## UM Triathlon Club Training Plan

January 9 - January 15
Hi guys!
Time to get back to training as usual because not only are NATS coming, but OSU Indoor Triathlon as well! Let 's go! Also if you haven't left your feedback, please do it here.

## MONDAY

Running focus (primary): aerobic
Swimming focus: easy/drills

| Level | C | B | A |
| :---: | :---: | :---: | :---: |
| Run | Fartlek: <br> 5.5 mi : <br> $3 \min z 2$ <br> $3 \min z 3$ <br> 0.5 mi easy | Fartlek: <br> 5mi: <br> $3 \min \mathrm{z} 2$ <br> $3 \min \mathrm{z} 3$ <br> $0.5 m i$ easy | Fartlek: <br> 5mi: <br> $3 \min \mathrm{z} 2$ <br> $3 \min \mathrm{z} 3$ <br> 0.5 mi easy |
| Swim | $\begin{aligned} & 200 \text { easy } \\ & 400 \text { ( } 25 \text { shoulder tap, } 25 \text { easy) } \\ & 6 \times 100 \text { IM z2 } \\ & 800 \text { pull + paddles breathing ev. } 5 \\ & 500 \text { breathing ev. 3-5-7-9 per } 25 \\ & 500 \text { ( } 25 \text { all out, } 75 \text { easy) } \\ & \text { Total: 3,000 } \end{aligned}$ | $\begin{aligned} & 200 \text { easy } \\ & 400 \text { ( } 25 \text { shoulder tap, } 25 \text { easy) } \\ & 600 \text { pull + paddles breathing ev. } 5 \\ & 400 \text { breathing ev. 3-5-7-9 per } 25 \\ & 400 \text { ( } 25 \text { all out, } 75 \text { easy) } \\ & \text { Total: 2,000 } \end{aligned}$ | $\begin{aligned} & 100 \text { easy } \\ & 300 \text { ( } 25 \text { shoulder tap, } 25 \text { easy) } \\ & 400 \text { pull + paddles breathing ev. } 5 \\ & 400 \text { breathing ev. 3-5-7-9 per } 25 \\ & 300 \text { ( } 25 \text { all out, } 75 \text { easy) } \\ & \text { Total: 1,500 } \end{aligned}$ |
| Strength | 10x1min abs, r15" Stretching |  |  |

TUESDAY
Swimming focus (primary): threshold/maximum
Running focus: threshold
Strength: general resistance strength $\rightarrow$ preventive work, which minimizes the impact of sport

| Level | C | B | A |
| :---: | :---: | :---: | :---: |
| Swim | ```500 easy 400 pull + paddles breathing ev. } 4x100 increasing speed ev. }2 6x150 FAST, r15" 100 easy 10x50 paddles FAST c/50 200 easy Total: 3,200``` | ```300 easy 300 pull + paddles breathing ev. } 3x100 increasing speed ev. }2 4x150 FAST, r15" 100 easy 8x50 paddles FAST c/50 200 easy Total: 2,200``` | 200 easy <br> 300 pull + paddles breathing ev. 5 <br> $3 \times 100$ increasing speed ev. 25 <br> 2x150 FAST, r15" <br> 50 easy <br> $4 \times 50$ paddles FAST c/50 <br> 200 easy <br> Total: 1,550 |
| Run | 15 min easy <br> Drills <br> $6 \times 50 \mathrm{~m}$ strides <br> $4 \times 800 \mathrm{z4}, \mathrm{r} 1^{\prime} 30^{\prime \prime}$ <br> 10 min easy | 15 min easy <br> Drills <br> $6 \times 50 \mathrm{~m}$ strides <br> $3 \times 800 \mathrm{z4}, \mathrm{r} 1^{\prime} 30^{\prime \prime}$ <br> 10 min easy | 15 min easy <br> Drills <br> $6 \times 50 \mathrm{~m}$ strides <br> $2 \times 800 \mathrm{z4}, \mathrm{r} 1^{\prime} 30^{\prime \prime}$ <br> 10 min easy |
| Strength | Upper body: $4 \times 15$ at your 65\% max capacity (slow reps) |  |  |

## WEDNESDAY

Cycling focus (primary): recovery

| Level | C (FTP-Based) | B | A |
| :---: | :--- | :--- | :--- |
| Bike | 70min easy (high cadence) | 60min easy (high cadence) | 60min easy (high cadence) |
| Strength | 10x1min abs, r15" <br> Stretching |  |  |

## THURSDAY

Swimming focus (primary): aerobic
Cycling focus: maximum
Strength: general resistance strength $\rightarrow$ preventive work, which minimizes the impact of sport

| Level | C | B | A |
| :---: | :---: | :---: | :---: |
| Swim | 300 easy <br> 200 kick (first 25 of every 50, all out) <br> 200 pull (first 25 of every 50 , all out) <br> $5 \times 400$ z3 paddles, r45" <br> 300 easy <br> Total: 3,400 | 300 easy <br> 200 kick (first 25 of every 50 , all out) <br> 200 pull (first 25 of every 50, all out) <br> $4 \times 400$ z3 paddles, r45" <br> 300 easy <br> Total: 3,000 | $\begin{aligned} & 100 \text { easy } \\ & 200 \text { kick (first } 25 \text { of every } 50 \text {, all } \\ & \text { out) } \\ & 200 \text { pull (first } 25 \text { of every } 50 \text {, all } \\ & \text { out) } \\ & 2 \times 400 \text { z3 paddles, r45"' } \\ & 100 \text { easy } \\ & \text { Total: } 1,400 \end{aligned}$ |
| Bike | 15 min easy <br> 10x <br> 2 min easy <br> 1 min 85\% <br> $2 x$ (15seg max, 15 seg easy) <br> 10 min easy | ```10min easy 8x 2min easy 1min z3 2x (15seg max, 15seg easy) 10min easy``` | ```10min easy 8x 2min easy 1min z3 2x (15seg max, 15seg easy) 10min easy``` |
| Strength | Lower body: $4 \times 15$ at your $65 \%$ max capacity (slow reps) |  |  |

## FRIDAY - Rest day

It allows your body to make the physiological adaptations that were stimulated by your hard work throughout the week. This is a great day to not workout, do some light yoga, or go for an easy swim in the pool. Your heart rate should not go higher than zone 2.

WEEKEND - Bricks/Long Run/Long ride

| Level | C | B | A |
| :---: | :---: | :---: | :---: |
| Run | 7.5mi z2 | 7mi z2 | $6 \mathrm{mi} \mathrm{z2}$ |
| Bike | 40mi with this set in the middle: <br> 4 x : <br> 4min 80\% <br> 1min 100\% <br> 3 min easy <br> T2 <br> 2mi easy | 30 mi with this set in the middle: <br> 4x: <br> $4 \min 80 \%$ <br> $1 \mathrm{~min} 100 \%$ <br> 3 min easy <br> T2 <br> 2mi easy | 30mi <br> T2 <br> $2 m i$ easy |

