

Triathlon YOUR 4-WEEK PLAN



Intermediate/advanced

BIKE TRAINING

RAMP UP YOUR TRAINING INTENSITY WITH THIS
FOUR-WEEK CYCLE FITNESS PLAN

FOLD1

TRAINING ZONES

USING THESE Training Zones will help you train at the right intensity for each session. This helps 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 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.

These training zones are only a guide, so don't worry about being overly precise with heart rates because they'll fluctuate anyway. It's good to be mindful of your intensity but it's even more important that you get out there and enjoy your training.

ZONE 1 [Z1] Recovery

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

ZONE 2 [Z2] Steady

65 to 75% of your maximum. 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 your maximum. A fairly hard but sustainable pace.

ZONE 4 [Z4] Race tempo

80 to 90% of your maximum. A hard pace that requires real focus to sustain.

KEY **WU** Warm up, **WD** Warm down, **MAIN** Main set, **FC** Front crawl, **KICK** Kick with a float held out in front of you, **BUILD** Gradually increase the intensity of each rep within a set, **PULL** Front crawl with a pull float between thighs, **RI** Rest interval, **BACK** Backstroke, **BREAST** Breaststroke, **1-ARM** Front crawl using one arm only **N/S** Negative split – swim the 2nd half faster than the first, **FDRAG** Drag your fingers along the surface during the FC arm recovery, **FISTS** Swim FC with clenched fists, **DOG** Doggy paddle, **SCULL** Kick with arms held out in front, sculling your hands side to side, **BAND** Front crawl with a rubber band or inner-tube tied around ankles, **ANKLES** Front crawl with pull float between ankles

STAY IN THE TRAINING ZONE WITH TRIATHLON PLUS

	WEEK 01	WEEK 02
Mon	Rest day	Rest day
Tue	AM Swim 2,500m Technique session WU 3x300as (100m FC, 100m KICK, 100m PULL) MAIN 8x50mas (25m FISTS, 25m FC) 3x (150m FC in Z2, 100m FC in Z3, 50m FC in Z4) +20secs RI WD 300m easy FC or BACK PM Bike 50mins WU 10mins in Z2 MAIN 10, 9, 8mins all in Z3 (+2mins RI) WD 10mins in Z2	AM Swim 2,500m Muscular endurance session WU 100m FC, 100m KICK, 100m FDRAG, 100m PULL, 6x50m KICK MAIN 4x100m FC in Z3 +20secs RI, 300m PULL in Z1, 3x100m FC in Z3 +20secs RI, 200m PULL in Z1, 100m FC in Z3 WD 500m easy FC or BACK PM Bike 50mins WU 10mins in Z2 MAIN 3, 4, 5, 6, 5, 4, 3mins all in Z3 (+1min RI) WD 4mins in Z2
Wed	Run 45mins WU 10mins as (5mins in Z2, 5mins in Z3) MAIN 8x1min flat-out fast (+2mins jog RI) WD 10mins in Z2	Run 40mins WU 12mins as (5mins in Z2, 5mins in Z3, 2mins in Z2) MAIN 5x2mins flat-out fast (+2mins jog recoveries) WD 10mins in Z2
Thu	AM Swim 2,500m Strength session WU 300m FC, 100m KICK, 300m PULL, 100m KICK MAIN 400m (alternating 50m FC, 25m KICK), 8x50m PULL in Z3 +15secs RI, 2x100m KICK as 50m easy, 50m hard +20secs RI, 300m PULL in Z3, 3x100m ANKLES in Z2 +30secs RI WD 400m FC/BACK/BREAST PM Bike 45mins WU 10mins as (5mins in Z2, 5mins in Z3) MAIN 6x3mins hard in Z4 (+3min RI in Z1) WD 5mins in Z2	AM Swim 2,600m Strength session WU 200m FC, 100m KICK, 200m PULL, 100m KICK MAIN 400mas (alternating 50m FC, 25m KICK), 8x50m PULL in Z3 +15secs RI, 2x100m KICK as 50m easy, 50m hard +20secs RI, 300m PULL in Z3, 3x100m ANKLES in Z2 +30secs RI WD 400m FC/BACK/BREAST PM Bike 45mins WU 10mins as (5mins in Z2, 5mins in Z3) MAIN 30mins as (alternating 2mins in Z4, 2mins in Z2) WD 5mins in Z2
Fri	Run 60mins WU 25mins in Z2 MAIN 15mins in Z3 WD 20mins in Z2	Run 60mins WU 25mins in Z2 MAIN 15mins in Z3 WD 20mins in Z2
Sat	Bike 2hour endurance ride in Z2	Bike 2hr 30mins endurance ride in Z2
Sun	Bike 2hour endurance ride in Z2	Bike 2hr 30mins endurance ride in Z2

	WEEK 03	WEEK 04
Mon	Rest day	Rest day
Tue	AM Swim 2,900m Technique session WU 300m FC, 200m KICK, 200m FC MAIN 3x (300m PULL in Z3 +30secs RI, 100m FC in Z2 +20secs RI, 100secs FC in Z3 +20secs RI, 100m FC in Z4 +20secs RI) WD 400m easy FC or BACK PM Bike 50mins WU 10mins in Z2 MAIN 10, 9, 8mins all in Z3 (+90secs RI) WD 10mins in Z2	AM Swim 2,000m Technique session WU 300m FC, 200m KICK, 100m PULL +20secs RI MAIN 4x50m 1-ARM, 200m N/S, 4x50m FDRAG, 200m N/S, 4x50m FISTS, 200m N/S WD 200m easy FC or BACK PM Bike 45mins WU 15mins as 10mins in Z2, 3mins in Z3, 2mins in Z2 MAIN 20mins as alternating (30secs max, 30secs recovery spin) WD 10mins in Z2
Wed	Run 40mins WU 15mins as (10mins in Z2, 5mins in Z3) MAIN 4x3mins flat-out fast (+2mins jog recoveries) WD 8mins in Z2	Run 30mins WU 15mins as (10mins in Z2, 5mins in Z3) MAIN 5mins in Z4 WD 10mins in Z2
Thu	AM Swim 2,500m Strength session WU 2x250m FC, 100m KICK, 200m PULL MAIN 8x(25m SCULL, 25m FC) +10secs RI, 100m PULL in Z4 +10secs RI, 200m FC in Z3 +10secs RI, 300m PULL in Z2 +30secs RI, 200m FC in Z3 +20secs RI, 100m FC in Z4 WD 400m FC in Z3 PM Bike 45mins WU 10mins as (5mins in Z2, 5mins in Z3) MAIN 30mins as (alternating 2mins in Z4, 2mins in Z2) WD 5mins in Z2	AM Swim 2,300m Strength session WU 200m FC, 100m KICK, 200m PULL, 100m FC MAIN 400m (alternating 50m FC, 25m KICK), 3x (200m PULL, 100m KICK in Z3) +30secs RI WD 400m BACK/BREAST PM Bike 45mins WU 15mins as 10mins in Z2, 3mins in Z3, 2mins in Z2 MAIN 20mins as alternating (30secs max, 30secs recovery spin) WD 10mins in Z2
Fri	Run 60mins WU 25mins in Z2 MAIN 15mins in Z3 WD 20mins in Z2	Run 40mins WU 15mins in Z2 MAIN 15mins in Z3 WD 10mins in Z2
Sat	Bike 3hour endurance ride in Z2	Bike 2hour endurance ride in Z2
Sun	Bike 2hour endurance ride in Z2	Bike 2hour endurance ride in Z2