



Olympic Triathlon

Training Plan

In partnership with



COACHING &
CONSULTANCY
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MACMILLAN
CANCER SUPPORT

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Rest or/. Swim 20 mins freestyle, easy effort, 4x5 mins with 2 min recovery	Run 30 mins easy conversational pace (add a 1 min walk every 5 mins if required)	Rest	Swim 6x75m steady effort with 30 sec recovery	Rest	Bike 45 mins easy effort	Run 30 mins easy conversational pace (add a 1 min walk every 5 mins if required)
2	Rest or/. Swim 20 mins freestyle, easy effort, 4x5 mins with 2 min recovery	Run 4x (4 mins at threshold effort, 3 min jog/walk recovery) all built into 30 mins running	Rest	Swim 8x75m, steady effort with 30 sec recovery	Rest	Bike 50 mins easy effort	Run 45 mins easy effort (add 1 min walk sections if required every 5 mins)
3	Rest or/. Swim 30 mins freestyle, easy effort, 3x10 mins with 2-3 min recovery	Run 3x (5 mins at threshold effort, 2 min jog recovery) all built into 30 mins running	Rest	Swim 10x75m steady effort with 30 sec recovery + 90 sec recovery + 50m fast effort	Rest	Bike 60 mins easy effort	Run 45 mins easy effort (add 1 min walk sections if required every 5 mins)
4	Rest or/. Swim 30 mins freestyle, easy effort, 3x10 mins with 2-3 min recovery	Run 4x (5 mins at threshold effort, 2 min jog recovery) all built into 30 mins running	Rest	AM: Swim 6x100m steady effort with 30 sec recovery + 90 sec recovery + 100m fast recording time PM: Run 20 mins easy effort or rest	Rest	Bike 60-70 mins easy effort	Run 45-60 mins easy conversational pace
5	Rest or/. Swim 30 mins freestyle, easy effort, 3x10 mins with 90 sec recovery	Run 30 mins including 3x5 mins at threshold effort with 2 min jog/walk recovery	Rest	AM: Swim 30 min go as far as you can whilst maintaining control	Rest	Run 5k local park run or GPS time trial - Good luck!	Bike 60 min easy effort ride

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6	Rest or/. Swim 30 mins easy effort	Brick Session Bike: 30 mins easy with last 10 at threshold effort + Run: 4x3 mins at threshold effort with 90 sec jog recovery	Rest	AM: Swim 6x150m steady effort with 20 sec recovery + 90 sec recovery + 100m fast recording time PM: Run 20 mins easy effort or rest	Rest	Bike 90 mins easy effort	Run 60 mins easy effort
7	Rest or/. Swim 30 mins easy effort	Run 5x(5mins at threshold effort/90 sec jog recovery) all built into 45 mins running	Rest	AM: Swim 5x200m steady effort with 30 sec recovery PM: Run 30 mins easy effort or rest	Rest	Bike 90 mins easy effort	Run 60-70 mins easy pace
8	Rest or/. Swim 35 mins easy effort	Brick Session Bike: 40 mins easy effort with last 20 at race day effort + Run: 4x5 mins at threshold effort with 90 sec jog recovery	Rest	AM: Swim 6x200m steady effort with 30 sec recovery PM: Run 30 mins easy effort or rest	Rest	Bike 1hr 45 mins easy effort	Run 70-80 mins easy pace
9	Rest or/. Swim 40 mins easy effort 2x20 mins with 5 min recovery	Run 6x(5mins at threshold effort/90 sec jog recovery)	Rest	AM: Swim 30-40 mins, go as far as you can whilst maintaining control PM: Run 30 mins easy effort or rest	Rest	Bike 2hrs easy effort	Run 80 mins easy pace
10	Rest or/. Swim 40 mins easy effort	Brick Session Bike: 45 mins with last 20 at race day effort + Run: 4x6 mins at threshold effort with 90 sec jog recovery	Rest	AM: Swim 8-10x100m at race pace with 15-20 secs recovery between sets PM: Run 30 mins easy effort or rest	Rest	Run 5k local park run or GPS time trial + 20 min easy run after	Bike 90 min with 4x3k at race effort built in off 3 min easy spin out recovery

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11	Swim 30 mins easy effort + core	PM: 6 mins at threshold effort + 5x2 mins at 5k pace + 6 min at threshold effort all with 2 min jog recovery	Rest	AM: Swim 30 mins freestyle, continuous, easy effort or rest PM: Run Continuous progression run 10 mins easy effort, 10 mins steady effort, 10 mins threshold effort	Rest	Bike 75 mins easy effort	Run 45-60 mins relaxed effort
12	Rest	Run 30 min run including 3x5 mins at threshold effort off 3 min jog recovery	Rest	AM: Swim 20 mins freestyle continuous, easy effort	Rest	Run 15 mins easy run and stretches	Race day! Good luck!

Note:

- Please do a 15 minute warm up and cool down before Threshold, Continuous Hills or Interval sessions.
- Please do a 4x25m or 2x50m easy warm up and cool down around faster swim sets.
- Always substitute cross training for running if you are injured, very sore or it is not safe to run.
- Please add a Core Conditioning, Pilates or Yoga class once or twice a week if you have time.
- Try to stretch every day for at least 10 mins.
- Always eat within 20-30 mins of finishing a run, swim or cycle.
- If your swim is in open water please practice some of your swims in a wetsuit. Only swim open water in training in supervised and safe environments.
- Always train at your target pace in race paced sessions, don't compromise or run too hard. Tiredness always catches up so take extra rest if required.