## UM Triathlon Club Training Plan

Week 9: November 7 - November 13

## MONDAY

Running focus (primary): threshold
Swimming focus: drills and recovery

| Level | C | B | A |
| :---: | :---: | :---: | :---: |
| Run | $1,200 \mathrm{~m}$ warm up <br> Drills <br> $5 \times 800 \mathrm{z4}, \mathrm{r} 1.30^{\prime \prime}$ <br> 1,200m easy | $1,200 \mathrm{~m}$ warm up <br> Drills <br> $4 \times 800 \mathrm{z4}, \mathrm{r} 1.30^{\prime \prime}$ <br> 1,200m easy | $1,200 \mathrm{~m}$ warm up <br> Drills <br> $3 \times 800 \mathrm{z4}, \mathrm{r} 1.30^{\prime \prime}$ <br> 1,200m easy |
| Swim | 400 easy 400 pull + paddles 200 kick $3 x$ 200 paddles $z 2$ 100 IM z3 $8 \times 100$ ( 50 fist, 50 breathing ev 7 ) Total: 2,700 | 200 easy <br> 200 pull + paddles <br> 200 kick <br> $3 x$ <br> 200 paddles z2 <br> 100 IM z3 <br> $6 \times 100$ (50 fist, 50 breathing ev 7) <br> Total: 2,100 | $\begin{aligned} & 100 \text { easy } \\ & 200 \text { pull + paddles } \\ & 200 \text { kick } \\ & 3 x \\ & 100 \text { paddles } z 2 \\ & 100 \text { IM z3 } \\ & 4 \times 100 \text { ( } 50 \text { fist, } 50 \text { breathing ev } 5 \text { ) } \\ & \text { Total: } 1,500 \end{aligned}$ |
| Strength | $10 \times 1$ min abs, r15" <br> Stretching |  |  |

TUESDAY
Swimming focus: aerobic
Cycling focus: easy + activation
Strength: general resistance strength $\rightarrow$ preventive work, which minimizes the impact of sport

| Level | c | B | A |
| :---: | :---: | :---: | :---: |
| Swim | 300 easy <br> 500 (50 fr, 50 fist) <br> 600 pull + paddles <br> 4x <br> 200 z3, r15" <br> 200 paddles $\mathrm{z3}$, r15" <br> 200 easy, r15" <br> Total: 3,800 | 300 easy <br> 300 (50 fr, 50 fist) <br> 400 pull + paddles <br> 3x <br> 200 z3, r15" <br> 200 paddles $\mathrm{z3}$, r15" <br> 200 easy, r15" <br> r15" <br> Total: 2,800 | 200 easy <br> 200 ( 25 fist, 25 fr ) <br> 200 ( 25 catch up, 25 fr ) <br> 200 ( 25 shoulder tap, 25 fr) <br> 100 z3, r15" <br> 100 paddles $\mathrm{z3}$, r15" <br> 200 easy <br> Total: 1,200 |
| Bike | 20 min easy <br> 5x: <br> $2 \min 80 \%$ <br> 1 min 100\% <br> 5 min easy | 20min easy <br> 5x: <br> $2 \mathrm{~min} z 3$ <br> $1 \mathrm{~min} \mathrm{z5}$ <br> 5 min easy | 20 min easy <br> $4 x$ : <br> $2 \min z 3$ <br> $1 \mathrm{~min} \mathrm{z5}$ <br> 5 min easy |
| Strength | Upper body: $4 \times 15$ at your 65\% max capacity (slow reps) |  |  |

## WEDNESDAY

Cycling focus (primary): lactate threshold
Running focus: easy/aerobic

| Level | C (FTP-Based) |  |  |
| :---: | :---: | :---: | :---: |
| Bike | 10 min easy <br> 5x: <br> $5 \min 80 \%$ <br> 2 min easy <br> 2min 100\% <br> 4min easy | 10 min easy <br> 4x: <br> 5 min 24 <br> $2 m i n$ easy <br> 2 min ALL OUT <br> 4 min easy | 10 min easy <br> $3 x$ : <br> 5 min 24 <br> 2 min easy <br> 2 min ALL OUT <br> 4 min easy |
| Run | 7mi z2 | 5 mi 22 | 4 miz 2 |
| Strength | $8 \times 1$ min abs, r15" <br> Stretching |  |  |

THURSDAY
Swimming focus: birthday relays
Strength: general resistance strength $\rightarrow$ preventive work, which minimizes the impact of sport

| Level | C | B | A |
| :---: | :---: | :---: | :---: |
| Swim | 500 easy 500 ( 25 under water, 75 easy) 500 ( 25 free drill, 25 fr ) $5 \times 100 \mathrm{Cl} \mathrm{z3}$ $6 \times 25$ ALL OUT (relays) 150 kick 200 easy Total: 2,500 | ```400 easy 400 (25 under water, 75 easy) 400 (25 free drill, 25 fr) 3x100 Cl z3 6x25 ALL OUT (relays) 150 kick 200 easy Total: 2,000``` | 200 easy <br> 200 (25 under water, 75 easy) <br> 200 (25 free drill, 25 fr) <br> $6 \times 25$ ALL OUT (relays) <br> 200 kick <br> 200 easy <br> Total: 1,150 |
| 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 | $10 \mathrm{miz2}$ | $8 \mathrm{miz2}$ | $6 \mathrm{miz2}$ |
| Bike | 50mi with sprints of 6-7min <br> every 25min | 40mi with sprints of 6-7min every <br> 25 min | 30 mi with sprints of 4min every <br> 25 min |

