

UM Triathlon Club Training Plan

Week 7: October 17 - October 23

Training Phase: fitting/load

MONDAY - Running focus (primary) + swimming focus

Level	C	B	A
Run	1200m warm up Drills 8x400 z4, r1' 800 easy	1200m warm up Drills 6x400 z4, r1' 800 easy	1200m warm up Drills 5x400 z4, r1' 800 easy
Swim	500 easy 500 paddles 500 pull 500 pull + paddles 500 (25 butterfly, 25 easy) 500 (25 under water, 75 easy) Total: 3,000	400 easy 400 paddles 400 pull 400 pull + paddles 400 (25 butterfly, 25 easy) 400 (25 under water, 75 easy) Total: 2,400	300 easy 300 paddles 300 pull 300 pull + paddles 300 (25 max speed, 25 easy) 300 (25 under water, 75 easy) Total: 1,800
Strength	8x1min abs, r15'' Stretching		

TUESDAY - Swimming focus + cycling focus + strength

Level	C	B	A
Swim	500 easy 400 (25 under water, 75 easy) 300 (25 shoulder tap, 25 easy) 300 (25 fist, 25 easy) 12x100 paddles z4 /1.25 200 kick 300 easy Total: 3,200	400 easy 300 (25 under water, 75 easy) 300 (25 shoulder tap, 25 easy) 300 (25 fist, 25 easy) 8x100 paddles z4 /1.25 200 kick 200 easy Total: 2,500	200 easy 200 (25 under water, 75 easy) 200 (25 shoulder tap, 25 easy) 200 (25 fist, 25 easy) 5x100 paddles z4 /1.25 100 kick 100 easy Total: 1,500
Bike	20min easy 7x: 2min z0% 3min z90% 5min easy	20min easy 6x: 2min z3 3min z4 10min easy	20min easy 6x: 2min z2 3min z4 10min easy
Strength	Upper body: 4x15 at your 65% max capacity (slow reps)		

WEDNESDAY - Cycling focus (primary) + running focus

Level	C (FTP-Based)	B	A
Bike	15min easy 5x 3min z0% 3min z80% 1min ALL OUT 10min easy	15min easy 5x 3min z2 3min z3 1min ALL OUT 10min easy	10min easy 3x 3min z2 3min z3 1min ALL OUT 10min easy
Run	4mi fartlek: 4min z2-z3 2min z4	3mi fartlek: 4min z2-z3 2min z4	2mi fartlek: 4min z2-z3 2min z4
Strength	8x1min abs, r15'' Stretching		

THURSDAY - Swimming focus + strength

Level	C	B	A
Swim	350 easy 600m pull + paddles 3x: 100 z4 100 easy 50 ALL OUT 50 easy 25 ALL OUT 25 easy 200 easy r: 10" between rep. 400 easy Total: 3,000	350 easy 600m pull + paddles 2x: 100 z4 100 easy 50 ALL OUT 50 easy 25 ALL OUT 25 easy 200 easy r: 10" between rep. 400 easy Total: 2,650	200 easy 100 (25 water polo, 25 easy) 100 (25 under water, 25 easy) 100 (lateral kick, 25 easy) 100 (25 shoulder tap, 25 easy) 2x: 50 ALL OUT 50 easy 25 ALL OUT 25 easy 100 easy Total: 1,000
Strength	Lower body: 4x15 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	8-9 mi z2	6-7 mi z2	4-5 mi z2
Bike			
Brick	35mi with this set in between: 5x: 5mi easy 1mi a all out T2 3mi z3	30mi with this set in between: 4x: 5mi easy 1mi a all out T2 3mi z3	20-30 mi z2-z3 T2 1mi z2-z3