

TRAINING PLAN - WEEKS 1 TO 4

MONDAY ● TUESDAY ● WEDNESDAY ● THURSDAY ● FRIDAY ● SATURDAY ● SUNDAY

WEEK 1 - OUR WEEKLY PLAN BEGINS ON A MONDAY, BUT YOU CAN START ANY DAY OF THE WEEK

SWIM: HIIT

6 x [50m @ max speed; 50m very easy]
 •
 200m easy
 •
 6 x [25m @ max speed; 50m very easy]

REST DAY

BIKE: HIIT

4 x 40secs max, 100rpm, off 1min RI; 2km easy
 •
 4 x 40secs max, 110rpm, off 1min RI; 2km easy
 •
 4 x 40secs max, 100rpm, off 1min RI

RUN: END

8km
 •
 Run at mostly steady pace including
 8 x 100m @ max speed

REST DAY

BIKE: END

35km
 •
 Ride a mostly steady pace including
 10 x 1min @ max speed

RUN: HIIT

6 x 100m @ max speed, off 1min RI
 •
 1.5km easy
 •
 6 x 100m @ max speed, off 1min RI

WEEK 2 - DON'T FORGET, RI = REST INTERVAL; END = ENDURANCE

SWIM: HIIT

10 x 25m @ max speed, off 15secs RI
 •
 200m easy
 •
 10 x 25m @ max speed, off 15secs RI

REST DAY

RUN: END

8km
 •
 Run a mostly steady pace including
 8 x 100m @ max speed using an incline/hill

SWIM: END

8 x 100m including a final 25m @ max speed off 30secs RI

REST DAY

BIKE: HIIT

4 x 60secs max, 100rpm, off 1min RI; 2km easy
 •
 6 x 40secs max, 110rpm, off 1min RI; 2km easy
 •
 4 x 60secs max, 100rpm, off 1min RI

RUN: HIIT

6 x 120m @ max speed, off 1min RI
 •
 1.5km easy
 •
 6 x 120m @ max speed, off 1min RI

WEEK 3 - ALWAYS INCLUDE A WARM-UP TO EACH SESSION - 5-8MINS, BUILDING INTENSITY FROM EASY TO VIGOROUS

SWIM: HIIT

6 x [50m @ max speed; 50m very easy]
 •
 200m easy
 •
 6 x [25m @ max speed; 50m very easy]

REST DAY

BIKE: HIIT

5 x 45secs max, 100rpm, off 1min RI; 2km easy
 •
 5 x 45secs max, 110rpm, off 1min RI; 2km easy
 •
 5 x 45secs max, 100rpm, off 1min RI

SWIM: END

6 x 150m including a final 50m @ max speed off 1min RI

REST DAY

RUN: HIIT

8 x 100m @ max speed, off 1min RI
 •
 1.5km easy
 •
 8 x 100m @ max speed, off 1min RI

BIKE: END

35km
 •
 Ride a mostly steady pace including 10 x 1min @ max speed

WEEK 4 - AND ALWAYS INCLUDE A COOL-DOWN TO EACH SESSION - 3-5MINS OF EASY CARDIO FOLLOWED BY STRETCHES

SWIM: HIIT

10 x 25m @ max speed off 15secs RI
 •
 200m easy
 •
 10 x 25m @ max speed off 15secs RI

REST DAY

BIKE: HIIT

4 x 60secs max, 110rpm, off 1min RI; 2km easy
 •
 6 x 40secs max, 120rpm, off 1min RI; 2km easy
 •
 4 x 60secs max, 110rpm, off 1min RI

RUN: END

8km
 •
 Run a mostly steady pace including
 12 x 50m @ max speed

REST DAY

BIKE: END

35km
 •
 Ride a mostly steady pace including
 8 x 1:30secs @ max speed, off 2mins RI

RUN: HIIT

8 x 100m @ max speed off 1min RI
 •
 1.5km easy
 •
 8 x 100m @ max speed off 1min RI

TRAINING PLAN - WEEKS 5 TO 8

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

WEEK 5 - IF YOU'RE NEW TO HIIT, PROCEED GRADUALLY AND BUILD SESSIONS INTO YOUR TRAINING AS YOU GET USED TO IT

SWIM: HIIT

10 x [25m @ max speed; 20secs RI; 50m @ max speed; 1min RI]

REST DAY**MULTI BRICK**

8 x
•
2km easy bike
•
500m run @ max speed
•
2mins RI

SWIM: END

8 x 100m including a final 25m @ max speed off 30secs RI

REST DAY**RUN: END**

7km
•
Run a mostly steady pace including 12 x 80m @ max speed

BIKE: HIIT

12 x [30secs @ max speed, 90rpm; 30secs @ max speed, 100rpm off 1:30mins RI]
•
All efforts done in a big gear

WEEK 6 - IF YOU WANT TO RACE LONGER, INCREASE THE VOLUME OF SESSIONS APPROPRIATELY

SWIM: HIIT

10 x [25m @ max speed; 20secs RI; 50m @ max speed; 1min RI]

REST DAY**RUN: END**

8km
•
Run a mostly steady pace including 10 x 100m @ max speed using an incline/hill

BIKE: HIIT

12 x [30secs @ max speed, 90rpm; 30secs @ max speed, 100rpm off 1:30mins RI]
•
All efforts done in a big gear

REST DAY**RUN: HIIT**

6 x 150m @ max speed off 1min RI
•
1.5km easy
•
6 x 150m @ max speed off 1min RI

BIKE: END

35km
•
Ride a mostly steady pace including 8 x 1:30mins @ max speed off 2mins RI

WEEK 7 - IN THE 'END'URANCE SESSIONS, THE HIIT EFFORTS ONLY MAKE UP PART OF THE BIGGER SESSION

SWIM: HIIT

6 x [25m @ max speed; 20secs RI; 50m @ max speed; 40secs RI; 75m steady; 1min RI]

REST DAY**MULTI BRICK**

8 x
•
2km easy bike
•
500m bike @ max speed
•
2mins RI

SWIM: END

6 x 150m including a final 50m @ max speed off 30secs RI

REST DAY**RUN: END**

7km
•
Run a mostly steady pace including 12 x 80m @ max speed

BIKE: HIIT

20 x 45secs @ max speed, 90rpm, off 1:15mins RI
•
All efforts done in a big gear

WEEK 8 - REMEMBER, IN ORDER TO RACE FASTER, YOU MUST TRAIN FASTER!

SWIM: HIIT

6 x [25m @ max speed; 20secs RI; 50m @ max speed; 40secs RI; 75m steady; 1min RI]

REST DAY**RUN: END**

8km
•
Run a mostly steady pace including 10 x 100m @ max speed using an incline/hill

BIKE: HIIT

20 x 45secs @ max speed, 90rpm, off 1:15mins RI
•
All efforts done in a big gear

REST DAY**RUN: HIIT**

6 x 150m @ max speed off 1min RI
•
1.5km easy
•
6 x 150m @ max speed off 1min RI

BIKE: END

35km
•
Ride a mostly steady pace including 8 x 1:30mins @ max speed off 2mins RI