

# TRAINING PLAN - WEEKS 5 TO 8

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

## WEEK 5 - IT'S TIME FOR THE OPEN WATER AND A LONG BIKE NEARING RACE-DAY LENGTH

### REST DAY

### SWIM

**2.2km**  
in open water  
•  
Aim to swim a continuous 2km that's focused on efficient swimming and getting comfortable with your wetsuit

### RUN

**3 x 2km**  
at IM race pace  
•  
**3 x 1.2km**  
vigorous  
•  
**3 x 800m**  
max effort  
•  
Take 45secs rest between each rep

### BIKE

Repeat 5 x  
•  
**6mins**  
vigorous, on a climb  
•  
**2mins**  
increased RPM at max effort  
•  
**4mins**  
moderate  
•  
No rest between reps

### SWIM

**4 x 200m**  
moderate  
•  
**4 x 100m**  
vigorous  
•  
**8 x 50m**  
sprint  
•  
**4 x 100m**  
vigorous  
•  
**4 x 200m**  
moderate  
•  
30-45secs rest between reps

### BIKE

**160km**  
aiming to execute desired IM race pace  
•  
Think about simulating the terrain of your IM race

### RUN

**18km**  
aiming to execute desired IM race pace  
•  
Think about how to refuel

## WEEK 6 - TWO REST DAYS AND ANOTHER MAJOR BRICK SESSION FORM THE BACKBONE OF THIS WEEK

### REST DAY

### SWIM

**2.6km**  
in open water  
•  
Aim to swim a continuous 2km that's focused on efficient swimming and getting comfortable with your wetsuit

### RUN

Repeat 8 x  
•  
**1.5km**  
moderate  
•  
**1km**  
vigorous  
•  
No rest between reps

### BIKE

**50km**  
easy-moderate  
•  
Include  
**2 x 10km**  
at IM race pace

### SWIM

**4 x 200m**  
moderate  
•  
**4 x 100m**  
vigorous  
•  
**12 x 50m**  
sprint  
•  
**4 x 100m**  
vigorous  
•  
**4 x 200m**  
moderate  
•  
30-45secs rest between reps

### REST DAY

### BRICK

**110km**  
bike  
•  
**15km**  
run  
•  
Moderate bike and then run at desired IM race pace, including walks for refuelling

## WEEK 7 - GET READY FOR A LONG OPEN-WATER SWIM, A RECOVERY RIDE AND YOUR LONGEST TRAINING RUN

### REST DAY

### SWIM

**3km**  
in open water  
•  
Include  
**4 x 400m**  
efforts at faster than IM race pace. Improve sighting by swimming with head up

### RUN

**3 x 1.5km**  
at IM race pace  
•  
**3 x 1km**  
vigorous  
•  
**3 x 500m**  
max effort  
•  
45secs rest between reps

### BIKE

Repeat 4 x  
•  
**15mins**  
moderate-vigorous, practice in aero position  
•  
**5mins**  
easy  
•  
No rest between reps

### SWIM

**10 x 300m**  
moderate  
•  
Aim to swim at IM race pace  
•  
Take 30secs rest between each reps

### BIKE

**80km**  
moderate, on a flatter route  
•  
Treat like a recovery ride

### RUN

**30-32km**  
aiming to execute desired IM race pace  
•  
Think about how to refuel. This is your longest pre-IM run

## WEEK 8 - THIS WEEK SEES TWO OPEN-WATER SWIMS AND PLENTY OF RACE-DAY PACING PREPARATION

### REST DAY

### SWIM

**3.4km**  
in open water  
•  
Include  
**4 x 400m**  
efforts at faster than IM race pace. Focus on swimming around people and the contact involved

### BIKE

Repeat 4 x  
•  
**20mins**  
moderate-vigorous, practise in aero position  
•  
**5mins**  
easy  
•  
No rest between reps

### BIKE

**50km**  
moderate, on a flatter route  
•  
Treat like a recovery ride

### RUN TEMPO

Repeat 5 x  
•  
**1km**  
moderate  
•  
**1km**  
vigorous  
•  
No rest between reps

### SWIM

**2.8km**  
in open water  
•  
Include  
**4 x 400m**  
efforts at faster than IM race pace  
•  
Focus on sighting and turning at marker buoys

### BRICK

**130km**  
bike  
•  
**15km**  
run  
•  
Moderate bike and run at desired IM race pace, including walks for refuelling