

UM Triathlon Club Training Plan

February 20 - February 26

MONDAY

Running focus (primary): threshold

Swimming focus: recovery/drills

Level	C	B	A
Run	3k easy (15min) 4x1.5k (5 laps) z4, r3' 1k easy (10min)	3k easy (15min) 3x1.5k (5 laps) z4, r3' 1k easy (10min)	3k easy (15min) 3x1.5k (5 laps) z4, r3' 1k easy (10min)
Swim	1000 easy 1000 (50 drill, 150 fr) 250 paddles 250 easy total: 2,500	800 easy 800 (50 drill, 150 fr) 250 paddles 250 easy total: 2,100	600 easy 600 (50 drill, 150 fr) 250 paddles 250 easy total: 1,700
Strength	10x1min abs, r15'' Stretching		

TUESDAY

Swimming focus (primary): threshold

Running focus: easy/activation

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

Level	C	B	C
Swim	500 easy 400 paddles 3x100 IM z2, r10' 100 kick 5x300 z3-z4 (1,3,5 w paddles), r40'' 500 easy (strokes) total: 3,300	400 easy 300 paddles 3x100 IM z2, r10' 100 kick 4x300 z3-z4 (1,3,5 w paddles), r40'' 400 easy (strokes) total: 2,700	200 easy 200 paddles 100 kick 3x300 z3-z4 (1,3,5 w paddles), r40'' 300 easy (strokes) total: 1,700
Run	40min easy run 6x100 all out, r1' 5min easy	30min easy run 6x100 all out, r1' 5min easy	25min easy run 6x100 all out, r1' 5min easy
Strength	Upper body: 4x15 at your 65% max capacity (slow reps)		

WEDNESDAY

Cycling focus (primary): easy/aerobic

Swimming focus (primary): threshold

Level	C (FTP-Based)	B	A
Bike	15min easy 7x 4min easy 2min 90% 5min easy	10min easy 6x 4min easy 2min 90% 5min easy	10min easy 5x 4min easy 2min 90% 5min easy
Swim	500 easy 500 pull paddles breathing ev 5 500 (25 FAST, 25 easy) 5x200 z3, r15'' 10x100 FAST paddles, r20'' 400 FAST paddles Or: 1650 TEST 100 easy total: 3,700	300 easy 400 pull paddles breathing ev 5 400 (25 FAST, 25 easy) 3x200 z3, r15'' 7x100 FAST paddles, r20'' 300 FAST paddles Or: 1650 TEST 100 easy total: 2,800	200 easy 200 pull paddles breathing ev 5 200 (25 FAST, 25 easy) 3x200 z3, r15'' 5x100 FAST paddles, r20'' 200 FAST paddles Or: 1650 TEST 100 easy total: 2,000
Strength	10x1min abs, r15'' Stretching		

THURSDAY

Cycling focus: easy

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

Level	C	B	A
Bike	15min easy 3x 10min 80% 1min 100% 4min easy	15min easy 3x 8min 80% 1min 100% 4min easy	10min easy 3x 6min 80% 1min 100% 4min easy
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	7mi z2	6mi z2	5mi z2
Brick	40mi z2-z3	30mi z2-z3	30mi z2-z3
	T2	T2	T2
	3mi FAST	2mi FAST	2mi FAST