

UM Triathlon Club Training Plan

Hi triathletes!

For all those that competed this weekend, congratulations for such an effort!

- **RedHawks competitors:** recovery on Mon and Tue, training returning to normal on Wed.
PLEASE COMPLETE THIS FORM (Redhawk competitors only)!!!
- Michigan 70.3: recovery all week doing very very light training

Event Schedule: MECTC **(CONFIRM YOUR ATTENDANCE - training purposes)**

- September 25: [Tri the Illini \(Sprint\)](#) - Champagne, IL
- October 2: [Lake Freeman Tri Conference Championship](#) - Monticello, IN

Additional information:

- [Training zones](#)
- Drills explanation:
[Catch up](#)
[Finger-Tip](#)
[Shoulder Tap Drill](#)
[Fist](#)

Performance table:

Level	SWIM	BIKE	RUN
C	<ul style="list-style-type: none">- Competitive triathlete or experienced swimmer- Adequate knowledge of all four competitive strokes: Freestyle, Backstroke, Butterfly and Breaststroke- Mastering racing aspects such as flip turns, diving and streamline	<ul style="list-style-type: none">- Competitive triathlete or experienced cyclist- Regularly ride with a fast-paced group once/twice a week and are comfortable on technical descents and challenging climbs- Mastering racing aspects such as mount/dismount the bike, wear shoes with cleats, drink water with any hand, change gears, draft, ride in a peloton	<ul style="list-style-type: none">- Competitive triathlete or experienced runner- You have experience with gels and hydration strategies during intense competition/training- You learn the values of your own fundamental paces and can keep them without too many fluctuations
B	<ul style="list-style-type: none">- Recreational swimmer- Should be able to swim at least 4 laps in a row of Freestyle with a decent amount of speed	<ul style="list-style-type: none">- Casual amateur athlete who competes in the occasional bike race or triathlon- You enjoy long days in the saddle every once in a while and love exploring new destinations by bike	<ul style="list-style-type: none">- Able to run 5k - 10k without stopping.- You have little experience doing fartlek and speed training
A	<ul style="list-style-type: none">- Occasional or beginner swimmer	<ul style="list-style-type: none">- A fit person and adventure rider who enjoys riding on the weekends or vacation	<ul style="list-style-type: none">- Beginner

Week 3: September 12 - September 18

Training Phase: load

MONDAY - Running focus (primary) + swimming focus

Level	C	B	A
Run	400m warm up Drills (pose drill, high knee drill, a-skips, a-skips + can-can, 50m strides) 5 miles z2 8x100m ALL OUT 800m cool down	400m warm up Drills (pose drill, high knee drill, a-skips, a-skips + can-can, 50m strides) 4 miles z2 6x100m ALL OUT 800m cool down	400m warm up Drills (pose drill, high knee drill, a-skips, a-skips + can-can, 50m strides) 3 miles z2 4x100m ALL OUT 800m cool down
Swim	300 easy 300 pull 300 easy 300 paddles 300 easy 300 pull + paddles 300 easy 300 kick 300 easy 300 (25 all out, 75 easy) Total: 3,000	200 easy 200 pull 200 easy 200 paddles 200 easy 200 pull + paddles 200 easy 200 kick 200 easy 200 (25 all out, 75 easy) Total: 2,000	100 easy 100 pull 100 easy 100 paddles 100 easy 100 pull + paddles 100 easy 100 kick 100 easy 100 (25 all out, 75 easy) Total: 1,000
Strength	8x1min abs, r15" Stretching		

TUESDAY - Swimming focus + cycling focus + strength

Level	C	B	A
Swim	300 easy 300 (25 under water, 75 fr) 300 (25 fist, 25 fr) 5x100 IM z2 3x400 paddles z3-z4, r30'' 500 (25 ALL OUT, 75 easy) 200 easy Total: 3,300	200 easy 300 (25 under water, 75 fr) 300 (25 fist, 25 fr) 3x100 IM z2 3x300 paddles z3-z4, r30'' 300 (25 ALL OUT, 75 easy) 200 easy Total: 2,500	100 easy 200 (25 under water, 75 fr) 300 (25 fist, 25 fr) 300 non stop! 200 (25 ALL OUT, 75 easy) 100 easy Total: 1,200
Bike	Outdoor: 80min z2 Indoor: 15min easy 2x: 10min 85% 5min 90% 5min easy 5min easy	Outdoor: 60-70min z2 Indoor: 15min easy 2x: 10min 75% 5min 80% 5min easy 5min easy	Outdoor: 60min z2 Indoor: 60min easy spin
Strength	Upper body: 4x15 at your 65% max capacity (slow reps)		

WEDNESDAY - Cycling focus (primary) + running focus

Level	C (FTP-Based)	B	A
Bike	Outdoor: 30 miles: 5 mile warm up 20 miles: 3 miles z2 1 mile z3-z4 1 mile z5 5 miles cool down Indoor: 10min easy 15min: 2min 90% 30seg easy 15min: 1min 95% 1.30 easy 5min 90% 15min: 30seg ALL OUT 2min easy	Outdoor: 20 miles: 5 mile warm up 10 miles: 3 miles z2 1 mile z3-z4 1 mile z5 5 miles cool down Indoor: 10min easy 15min: 2min 90% 30seg easy 15min: 1min 95% 1.30 easy 15min: 30seg ALL OUT 2min easy 5min easy	Outdoor: 20 miles z2-z3 Indoor: 10min easy 15min: 1min 90% 1.30seg easy 15min: 1min 80% 1.30 easy 15min: 30seg ALL OUT 2min easy 5min easy
Run	5 mile fartlek: 4min z2 1min z4	3 mile fartlek: 4min z2 1min z4	
Strength	8x1min abs, r15" Stretching		

THURSDAY - Swimming focus + strength

Level	C	B	A
Swim	400 easy 400 breathing ev. 7 400 (200 w/1 paddle & change) 400 (25 finger tip, 25 fr) 4x100 IM z2-z3 12x25 ALL OUT /40 200 kick 200 easy Total: 2,700	200 easy 400 breathing ev. 5-7 400 (200 w/1 paddle & change) 400 (25 finger tip, 25 fr) 4x100 IM z2-z3 8x25 ALL OUT /40 200 kick 200 easy Total: 2,400	200 easy 200 breathing ev. 3 200: 100 w/1 paddle & change 300 (25 finger tip, 25 fr) 6x25 ALL OUT /40 200 kick 200 easy Total: 1,450
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	9 miles z2-z3	6-7 miles z2-z3	4 miles z2-z3
Bike			
Brick	45 miles z2-z3 T2 2 miles z2	35 miles z2-z3 T2 2 miles z2	20 miles z2-z3 T2 1 mile z2