

TRAINING PLAN  
COACH DERMOTT HAYES



# NAIL YOUR WINTER TRAINING

## 12-WEEK PLAN!



**MORE ADVICE?**  
Turn to p43 for the ultimate rest and recovery tips from the world's greatest Ironman athletes.

*Start building a solid base in training now and have your best race season ever in 2019. Over to Dermott Hayes and his three-month plan...*

It's that time of year again. You've had your break, maybe your body shape has changed a little after some post-season recovery, but you're full of ambition for 2019. Perhaps you're a returning triathlete looking to better your previous seasons, or a newbie looking for a challenge next year. Either way, it's key that you get the fundamentals of triathlon training correct, and this starts with rebuilding your fitness with some base training.

As with any aspect of fitness it's necessary for the individual to find what's right for them, but we all benefit by laying down strong fitness foundations over the winter months. A well-structured base phase should ensure that the bulk – around 70–80% of training time – is spent within an easy-to-moderate intensity. This allows for a gradual increase in duration or distance, without fear of injury by jumping in too quickly. The additional benefit of training at lower intensities is that it allows your body to adapt to using fat as its primary fuel source, which helps to either lose or manage weight. When our bodies become better at utilising fat to provide

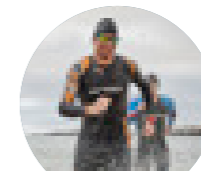
energy, there's less need to over-eat with energy products and potentially cause GI-distress.

Finally, if you can turn your body into a fat-burning machine, it has long-term health benefits. So it's okay to back off and not feel completely spent at the end of every session. You'll also find that working at lower intensities is more sociable, as you actually have the energy to speak.

The 12-week plan over the following pages is based on an athlete racing Olympic-distance triathlon. It has two rest days per week and is fairly evenly split between disciplines. If you did feel a need to increase the training time in any discipline, then try to juggle it around by taking time out from the other sports. The plan begins with endurance sessions that are close to Olympic-tri racing and gradually builds to long weekend sessions at 140–150% of the racing distance.

Remember, you're not racing tri over the winter so take it steady and put miles into your legs. But to stop you getting sluggish and one-paced, there are intervals to keep you thinking about race speed. Remember, winter miles = summer smiles.

### COACH'S TIPS MAXIMISE THE OFF-SEASON



**DON'T RUSH IT**  
Let your fitness return at a sensible pace and keep the intensity moderate for the vast majority of sessions.



**KEEP A LOG**  
Record what you're doing and make notes on performance in a training diary. Use this to create a picture of your efforts.



**HAVE GOALS**  
If you've not yet chosen your target multisport events for next year, do it soon so you have a clear focus to your training.



**TRAIN RAIN OR SHINE**  
Get outdoors and train even if it's a bit chilly. Don't become a hermit over winter and top up those vitamin-D levels when you can.

## 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  | REST DAY | BIKE   | RUN  | REST DAY | BIKE  | RUN  |
|---|----------|--|--|----------|---|--|
| 200m drill<br>•<br>2 x 400m increasing pace each 100m<br>•<br>200m drill<br>•<br>4 x 100m hard<br>•<br>30secs RI between sets |          | 3 x [1min sprint/4mins easy; 2mins hard/3mins easy; 3mins hard/2mins easy] | 4 x [6mins moderate; 2mins hard; 2mins easy] |          | 40km<br>•<br>On an undulating route<br>•<br>Focus on a consistent, moderate intensity | 8-10km<br>•<br>On a flat route at moderate intensity |

WEEK 2 - DON'T FORGET, RP = TARGET RACE PACE; RI = REST INTERVAL

| SWIM   | REST DAY | BIKE  | RUN  | REST DAY | BIKE  | RUN   |
|--|----------|---|--|----------|---|---|
| 2 x [400m; 300m; 200m; 100m]<br>•<br>Aim to maintain consistent pace all sets<br>•<br>40secs RI between sets |          | 5 x [4mins moderate big gear; 1min easy; 3mins moderate high rpm; 2mins easy] | 4 x 1.8km hard<br>•<br>400m easy jog recovery between sets |          | 45km<br>•<br>On a flat route<br>•<br>Focus on consistent moderate intensity | 8-10km<br>•<br>On an undulating route at moderate intensity |

