

UM Triathlon Club Training Plan

April, 3-9

MONDAY**Running focus (primary): threshold****Swimming focus: recovery**

Level	C	B	A
Run	10min easy 4x 1200 z3, r2' 200 ALL OUT, r1'	10min easy 3x 1200 z3, r2' 200 ALL OUT, r1'	10min easy 3x 1200 z3, r2' 200 ALL OUT, r1'
	10min easy	10min easy	10min easy
Swim	400 easy 400 IM 200 kick 400 paddles easy 100 easy 400 pull easy 100 easy 400 pull + paddles easy 100 easy 400 easy 100 easy 400 IM easy 100 easy 400 breathing ev. 5 easy 100 easy total: 4,000	300 easy 300 IM 200 kick 300 paddles easy 100 easy 300 pull easy 100 easy 300 pull + paddles easy 100 easy 300 easy 100 easy 300 IM easy 100 easy 300 breathing ev. 5 easy 100 easy total: 3,200	200 easy 200 kick 200 paddles easy 100 easy 200 pull easy 100 easy 200 pull + paddles easy 100 easy 200 easy 100 easy 200 IM easy 100 easy 200 breathing ev. 5 easy 100 easy total: 2,200
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	500 easy 500 (50 backstr, 50 easy) @race pace: 8x200 paddles, r30'' 200 easy 8x100 paddles, r20'' 400 easy total: 4,000	300 easy 300 (50 backstr, 50 easy) @race pace: 6x200 paddles, r30'' 200 easy 6x100 paddles, r20'' 200 easy total: 2,800	200 easy 200 (50 backstr, 50 easy) @race pace: 4x200 paddles, r30'' 200 easy 4x100 paddles, r20'' 200 easy total: 2,000
Run	Fartlek (non-stop)!!! 10x 2min z2 2min z3 5min easy	Fartlek (non-stop)!!! 8x 2min z2 2min z3 5min easy	Fartlek (non-stop)!!! 8x 2min z2 2min z3 5min easy
Strength	Upper body: 4x8 reactive repetitions at your 75-90% capacity		

WEDNESDAY

Cycling focus (primary): threshold

Level	C (FTP-Based)	B	A
Bike	15min easy 5x 3min 70% 3min 80% 3min 90% 3min 105% 3min easy	15min easy 4x 3min z2 3min z3 3min z4 3min ALL OUT 3min easy	15min easy 3x 3min z2 3min z3 3min z4 3min ALL OUT 3min easy
Strength	10x1min abs, r15'' Stretching		

THURSDAY

Swim focus: sprints & wetsuits transitions!!!

Cycling focus (primary): recovery

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

Level	C	B	A
Swim	300 easy 400 IM 800 paddles + pull 3x 10x50 ALL OUT, r10'' 300 easy total: 3,900	300 easy 300 IM 600 paddles + pull 3x 8x50 ALL OUT, r10'' 200 easy total: 3,000	200 easy 400 paddles + pull 3x 6x50 ALL OUT, r10'' 100 easy total: 1,800
Bike	60min easy spin	50min easy spin	40min easy spin
Strength	Lower body: 4x8 reactive repetitions at your 75-90% capacity Include plyometric reactive work (lunges, squats, frog jumps)		

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	5mi tempo run (best possible pace)	4mi tempo run (best possible pace)	4mi 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