

UM Triathlon Club Training Plan

March, 20-26

MONDAY

Running focus (primary): threshold

Swimming focus: recovery

Level	C	B	A
Run	10min easy 3x900 z3, r2' 3x300 z5, r1'30" 10min easy	10min easy 2x900 z3, r2' 3x300 z5, r1'30" 10min easy	10min easy 2x900 z3, r2' 3x300 z5, r1'30" 10min easy
Swim	500 easy, 500 pull + paddles 400 easy, 400 paddles 300 pull, 300 paddles 200 breathing ev/5, 200 br. ev/7 100 stroke, 100 kick, 100 easy total: 3,100	400 easy, 400 paddles 300 pull, 300 paddles 200 breathing ev/5, 200 br. ev/7 100 stroke, 100 kick, 100 easy total: 2,100	400 easy, 400 paddles 300 pull, 300 paddles 200 breathing ev/5 100 kick, 100 easy total: 1,800
Strength	10x1min abs, r15" Stretching		

TUESDAY

Swimming focus (primary): threshold

Running focus: aerobic

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

Level	C	B	C
Swim	300 easy 400 (50 fist, 50 fr) 500 pull + paddles + snorkel Max sustained effort: 1x400 paddles, r50" 2x300, r40" 3x200 paddles, r30" 4x100, r20" 300 easy total: 3,500	300 easy 300 (50 fist, 50 fr) 300 pull + paddles + snorkel Max sustained effort: 2x300, r40" 3x200 paddles, r30" 4x100, r20" 300 easy total: 2,800	200 easy 300 (50 fist, 50 fr) 300 pull + paddles + snorkel Max sustained effort: 300, r40" 2x200 paddles, r30" 3x100, r20" 300 easy total: 2,100
Run	10min easy 3x 10min race pace, r3' 5min easy	10min easy 3x 8min race pace, r3' 5min easy	10min easy 3x 8min race pace, r3' 5min easy
Strength	Upper body: 4x15 at your 65% max capacity (slow reps)		

WEDNESDAY

Cycling focus (primary): threshold

Level	C (FTP-Based)	B	A
Bike	15min easy 10x: 2min z3 30seg all out 2min easy 10min easy	10min easy 8x: 2min z3 30seg all out 2min easy 10min easy	10min easy 8x: 2min z3 30seg all out 2min easy 10min easy
Strength	10x1min abs, r15'' Stretching		

THURSDAY

Swim focus: aerobic or sprint

Cycling focus (primary): recovery

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

Level	C	B	A
Swim	300 easy 200 kick 500 pull + paddles snorkel 3x 2x25 MAX, r20'' 2x50 paddles MAX, r30'' 2x25 fly MAX, r20'' 300 easy Or: 1650 TEST	300 easy 200 kick 300 pull + paddles breath. ev 3 3x 2x25 MAX, r20'' 2x50 paddles MAX, r30'' 2x25 MAX, r20'' 200 easy Or: 1650 TEST	300 easy 200 kick 300 breathing ev 3 2x 2x25 MAX, r20'' 2x50 paddles MAX, r30'' 2x25 MAX, r20'' 200 easy Or: 1650 TEST
Bike	60min easy spin	50min easy spin	40min easy spin
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 tempo run (best possible pace)	6mi tempo run (best possible pace)	5mi tempo run (best possible pace)
Brick	40mi z2-z3 T2 3mi FAST If the weather is nice, I highly recommend getting outside and practicing some transitions!	30mi z2-z3 T2 2mi FAST	30mi z2-z3 T2 2mi FAST