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

| SWIM  | REST DAY | BIKE   | RUN  | REST DAY | BIKE  | RUN  |
|---|----------|--|--|----------|---|--|
| 200m drill<br>•<br>2 x 400m increasing pace each 100m<br>•<br>200m drill<br>•<br>4 x 100m hard<br>•<br>30secs RI between sets |          | 3 x [1min sprint/4mins easy; 2mins hard/3mins easy; 3mins hard/2mins easy] | 4 x [6mins moderate; 2mins hard; 2mins easy] |          | 50km<br>•<br>On an undulating route<br>•<br>Focus on a consistent, moderate intensity | 10km<br>•<br>On a flat route at moderate intensity |

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

| SWIM   | REST DAY | BIKE  | RUN  | REST DAY | BIKE  | RUN  |
|--|----------|---|--|----------|---|--|
| 2 x [400m; 300m; 200m; 100m]<br>•<br>Aim to maintain consistent pace all sets<br>•<br>40secs RI between sets |          | 5 x [4mins moderate big gear; 1min easy; 3mins moderate high rpm; 2mins easy] | 4 x 1.8km hard<br>•<br>400m easy jog recovery between sets |          | 50km<br>•<br>On a flat route<br>•<br>Focus on consistent moderate intensity | 8km<br>•<br>On an undulating route at moderate intensity |

## TRAINING PLAN - WEEKS 5 TO 8

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

WEEK 5 - THE LONG WEEKEND BIKE SESSION WILL HAVE YOU PREPPED FOR OLYMPIC-DISTANCE RACING IN 2019

| SWIM  | REST DAY | BIKE   | RUN  | REST DAY | BIKE   | RUN   |
|---|----------|--|--|----------|--|---|
| 200m drill choice; 200m pull buoy; 100m paddles; 5 x 100m hard; 200m drill choice; 200m pull buoy; 100m paddles; 5 x 100m hard<br>•<br>30secs RI between sets |          | 4 x [1min hard; 2mins easy]; 4mins moderate<br>•<br>10 x [30secs sprint; 1:30min easy]; 4mins moderate<br>•<br>4 x [1min hard; 2mins easy] | 3 x [8mins moderate; 2mins easy; 2mins hard; 2mins easy] |          | 60km<br>•<br>On an undulating route with hard climbs<br>•<br>Focus on climbing efficiently | 10-12km<br>•<br>On a flat route at moderate intensity |

WEEK 6 - IT'S NOT ALLOW INTENSITY WORK IN THE WINTER, WITH FASTER INTERVALS HERE TO KEEP YOUR RACE SPEED

| SWIM   | REST DAY | BIKE   | RUN  | REST DAY | BIKE  | RUN  |
|--|----------|--|--|----------|---|--|
| 1 x 400m moderate; 8 x 50m hard; 2 x 200m moderate; 8 x 50m hard; 1 x 400m moderate<br>•<br>40secs RI between sets |          | 4 x [8mins moderate aero; 2mins easy; 2mins hard seated climb; 3mins easy] | 6 x 1.2km hard<br>•<br>300m easy jog recovery between sets<br>•<br>Complete on a small incline if possible |          | 65km<br>•<br>On a flat route<br>•<br>Focus on consistent moderate intensity | 12km<br>•<br>On a hilly route at easy-moderate intensity |

WEEK 7 - THE CHOICE OF SWIM DRILLS CAN INCLUDE ROTATOR KICKS, SINGLE ARMS, SCULLING, KICKS AND PULLS

| SWIM  | REST DAY | BIKE   | RUN  | REST DAY | BIKE   | RUN   |
|---|----------|--|--|----------|--|---|
| 200m drill choice; 200m pull buoy; 100m paddles; 5 x 100m hard; 200m drill choice; 200m pull buoy; 100m paddles; 5 x 100m hard<br>•<br>30secs RI between sets |          | 4 x [1min hard; 2mins easy]; 4mins moderate<br>•<br>10 x [30secs sprint; 1:30min easy]; 4mins moderate<br>•<br>4 x [1min hard; 2mins easy] | 3 x [8mins moderate; 2mins easy; 2mins hard; 2mins easy] |          | 60km<br>•<br>On an undulating route with hard climbs<br>•<br>Focus on climbing efficiently | 12-13km<br>•<br>On a flat route at moderate intensity |

