

EUROSTAR

Tri-City-Athlon

PARIS – BRUSSELS – LONDON

TRIATHLON TRAINING PROGRAMME





There are a few abbreviations used and talk about Effort Levels (EL). Below is a table to clear up what those translate to in reality!

EFFORT LEVEL	DESCRIPTION	SWIM	BIKE	RUN
1	Easy/cool down pace	20min	90min	1hr
2	Comfortable but aware of the pace	400m/8-10min	1hr	45min
3	Uncomfortable	200m/5min	30min	20min
4	Hard/Fast	50-100m Fast	2min	4-5min/1000m
5	Maximum Effort	25m Sprint	30sec	30-40sec/200m

Note that these are rough guidelines to enable you to hold a perceived effort for the required amount of time.

ABBREVIATIONS	EXPLANATION
EL	Effort Level
WU	Warm Up
D	Descending (Next effort faster than the previous)
R	Rest
CD	Cool Down
TT	Time Trial
TgtT	Target Time
F/C	Front Crawl
Back	Backstroke
Br	Breaststroke
Fly	Butterfly

WEEK 1

DAY	DATE	SESSION	REMARKS	WEEKLY DISTANCE TOTAL		OVERALL TOTAL / CALORIES	COMMENTS
				Session	Cumulative		
MONDAY		SWIM WU: 150m EL1 4 x 25m D1-4 TgtT 45sec R20sec Main set: 5 x 100m TgtT 3min R1min Sub set: 4 x 50m TgtT 1min25 R30sec CD: 100m choice	Unless otherwise stated (e.g. 'choice') the stroke is always F/C. This applies to all swim sets.				
TUESDAY		BIKE 60min EL1					
WEDNESDAY		REST DAY					
THURSDAY		RUN 30min EL1					
FRIDAY		REST DAY					
SATURDAY		BIKE 70min EL1					
SUNDAY		RUN 30min EL1					

WEEK 2

DAY	DATE	SESSION	REMARKS	WEEKLY DISTANCE TOTAL		OVERALL TOTAL / CALORIES	COMMENTS
				Session	Cumulative		
MONDAY		SWIM WU: 150m EL1 4 x 25m D1-4 TgtT 45sec R20sec Main set: 6 x 100m TgtT 3min R1min Sub set: 6 x 50m TgtT 1min25 R30sec CD: 100m choice					
TUESDAY		BIKE 60min EL1					
WEDNESDAY		REST DAY					
THURSDAY		RUN 30min EL1					
FRIDAY		REST DAY					
SATURDAY		BIKE 75min EL1					
SUNDAY		RUN 35min EL1					

WEEK 3

DAY	DATE	SESSION	REMARKS	WEEKLY DISTANCE TOTAL		OVERALL TOTAL / CALORIES	COMMENTS
				Session	Cumulative		
MONDAY		SWIM WU: 150m EL1 4 x 25m D1-4 TgtT 45sec R20sec Main set: 2 x 200m TgtT 5min50 R90sec 5 x 100m TgtT 2min50 R1min Sub set: 6 x 50m TgtT 1min25 R30sec CD: 100m choice					
TUESDAY		BIKE 15min EL1 4 x 10min EL3 R3min (spin) 5min EL1					
WEDNESDAY		REST DAY					
THURSDAY		RUN WU: 10min with strides 25min EL2	Strides = Picking up your pace over approximately 15 secs.				
FRIDAY		REST DAY					
SATURDAY		BIKE 80min EL1					
SUNDAY		RUN 40min EL1					

WEEK 4

DAY	DATE	SESSION	REMARKS	WEEKLY DISTANCE TOTAL		OVERALL TOTAL / CALORIES	COMMENTS
				Session	Cumulative		
MONDAY		SWIM WU: 150m EL1 4 x 25m D1-4 TgtT 45sec R20sec Main set: 2 x 200m TgtT 5min45 R90sec 5 x 100m TgtT 2min50 R1min Sub set: 6 x 50m TgtT 1min22 R30sec CD: 100m choice	Note this is a recovery week so with the exception of the swimming all sessions' intensity hit a plateau for a week.				
TUESDAY		BIKE 15min EL1 4 x 10min EL2 R3min (spin) 5min EL1					
WEDNESDAY		SWIM WU: 200m choice 3 x 200m EL1					
THURSDAY		RUN WU: 10min with strides 25min EL2					
FRIDAY		REST DAY					
SATURDAY		BIKE 80min EL1					
SUNDAY		RUN 40min EL1					

