



SWIM, CYCLE AND RUN TO POWER HEART RESEARCH

Triathlon training plan for intermediate

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest and stretch	Swim session: 1200m technique & drills. Stretch 10 mins.	Run session: 10 mins warm up, 3 x 4 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool down + stretch	Bike session: 60 mins cycle building from easy to steady, back to easy. Stretch.	Rest or swim: 1000m (5 x 200m) steady relaxed. Stretch 10 mins.	Run session: 10 mins warm up, 3 x 5 mins at Threshold effort with 2 min jog recovery between efforts, 10 mins cool down + stretch	Bike session: 10 mins w/up (5 mins easy gear fast cadence 2 mins recovery) x 6. 10 mins c/d.
2	Rest and stretch	Swim session: 1400m technique & drills. Stretch 10 mins.	Run session: 10 mins warm up, 3 x 5 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool down + stretch	Bike session: 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: 1100m (5 x 200m P/E 6/7). P.M. 30 mins easy effort run + stretch	Bike session: 90 mins building from Long run/ride to steady, finish 5 mins easy. Stretch.
3	Rest OR Run session: 30 mins easy recovery effort + stretch	Swim session: 1600m technique & drills. Stretch 10 mins.	Run session: 10 mins warm up, 2 x 10 mins at Threshold with 2 mins jog recovery between efforts. 10 min cool down + stretch	Bike session: 10 mins w/up. 15 x 1 min at 100 rpm at threshold effort. 1 min recovery. 10 mins w/d.	Rest OR Swim: 1000m (5 x 200m) steady relaxed, high elbows. Stretch 10 mins.	Run session: 10 mins warm up, 4 x 5 mins at Threshold effort with 90 secs 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) 1 min rec + stretch

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4	Rest + stretch 10 mins	Swim session: 1500m (6 x 200m with 1 min recovery). Stretch 10 mins.	Run session: 10 mins warm up, 2 x 10 mins at Threshold with 90 secs jog recovery between efforts. 10 min cool down + 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. 30 mins easy effort run + stretch	Bike session: Build to 2 hour ride inc 6 x 5 min efforts 100 rpm 2 min spin. Stretch 10 mins.
5	Swim session: 1000m technique and drills followed by 20 mins easy run, jog with strides + stretch OR Rest if tired	Bike session: 10 mins w/up then 5 x 40 sec at 105 rpm 20 sec recovery, 3 mins spin. 10 mins jog. Stretch 10 mins.	Run session: 10 mins warm up, 5 mins at Threshold effort , 60 secs jog recovery, 10 mins at Threshold effort, 90 secs jog recovery, 5 mins at Threshold effort, 60 secs jog recovery. Finish with 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 last 10 mins easy. Or spin class. Stretch 10 mins.	Swim session: 1200m w/up 200m 2 x 50 drill, 3 x 200 with 30 sec recovery, 2 X 50 fast, 200 w/d mixed strokes.	Long run session: 60 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 + stretch for 10 mins	Bike session: 20 mins spin easy 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.	Run session: 10 mins warm up, 10 mins building pace from steady to Threshold, 2 mins jog recovery, 2 x 5 mins at Threshold with 60 secs 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 effort + stretch.

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7	Rest + 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, 2 x 10 mins at Threshold with 90 secs jog recovery between efforts. 10 min cool down + stretch	Bike session: 10 mins w/up then 15 mins 100 rpm P/E 6/7 3 mins spin and repeat. W/d 5 mins. Or spin class.	Rest + stretch 10 mins	Swim session: 1200m drills & technique. Run: 50 mins slow to steady. Stretch.	Bike session: 90 min cycle @ 100 rpm on flat 70 rpm on hills followed by 7 mins run out 6 mins back.
8	Rest + stretch for 10 mins	Open water practice: 30 mins + stretch	Run session: Long run 75 mins easy/steady effort + stretch. P.M stretch 10 -15 mins.	Bike session: 10 mins w/up then 10 x 1 min at 100+ rpm with 1 min recovery, 30 min race pace/effort level 7-8. W/d 5 mins and stretch	Rest and stretch 10 mins OR active recovery Yoga/Pilates/Body Balance	Open water practice: 30 mins. P.M. Run 50 mins inc 10 x 2 min efforts at Threshold with 45 secs jog recovery + stretch	Bike session: 120 mins undulating or spin class or circuit training class. Stretch 10 mins.
9	Rest + stretch for 10 mins OR short swim OR 30 mins easy effort recovery run + stretch	Brick session: 40 mins cycle, 15 mins run, 20 mins cycle, 15 mins run. All steady effort. Practice transitions. Stretch.	Swim session: (1500m) 200 w/up 4 x 50 drills 2 x 400 think race pace 4 x 50 drills 100 w/d backstroke.	Run session: 60/70 mins - first 15 mins easy then steady effort. Stretch 10 mins	Rest + 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 15 mins 30 mins effort P/E 7/8 @ 100 rpm 10 mins steady 5 mins very easy or spin class. Stretch.
10	Rest + stretch for 10 mins OR short swim OR 30 mins easy effort recovery run + stretch	Open water practice: 20 mins + bike or run 20 mins. Practice transitions.	Bike session: 10 mins w/up 10x 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 + stretch 10 mins.	Run session: 15 mins easy run with strides then stretch.	TRIATHLON RACE DAY

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