WEEK 8 - USE YOUR REST DAYS FOR THE OCCASIONAL SPORTS MASSAGE AND UPDATING YOUR TRAINING DIARY

| SWIM   | REST DAY | BIKE   | RUN  | REST DAY | BIKE  | RUN  |
|--|----------|--|--|----------|---|--|
| 1 x 400m moderate; 8 x 50m hard; 2 x 200m moderate; 8 x 50m hard; 1 x 400m moderate<br>•<br>40secs RI between sets |          | 4 x [8mins moderate aero; 2mins easy; 2mins hard seated climb; 3mins easy] | 6 x 1.2km hard<br>•<br>300m easy jog recovery between sets<br>•<br>Complete on a small incline if possible |          | 50km<br>•<br>On a flat route<br>•<br>Focus on consistent moderate intensity | 10km<br>•<br>On a hilly route at easy-moderate intensity |

# TRAINING PLAN - WEEKS 9 TO 12

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

## WEEK9—USE THE LONG WEEKEND BIKE AND RUN SETS TO POUND YOUR RACING NUTRITION STRATEGY

**SWIM**

200m drill choice; 200m pull buoy; 4 x 150m hard; 150m easy; 4 x 150m hard; 150m easy; 200m pull buoy  
 •  
 30secs RI between sets

**REST DAY**

**BIKE**

4 x [8mins increasing effort each 2mins to finish very hard/4mins easy]

**RUN**

3 x [9mins moderate; 1min easy; 2mins hard; 3mins easy]

**REST DAY**

**BIKE**

65km  
 •  
 On an undulating route  
 •  
 Include 2 x 10km efforts hard

**RUN**

14km  
 •  
 On a flat route at moderate intensity

## WEEK10—IF YOU HAVE ACCESS TO ONE, YOU CAN PERFORM THE MID-WEEK RUN SESSION AT A TRACK

**SWIM**

6 x 50m hard  
 •  
 2 x 800m moderate  
 •  
 100m easy  
 •  
 40secs RI between sets

**REST DAY**

**BRICK**

3 x  
 •  
 12min bike moderate  
 •  
 4min run moderate  
 •  
 90secs RI between sets

**RUN**

8 x 800m hard  
 •  
 200m easy jog recovery between sets

**REST DAY**

**BIKE**

60km  
 •  
 On a flat route  
 •  
 Focus on bike handling and control

**RUN**

10km  
 •  
 On a hilly route at easy-moderate intensity

## WEEK11—PREPARE YOUR KIT FOR EVERY TYPE OF WEATHER EVENTUALITY ON THE WEEKEND SESSIONS

**SWIM**

200m drill choice; 200m pull buoy; 4 x 150m hard; 150m easy; 4 x 150m hard; 150m easy; 200m pull buoy  
 •  
 30secs RI between sets

**REST DAY**

**BIKE**

4 x [8mins increasing effort each 2mins to finish very hard/4mins easy]

**BRICK**

3 x  
 8min bike moderate  
 •  
 8min run moderate  
 •  
 90secs RI between sets

**REST DAY**

**BIKE**

65km  
 •  
 On an undulating route  
 •  
 Include 2 x 10km efforts hard

**RUN**

14km  
 •  
 On a flat route at moderate intensity

## WEEK12—ADD IN SOME STRENGTH AND CONDITIONING WORK AND YOU'LL FINISH THE PLAN FITTER AND STRONGER ATHLETE

**SWIM**

6 x 50m hard  
 •  
 2 x 800m moderate  
 •  
 100m easy  
 •  
 40secs RI between sets

**REST DAY**

**BIKE**

3 x [10mins moderate aero; 2mins easy; 4mins hard high rpm; 4mins easy]

**RUN**

8 x 800m hard  
 •  
 200m easy jog recovery between sets

**REST DAY**

**BIKE**

50km  
 •  
 On a flat route  
 •  
 Focus on bike handling and control

**RUN**

10km  
 •  
 On a hilly route at easy-moderate intensity