

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> | <div>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</div> | <div>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</div> | <div>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</div> | <div>Day Off</div> | <div>Run Easy Run 0:15:00 Run Hill%: 0-25 Overall Effort: Easy Do the bike as soon as possible following the run</div> | <div>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.</div> |
| <div>Run Easy Run 0:15:00 Run Hill%: 0-25 Overall Effort: Easy</div> | | | <div>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?</div> | | <div>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</div> | |
| <div>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</div> | | | | | | |

Training Plan Marathon Basic - 12 Weeks

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---------------|---|---|--|-----|--|---|
| WEEK 1 | | | | | | |
| Day 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| | <div> Run Easy Run 0:30:00 Run Hill%: 0-25 Overall Effort: Easy </div> | <div> Run Easy Run 0:40:00 Run Hill%: 0-25 Overall Effort: Easy Include 4-6 x 1 minute MODERATE efforts </div> | <div> Run Easy Run 0:30:00 Run Hill%: 0-25 Overall Effort: Easy </div> | | <div> Run Easy Run 0:30:00 Run Hill%: 0-25 Overall Effort: Easy Include 2-4 x 1 minute MODERATE efforts </div> | <div> 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 THIS MAY ALSO BE A 5k RACE </div> |

Training Plan Run 10km - 12 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 may be that this is not enough training. This is NOT the ...</p> | <div>Run 1:00:00 Run 10' warm up 8 x 400m with 400m jog/walk recovery 10' loosen</div> | <div>Other Easy jog, bike, or swim 0:30:00 Other</div> | <div>Run 0:45:00 Run 10' warm up 3 miles or 5km at ST 10' loosen</div> | | <div>Run 0:50:00 Run 6 miles or 10km at LT</div> | <div>Day Off</div> |
| <div>Other Easy jog, bike, or swim 0:30:00 Other</div> | | | | | | |

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 |
| <p>Let's get started!</p> <p>Easy (E)● Continuous conversation pace (except hills, which would be moderat...</p> | <div> Bike 1:15:00 Bike Ramp 1 x 5 min ME </div> | | <div> Bike 1:00:00 Bike 2-8 x 5' Mod with 3'-5' Easy Recovery </div> | | <div> Bike Group Ride? 2:00:00 Bike 33% Hills </div> | |
| <div> Bike 1:00:00 Bike EASY </div> | | | | | | |

| 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 |