



SWIM, CYCLE AND RUN TO POWER HEART RESEARCH

Triathlon training plan for advanced

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest and stretch	Swim session: 1200m technique & drills. Stretch 10 mins.	Run session: 50 mins. Warm up 10 mins, 6 x 3 mins at threshold effort with 60 secs jog recovery between efforts, 10 mins cool down + stretch 10 mins	Bike session: 60 mins cycle building from easy to steady, back to easy for last 5 mins. Stretch.	Rest or swim: 2000m (10 x 200m) steady relaxed. Stretch 10 mins.	Run session: 10 mins warm up, 4 x 5 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool down + stretch	Bike session: 90 mins moderate terrain long run/ride effort followed by 10 mins run. P.M. Stretch 10 mins
2	Rest and stretch	Swim session: 1500m technique & drills. Stretch 10 mins.	Run session: 60 mins. 10 mins w/up then 8 x 3 mins at threshold with 1 min between efforts. W/d and stretch 10 mins.	Bike session: 60 mins. 10 mins w/up (5 mins easy gear/fast cadence (100rpm) 2 mins recovery x 6) 10 mins w/d.	Rest. Stretch 10 mins.	Swim session: 1500m. Inc 5 x 200m steady. 10 min recovery. P.M. 30 min easy effort run + stretch	Bike session: 90 mins building from easy to steady, finish 5 min very easy. Stretch.
3	Rest OR Run session: 20 mins easy recovery run + stretch	Swim session: 1600m technique & drills. Stretch 10 mins.	Run session: 10 mins warm up, 2 x 10 mins at Threshold effort with 2 mins jog recovery between efforts, 10 mins cool down + stretch	Bike session: 10 mins w/up. 15 x 1 min at 100/110 rpm at threshold effort. 1 min recovery. 10 mins w/d. Stretch.	Rest or active Recovery: i.e. Yoga/Pilates/Body Balance or rest.	Run session: 10 mins warm up, 5 x 5 mins at efforts level. First effort steady, then 3 at Threshold, last one steady again, 1 min jog recovery between efforts, 10 mins cool down + stretch	Bike session: Steady 90 mins hilly route. 100 rpm flat/70 on hills. P.M. Swim 1000m (5 x 200m) 30 sec recovery + stretch.

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4	Rest and stretch 10 mins.	Swim session: 1500m (6 x 200m with 1 min recovery). Stretch 10 mins.	Run session: 50 mins. 15 mins warm up, 20 mins at Threshold effort, 15 mins easy cool down, 10 mins stretch.	Bike session: 10 mins w/up (5 x 20 sec 110 rpm 40 sec recovery, 5 mins at 90 rpm) X 3 w/d 5 mins.	Active Recovery: i.e. Yoga/Pilates/Body Balance or rest. Stretch 10 mins.	Swim session: 1000m steady concentrating on technique & relaxation. P.M. Run 30 mins easy effort + stretch	Bike session: Build to 2 hour ride inc 6 x 5 mins efforts 100 rpm 2 mins spin. Small chain ring. Stretch 10 mins.
5	Swim session: 1000m technique and drills followed by 20 mins easy run, jog with strides. Short stretch or rest.	Bike session: 10 mins w/up then 5 x 40 sec at 105 rpm 20 sec recovery, 3 mins spin. 10 mins easy run. Stretch 10 mins.	Run session: 10 mins warm up, 5 mins building pace from easy to steady, then 2 x 10 at Threshold – take 2 mins jog recovery between all efforts, then 5 x 40 secs at 90% effort with 20 secs jog recovery, 10 mins cool down + stretch	Bike session: 50 mins cycle building pace from easy to steady. Or spin class. Stretch 10 mins.	Swim session: 1500m w/up 200m 4 x 50 drills, 3 x 200 with 30 sec recovery, 4 X 50 fast, 200 w/d mixed strokes.	Long run session: 90 mins building pace from easy to steady for last 15 mins. Finish 5 min easy jog. Stretch 10 mins.	Bike session: 60 mins cycle @ 100 rpm on flat 70 rpm on hills followed by 7 mins run out 6 mins back.
6	Rest and stretch for 10 mins.	Bike session: 40 mins spin easy small chain ring. Followed by 15 mins run easy. Stretch 10 mins.	Swim session: 200 w/up 4 x 50 drills, 2 x 400, 4 x 50 drills, 100 w/d back stroke (1500m). OR rest if tired	Run session: 10 mins warm up, 4 x 5 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool down + stretch	Bike: 40/60 mins 10 mins w/up 20/30 undulations 10 mins very easy. Stretch 10 mins.	Active recovery: Yoga/Pilates/Body Balance or rest. Stretch 10 mins.	Cycle 30 mins followed by 30 mins run. Easy to steady. Stretch.
7	Rest and stretch for 10 mins.	Swim session: 1500m (6 x 200 with 30 sec recovery) followed by 20 mins run inc 5 x 200m strides. Stretch 10 mins.	Run session: 10 mins warm up, 3 x 10 mins at Threshold effort with 2 mins jog recovery between efforts, 10 mins cool down + stretch	Bike session: 10 mins w/up then 15 mins 100 rpm. Steady 3 mins spins and repeat before w/d 5 mins. Or spin class.	Rest and stretch 10 mins.	Swim session: 1200m drills & technique. Run: 60 mins first 15 mins easy then 45 mins steady. Stretch.	Bike session: 90 min cycle @ 100 rpm on flat 70 rpm on hills followed by 7 mins run out 6 mins back.

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8	Rest and stretch for 10 mins.	Open water practice: 40 mins. Stretch 10 mins.	Run session: Long run 75 mins, 15 mins easy, 50 mins steady, 10 mins easy. Stretch 10 -15 mins.	Bike session: 10 mins w/up then 10 x 1 min at 100+ rpm with 1 min recovery. Run session: 30 min close to race pace level. W/d 5 mins and stretch	Rest and stretch 10 mins or active recovery; Yoga/Pilates/Body Balance.	Open water practice: 40 mins + p.m run 50 mins inc 10 x 2 mins efforts at threshold with 1 min recovery. Stretch.	Bike session: 120 mins undulating or spin class or circuit training class. Stretch 10 mins.
9	Rest and stretch for 10 mins or short swim or recovery jog.	Brick session: 40 mins cycle, 15 mins run, 20 mins cycle, 15 mins run. Practice transitions. Stretch.	Swim session: (1500m) 200 w/up 4 x 50 drills 2 x 400 think race relaxation 4 x 50 drills 100 w/d backstroke.	Run session: 60/70 mins. Stretch 10 mins.	Rest and stretch 10 mins.	Open water practice: 30 mins + practise sighting and getting out of wetsuit before 40 min easy run.	Bike session: 15 mins w/up, 30 mins effort P/E 7/8 @ 100 rpm, 10 mins steady, 5 mins very easy or spin class. Stretch.
10	Rest and stretch.	Open water practice: 20 mins + bike or run 20 mins. Practice transitions.	Bike session: 10 mins w/up 10 x 1 min at 105 rpm with 1 min recovery, 5 mins w/d. Stretch 10 mins p.m.	Swim session: 20 mins only inc 10 x 25m fast. Stretch 10 mins.	Rest and stretch 10 mins.	Run session: 15 mins jog with strides then stretch and rest.	TRIATHLON RACE DAY

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