

UM Triathlon Club Training Plan

December 19 - December 25

Hi guys!

I hope you're finally done with your final exams and ready to enjoy a wonderful Christmas break! As my first semester as a coach has come to an end, I would like to ask for your feedback. I'm really looking forward to hearing how it went and anything you'd like to see changed for next year.

Therefore, I prepared an anonymous form where you can leave your feedback in a ["start, stop, continue"](#) kind of thing (PLEASE do it!)

Enjoy your holidays & try to stay active!

MONDAY

Running focus (primary): easy

Swimming focus:

Level	C	B	A
Run	40min z2	40min z2	20min z2
Swim			
Strength	10x1min abs, r15'' Stretching		

TUESDAY

Swimming focus (primary): easy/aerobic

Running focus:

Strength: general resistance strength → preventive work, which minimizes the impact of sport

Level	C	B	A
Swim	300 easy 300 (50 shoulder tap, 50 catch up) 300 (25 UW, 25 easy) 4x100 IM z2 1500 nonstop breathing ev. 5 200 easy Total: 3,000	300 easy 300 (50 shoulder tap, 50 catch up) 300 (25 UW, 25 easy) 4x100 IM z2 1000 nonstop breathing ev. 5 200 easy Total: 2,500	200 easy 300 (50 shoulder tap, 50 catch up) 300 (25 UW, 25 easy) 500 nonstop breathing ev. 5 200 easy Total: 1,500
Run			
Strength	Upper body: 4x15 at your 65% max capacity (slow reps)		

WEDNESDAY

Cycling focus (primary): aerobic

Level	C (FTP-Based)	B	A
Bike	20min easy 5x: 4min 80% 4min 90% 4min 60% 10min easy	10min easy 4x: 4min z3 4min z4 4min easy 10min easy	10min easy 4x: 4min z3 4min z4 4min easy 10min easy
Strength	10x1min abs, r15'' Stretching		

THURSDAY

Swimming focus (primary): threshold

Cycling focus:

Strength: general resistance strength → preventive work, which minimizes the impact of sport

Level	C	B	A
Swim	200 easy 1000 pull (250 left paddle & 250 change) 1000 (50 ALL OUT, 50 easy) 200 easy Total: 2,400	200 easy 800 pull (250 left paddle & 250 change) 800 (50 ALL OUT, 50 easy) 200 easy Total: 2,000	200 easy 600 pull (250 left paddle & 250 change) 600 (50 ALL OUT, 50 easy) 200 easy Total: 1,600
Bike			
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	60min z2	50min z2	40min z2
Bike	40-45mi free ride	30-35mi free ride	20-25mi free ride