

UM Triathlon Club Training Plan

December 5 - December 11

MONDAY

Running focus (primary): aerobic

Swimming focus: drills/recovery

Level	C	B	A
Run	800m warm up <u>Drills</u> 5mi fartlek: 3min z2 3min z3	800m warm up <u>Drills</u> 4mi fartlek: 3min z2 3min z3	800m warm up <u>Drills</u> 3mi fartlek: 3min z2 3min z3
Swim	2x: 500 easy 400 paddles 300 pull 200 IM 100 easy Total: 3,000	2x: 400 easy 300 paddles 200 pull 100 IM 100 easy Total: 2,200	500 easy 400 paddles 300 pull 200 IM 100 easy Total: 1,500
Strength	10x1min abs, r15'' Stretching		

TUESDAY

Swimming focus (primary): threshold

Running focus: threshold/maximum

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

Level	C	B	A
Swim	500 easy 500 (50 fr, 25 backstroke, 25 shoulder tap) 3x100 IM z2, r10'' 5x 100 z3 paddles, r15'' 50 easy, r15'' 150 z5 paddles, r15'' 500 easy (varying swimming strokes) Total: 3,300	200 easy 4x600: 1) paddles z2 2) fins B 3) pull + paddles B 4) no material A Total: 2,800	200 easy 4x300: 1) paddles z2 2) fins B 3) pull + paddles B 4) no material A Total: 1,400
Run	2k easy 2x1.5k z4, r1.30'' 2x500 z5, r1' 1k easy	2k easy 2x1k z4, r1.30'' 500 z5, r1' 1k easy	2k easy 2x1k z4, r1.30'' 500 z5, r1' 1k easy
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: 3min 60% 5min 80% 5min 70%	10min easy 5x: 3min z2 5min z4 5min z3	10min easy 5x: 3min z2 5min z4 5min z3
Strength	10x1min abs, r15'' Stretching		

THURSDAY

Swimming focus (primary): easy/speed

Cycling focus: easy/recovery

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

Level	C	B	A
Swim	500 easy 200 kick 300 (25 UW, 25 easy) 1000 pull + paddles 2x: 4x25 ALL OUT, r20'' 100 easy 2x50 ALL OUT paddles, r30'' 200 easy Total: 3,000	300 easy 200 kick 200 (25 UW, 25 easy) 800 pull + paddles 2x: 4x25 ALL OUT, r20'' 100 easy 2x50 ALL OUT paddles, r30'' 200 easy Total: 2,200	200 easy 200 kick 200 (25 UW, 25 easy) 400 pull + paddles 4x25 ALL OUT, r20'' 100 easy 2x50 ALL OUT paddles, r30'' 200 easy Total: 1,600
Bike	80min z2	70min z2	60min z2
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	10mi z2	9mi z2	8mi z2
Bike	40mi: 5mi easy 5x: 3mi easy 1mi 80% 1mi 100% 1x 2mi race pace 1mi 100% 7mi easy	30mi 5mi easy 5x: 3mi easy 1mi 80% 1mi 100%	30mi 5mi easy 5x: 3mi easy 1mi 80% 1mi 100%