

8-WEEK PLAN

STAY STRONG THIS SUMMER

With the 2020 race season in limbo, now's the ideal time to take an off-season approach to your training. Here's how...



ONLINE CIRCUIT SESSIONS
This plan includes four different circuit sessions that you can find online at 220tri.com.

8-WEEK STRENGTH PLAN

TRAINING PLAN
COACH DERMOTT HAYES



So here we are in what may well turn out to be the strangest season we'll ever experience. Like me, you're probably all wondering what to do with your fitness levels and how to stay sharp, aware that racing in 2020 may not actually happen.

So firstly, I recommend taking this time to get some perspective on your training. If your races have been postponed/cancelled then you have to deal with that, and if you only had one major race which has bitten the bullet then it'd be acceptable to take a little time to mull things over.

Secondly, as an active athlete, you must now consider how best to rescue something from 2020, which is where this month's eight-week plan can help you.

The timing may be peculiar but now could be just the right time for an unscheduled 'off-season' to recharge your batteries in anticipation of building again. It's a time for restructuring your normal training week, highlighting different fitness objectives and maybe trying to include more variety into your weekly regime. The objective of this plan is to retain your level of fitness through different

workouts, be open to new experiences and to not be afraid about losing triathlon fitness.

The majority of the plan can be executed from home, but having access to gym equipment for the circuit sessions (available at 220tri.com) would certainly be an advantage. If you're unfamiliar with strength and conditioning then always proceed with caution and start off working at easier levels of intensity - you'll be able to build quickly but staying injury free is the key here. Expect some muscle soreness from any new exercises, which may impact on your cardio training, but remember it's okay as we're in an 'off-season' period.

This is also a great time to try some online exercise classes, maybe look at some yoga and core work. And if you have access to a bike at home try online training platforms like Zwift, Sufferfest or TrainerRoad. All of which have been factored into the plan, and are excellent for helping to maintain focus and enthusiasm as you try to keep it 'social'.

Using this time wisely will help you to recharge physically and refocus you mentally. Many of us have had to completely restructure our seasons, so this plan is designed to give you the perfect opportunity to do just that. ▶

COACH'S TIPS NAIL THE FUNDAMENTALS



KEEP IT CONSISTENT

Consistency is key - it's well-worn but for good reason. Try and stay as focused on the plan as you can.



ALWAYS STRETCH IT OUT

Post-workout stretching is essential after weights. Do not neglect the stretch!



EMBRACE CHANGE

Be open to different training opportunities. Now's the time to embrace some change.



SCALE IT BACK

A little weight gain is absolutely okay and to be expected, but still keep one eye on the scales.

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 ON ANY DAY OF THE WEEK

RUN INT 4 x 400m hard • 4 x 800m moderate • 4 x 400m hard • 45secs recovery between sets	REST DAY	CIRCUITS #1 Lower body & endurance	PILATES/YOGA Join a group or follow online routine	REST DAY	BIKE END 1:30hrs • Try to include some hills but work at a moderate effort	CIRCUITS #2 Upper body & speed
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WEEK 2 - ALWAYS INCLUDE A WARM-UP WITH EACH SESSION, 5-8MINS GRADUALLY BUILDING INTENSITY FROM EASY TO VIGOROUS

RUN END 12-14km • Aim to hold a steady and sustainable pace	REST DAY	CIRCUITS #3 Lower body & endurance	PILATES/YOGA Join a group or follow online routine	REST DAY	BIKE 10mins easy • 6 x [1min vig; 2mins vig; 2mins mod] • 5mins mod • 6 x [1min vig; 1min max; 3mins mod] • 5mins easy	CIRCUITS #4 Upper body & speed
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WEEK 3 - ALWAYS INCLUDE A COOL-DOWN FOLLOWING EACH SESSION, 3-5MINS OF EASY CARDIO FOLLOWED BY STRETCHES

RUN INT 4 x 800m moderate • 4 x 600m hard • 4 x 400m hard • 4 x 200m sprint • 45secs rest between sets	REST DAY	CIRCUITS #1 Lower body & endurance	PILATES/YOGA Join a group or follow online routine	REST DAY	BIKE END 1:30hrs • Try to include some hills but work at a moderate effort	CIRCUITS #2 Upper body & speed
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WEEK 4 - IF IT WORKS BETTER FOR YOU, YOU CAN SWAP THE BIKE SESSIONS FOR AN ONLINE SPIN CLASS

RUN END 8km • Aim to hold a steady and sustainable pace	REST DAY	CIRCUITS #3 Lower body & endurance	PILATES/YOGA Join a group or follow online routine	REST DAY	BIKE 10mins easy • 3 x [6mins vig; 6mins vig; 3mins mod] • 6 x [2:30mins mod; 1min vig; 30secs max] • 5mins mod • 5mins easy	CIRCUITS #4 Upper body & speed
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TRAINING PLAN - WEEKS 5 TO 8

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

WEEK 5 - ALL CIRCUIT SESSIONS CAN BE FOUND AT 220TRI.COM UNDER 'TRAINING'

RUN INT 5 x 800m hard off 40secs rest • 5 x 800m hard off 60secs rest	REST DAY	CIRCUITS #1 Lower body & endurance	PILATES/YOGA Join a group or follow online routine	REST DAY	BIKE END 2hrs • Try to include some hills but work at a moderate effort	CIRCUITS #2 Upper body & speed
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WEEK 6 - REMEMBER, INT = INTERVAL; END = ENDURANCE

RUN END 14-16km • Aim to hold a steady and sustainable pace	REST DAY	CIRCUITS #3 Lower body & endurance	PILATES/YOGA Join a group or follow online routine	REST DAY	BIKE 10mins easy • 6 x [1min vig; 2mins vig; 2mins mod] • 5mins mod • 6 x [1min vig; 1min max; 3mins mod] • 5mins easy	CIRCUITS #4 Upper body & speed
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WEEK 7 - THE INTERNET IS AWASH WITH ONLINE PILATES/YOGA SESSIONS; TRY A FEW OUT TO SEE WHICH YOU LIKE BEST

RUN INT 4 x 1km hard off 40secs rest • 4 x 1km hard off 60secs rest	REST DAY	CIRCUITS #1 Lower body & endurance	PILATES/YOGA Join a group or follow online routine	REST DAY	BIKE END 2hrs • Try to include some hills but work at a moderate effort	CIRCUITS #2 Upper body & speed
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WEEK 8 - YOU'VE COMPLETED THE 8-WEEK PLAN AND CAN FEEL CONFIDENT YOU'VE BUILT SOME SOLID STRENGTH AND SHARPNESS

RUN END 8km • Aim to hold a steady and sustainable pace	REST DAY	CIRCUITS #3 Lower body & endurance	PILATES/YOGA Join a group or follow online routine	REST DAY	BIKE 10mins easy • 3 x [6mins vig; 6mins vig; 3mins mod] • 6 x [2:30mins mod; 1min vig; 30secs max] • 5mins mod • 5mins easy	CIRCUITS #4 Upper body & speed
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