WEEK 5

DAY	DATE	SESSION	REMARKS	WEEKLY DISTANCE TOTAL		OVERALL TOTAL / CALORIES	COMMENTS
				Session	Cumulative		
MONDAY		SWIM WU: 200m EL1 4 x 50m D1-4 TgtT 90sec D to 82sec R20sec Main set: 4 x 200m TgtT 5min40 - 5min45 R90sec 2 x 100m TgtT 2min48 R1min CD: 100m choice					
TUESDAY		BIKE WU: 15min 3 x 5km Tgt T 10min30 Rest 1km spin CD: 15min					
WEDNESDAY		SWIM WU: 300m choice 3 x 200m EL1					
THURSDAY		RUN WU: 10min EL1 4 x 500m Tgt T 2min45 Jog/walk 1min 10min EL1					
FRIDAY		REST DAY					
SATURDAY		BIKE 100min EL1					
SUNDAY		RUN 45min EL1					

WEEK 6

DAY	DATE	SESSION	REMARKS	WEEKLY DISTANCE TOTAL		OVERALL TOTAL / CALORIES	COMMENTS
				Session	Cumulative		
MONDAY		SWIM WU: 200m EL1 4 x 50m D1-4 TgtT 90sec D to 82sec R20sec Main set: 4 x 200m TgtT 5min40 R90sec 4 x 100m TgtT 2min47 R1min CD: 100m choice					
TUESDAY		BIKE WU: 15min 4 x 5km Tgt T 10min30 Rest 1km spin CD: 15min					
WEDNESDAY		SWIM WU: 300m choice 4 x 200m EL1					
THURSDAY		RUN WU: 10min EL1 6 x 500m Tgt T 2min45 Jog/walk 1min 10min EL1					
FRIDAY		REST DAY					
SATURDAY		BIKE 120min EL1					
SUNDAY		RUN 60min EL1					

WEEK 7

DAY	DATE	SESSION	REMARKS	WEEKLY DISTANCE TOTAL		OVERALL TOTAL / CALORIES	COMMENTS
				Session	Cumulative		
MONDAY		SWIM WU: 200m EL1 4 x 50m D1-4 TgtT 90sec D to 82sec R20sec Main set: 1 x 400m TT TgtT 11min30 - 11min40 R4min 4 x 200m TgtT 5min40 R90sec CD: 100m choice	In the TT it is important to give a big effort to get under 12min.				
TUESDAY		BIKE WU: 15min 3 x 5km Tgt T 10min15 Rest 1km spin CD: 15min					
WEDNESDAY		SWIM Open water/lido swim 45mins EL 1-2					
THURSDAY		RUN WU: 10min EL1 3-4 x 1km Tgt T 6min Jog/walk 90sec 10min EL1					
FRIDAY		REST DAY					
SATURDAY		BIKE WU: 15min 45min EL 3 1hr EL1					
SUNDAY		RUN 65min EL1					

WEEK 8

DAY	DATE	SESSION	REMARKS	WEEKLY DISTANCE TOTAL		OVERALL TOTAL / CALORIES	COMMENTS
				Session	Cumulative		
MONDAY		SWIM WU: 300m EL1 4 x 50m D1-4 TgtT 86sec D to 78sec R20sec Main set: 2 x 400m TgtT 11min20 R4min 2 x 200m TgtT 5min35 R90sec CD: 100m choice	Some extra rest this week.				
TUESDAY		BIKE 1h15 EL1					
WEDNESDAY		REST DAY					
THURSDAY		RUN WU: 10min EL1 4-5 x 1km Tgt T 5.40min Jog/walk 90sec 10min EL1					
FRIDAY		REST DAY					
SATURDAY		AM SWIM WU: 400m F/C, every 4th length choice not F/C Main set: 4 x 400m TgtT 11min10 Recovery 2min 200m easy PM BIKE WU: 15min with strides Main set: 8 x 5km TgtT 11min R3min CD	Key session in grey				
SUNDAY		AM BIKE WU: 15min with strides 2 x 10km TgtT 22min R5min easy spin PM RUN WU: 10min jog with strides 5 x 1000m TgtT 5min20 - 5min50 Rest walk/jog 400m (3min)	Key session in grey				

