## UM Triathlon Club Training Plan

December 12 - December 18

## MONDAY

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

| Level | C | B | A |
| :---: | :---: | :---: | :---: |
| Run | 800m warm up <br> Drills <br> 5mi fartlek: <br> 5 min z2 <br> $3 \min z 3$ | 800m warm up <br> Drills <br> 4mi fartlek: <br> $5 \min \mathrm{z} 2$ <br> $3 \min z 3$ | 800m warm up <br> Drills <br> 3mi fartlek: <br> 5 min z 2 <br> 3 min z 3 |
| Swim | ```300 easy 300 breathing ev 5 3x100 IM z2 400 (25 all out, 75 easy) 400 (50 all out, 50 easy) 400 (75 z4, 25 easy) 300 easy Total: 2,400``` | ```300 easy 300 breathing ev 5 3x100 IM z2 300 (25 all out, 75 easy) 300 (50 all out, 50 easy) 300 (75 z4, 25 easy) 300 easy Total: 2,100``` | $\begin{aligned} & 200 \text { easy } \\ & 200 \text { breathing ev } 5 \\ & 2 \times 100 \text { IM z2 } \\ & 200 \text { ( } 25 \text { all out, } 75 \text { easy) } \\ & 200 \text { ( } 50 \text { all out, } 50 \text { easy) } \\ & 200 \text { ( } 75 \text { z4, } 25 \text { easy) } \\ & 200 \text { easy } \\ & \text { Total: } 1,400 \end{aligned}$ |
| Strength | $10 \times 1 \mathrm{~min}$ abs, $\mathrm{r} 15^{\prime \prime}$ <br> Stretching |  |  |

## TUESDAY

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

| Level | c | B | A |
| :---: | :---: | :---: | :---: |
| Swim | 400 easy <br> 300 paddles <br> 200 IM <br> 100 kick <br> 300 (25 zoom, 75 easy) <br> $3 x$ <br> 500 z3/z4 paddles <br> 200 easy <br> Total: 3,400 | 200 easy <br> 4x600: <br> 1) paddles $z 2$ <br> 2) fins $B$ <br> 3) pull + paddles $B$ <br> 4) no material $A$ <br> Total: 2,800 | 200 easy <br> 4×300: <br> 1) paddles $z 2$ <br> 2) fins $B$ <br> 3) pull + paddles B <br> 4) no material $A$ <br> Total: 1,400 |
| Run | 2k easy <br> $8 \times 50$ strides, $\mathrm{r} 20^{\prime \prime}$ <br> $6 \times 500$ each faster than the last, r2' <br> 1k easy | 2k easy <br> $8 \times 50$ strides, $\mathrm{r} 20^{\prime \prime}$ <br> $4 \times 500$ each faster than the last, $r 2^{\prime}$ <br> 1k easy | 2k easy <br> $8 \times 50$ strides, $\mathrm{r} 20^{\prime \prime}$ <br> $4 \times 500$ each faster than the last, r2' <br> 1k easy |
| Strength | Upper body: $4 \times 15$ at your 65\% max capacity (slow reps) |  |  |

## WEDNESDAY

Cycling focus (primary): aerobic

| Level | C (FTP-Based) | B | A |
| :---: | :---: | :---: | :---: |
| Bike | 10min easy <br> $5 x$ : <br> 6min 80\% <br> 1min 120\% <br> 3 min easy <br> 10min easy | 10min easy <br> $4 x$ : <br> $6 \min \mathrm{z} 3$ <br> 1 min all out <br> $3 m i n$ easy <br> 10min easy | 10min easy <br> 4x: <br> 6 min z 3 <br> 1 min all out <br> $3 m i n$ easy <br> 10min easy |
| Strength | $10 \times 1$ min abs, r15" <br> Stretching |  |  |

## THURSDAY

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

| Level | C | B | A |
| :---: | :---: | :---: | :---: |
| Swim | ```500 easy 500 paddles 500 pull 1000 non stop (200 FAST, }5 easy) 4x100 ALL OUT (timed), r15" 200 easy Total: 3,300``` | ```400 easy 400 paddles 400 pull 800 non stop (200 FAST, 50 easy) 4x100 ALL OUT (timed), r15" 200 easy Total: 2,800``` | ```100 easy 200 paddles 200 pull 500 non stop (200 FAST, 50 easy) 2x100 ALL OUT (timed), r15" 200 easy Total: 1,600``` |
| Bike | 90 min z 2 | 80min z2 | 70min z2 |
| 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 | $60 \mathrm{~min} z 2$ | $50 \mathrm{~min} z 2$ | $40 \mathrm{~min} z 2$ |
| Bike | $40-45 \mathrm{mi}$ free ride | $30-35 \mathrm{mi}$ free ride | $20-25 \mathrm{mi}$ free ride |

