Z2): 200m pull, 200m fc. Main (Z2): 400m alternating 25m kick, 50m fc Technique (Z2): 400m alternating 25m pull, 25m breathe every 3 strokes WD(Z1): 200m alternating back/breast
Tue	Brick 30mins WURun 10mins in Z2 Main Bike 10mins at top of Z3, straight into run 5mins at top of Z3 WD 5mins bike in Z2	Bike 1 hour Recovery ride in Z2
	AM Run 30mins Easyrun in Z2 PM Swim 2km WU (Z2): 300 mas (100 m fc,	Swim 1.3km
Wed	100m pull, 100m kick)+ 45secs Technique (Z): 2x300mas (50m fists, 50m pull, 50m head up, 50m fc, 50m pull ankles, 50m fc +30secs Main (Z2/3): 8x100mas (50m fc, 50m pull) WD (Z1): 300mas (5x50m alternating kick/fc)	Open-water swim or pool WU(Z2): 200mfc, 200m kick, 200m pull, 100mf c Teehnique (Z2): 400m as (50m fists, 100m fc, 50m pull, 100m fc, 50m head up, 100m fc, 50m doggy paddle, 100m fc) +30secs WD (Z1): 200m fc
Thur	Run 40mins Easyrun in Z2. Include 4x30 sechill sprints, thinking about your form	Run 30 mins 10 mins in Z2, 10 mins at top of Z3, 10 mins in Z2
H	Rest	day
Sat	Bike 1hr 45mins 45mins Z2.15mins at top of Z3.45mins in Z2	Bike 20mins Easyride, to make sure bike is working OK
Sun	AM Bike Ihr 45mins Recovery ride in 22 PM Swim 30mins Open-water swim in 22. With others if possible. Practise mid-water race starts, in a close bunch	Race day

Recovery ride in Z2
PM Swim 40mins

Open water swim in 72

Sun