WEEK9

DAY	DATE	SESSION	REMARKS	WEEKLY DISTANCE TOTAL		OVERALL TOTAL / CALORIES	COMMENTS
				Session	Cumulative		
MONDAY		SWIM WU: 300m EL1 4 x 50m D1-4 TgtT 84sec D to 76sec R20sec Main set: 2 x 400m TgtT 11min R4min 2 x 200m TgtT 5min27 R90sec CD: 100m choice					
TUESDAY		BIKE WU 20mins 6-8 x 1min hard gear (hill) EL4 1min rest spin, low RPM CD: 20mins					
WEDNESDAY		SWIM Open water/lido swim 45mins EL 1-2					
THURSDAY		RUN WU: 15min 5km TT Tgt T30mins CD: 10min					
FRIDAY		REST DAY					
SATURDAY		AM SWIM WU: 400m F/C, every 4th length choice not F/C Main set: 4 x 400m TgtT 10min50 Recovery 2min 200m easy PM BIKE WU: 15min with strides Main set: 8 x 5km TgtT 10min30 R3min CD	Key session in grey				
SUNDAY		AM BIKE WU: 15min with strides 2 x 10km TgtT 21min R5min easy spin PM RUN WU: 10min jog with strides 5 x 1000m TgtT 5min15 - 5min45 Rest walk/jog 400m (3min)Rest walk/jog 400m (3min)	Key session in grey				

WEEK10

DAY	DATE	SESSION	REMARKS	WEEKLY DISTANCE TOTAL		OVERALL TOTAL / CALORIES	COMMENTS
				Session	Cumulative		
MONDAY		SWIM WU: 300m EL1 4 x 50m D1-4 TgtT 84sec D to 76sec R20sec Main set: 8 x 200m TgtT 5min24 R90sec CD: 100m choice					
TUESDAY		BIKE WU: 20mins 6 - 8 x 1min hard gear (hill) EL4 1min rest spin, low RPM CD: 20mins					
WEDNESDAY		REST DAY					
THURSDAY		RUN 40min EL1					
FRIDAY		REST DAY					
SATURDAY		REST DAY					
SUNDAY		AM OPEN WATER SWIM WU: 10min easy swim, practice sighting Main set: 4 x 10min at race pace Recovery 3min easy sculling/floating! MIDDAY BIKE WU: 15min easy spin with 4 x strides Main set: 2 x 20km TgtT 44min Recovery 5min easy spin PM RUN WU: 10min with strides Main Set: 2 x 5km TgtT 30min Recovery walk 6min	Key session in grey				

WEEK 11

DAY	DATE	SESSION	REMARKS	WEEKLY DISTANCE TOTAL		OVERALL TOTAL / CALORIES	COMMENTS
				Session	Cumulative		
MONDAY		SWIM WU: 400m EL1 4 x 50m D1-4 TgtT 84sec D to 76sec R20sec Main set: 8 x 200m TgtT 5min22 R90sec 4 x 100m TgtT 2min36 CD: 100m choice	Key session in grey				
TUESDAY		BIKE 1hr EL 2-3					
WEDNESDAY		SWIM WU: 300m EL1 10 x 25m EL5 R30sec 4 x 50m EL4 R40sec 100m EL1					
THURSDAY		RUN WU: 10min 5min EL 4 3min rest/jog CD: 10min					
FRIDAY		REST DAY					
SATURDAY		REST DAY					
SUNDAY		AM OPEN WATER SWIM WU: 10min easy swim, practice sighting Main set: 4 x 10min at race pace Recovery 2min easy sculling/floating! MIDDAY BIKE WU: 15min easy spin with 4 x strides Main set: 2 x 20km TgtT 42min Recovery 5min easy spin PM RUN WU: 10min with strides Main set: 2 x 5km TgtT 29min Recovery walk 6min					

WEEK12

DAY	DATE	SESSION	REMARKS	WEEKLY DISTANCE TOTAL		OVERALL TOTAL / CALORIES	COMMENTS
				Session	Cumulative		
MONDAY		REST DAY	Taper week, short sessions with intensity to keep the body's systems working.				
TUESDAY		BIKE 45mins incl 4-5 x 30sec bursts EL4/5					
WEDNESDAY		REST DAY					
THURSDAY		RUN 30mins incl 5 x 1min efforts EL4/5					
FRIDAY		REST DAY					
SATURDAY		SWIM 200m EL1 8 x 25m EL 5 R30sec 100m EL1 4 x 25m EL 5 R40sec CD: 100m choice					
SUNDAY		REST DAY					

WEEK13

MONDAY		Travel day, optional loosen up jog 20mins EL1					
TUESDAY	14/09/2010	RACE DAY					