

UM Triathlon Club Training Plan

Hi triathletes!

- For all those that competed this weekend at Northshore, congratulations!
- Tri the Illini triathletes: you'll receive another training specifically for race week + tapering
- Michigan 70.3 triathletes: keep working low intensity

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

- 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 4: September 19 - September 25

Training Phase: load-impact

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) COOPER TEST 800m cool down	400m warm up Drills (pose drill, high knee drill, a-skips, a-skips + can-can, 50m strides) COOPER TEST 800m cool down	400m warm up Drills (pose drill, high knee drill, a-skips, a-skips + can-can, 50m strides) COOPER TEST 800m cool down
Swim	2x 300 easy 300 paddles 300 pull + paddles 3x100 IM 300 easy Total: 3,000	2x 200 easy 200 paddles 200 pull + paddles 2x100 IM 200 easy Total: 3,000	100 easy 200 breathing ev. 5 w pull 200 (25 shoulder tap, 25 fr) 200 (25 catch up, 25 fr) 100 kick 100 easy Total: 1,200
Strength	8x1min abs, r15'' Stretching		

TUESDAY - Swimming focus + cycling focus + strength

Level	C	B	A
Swim	300 easy 300 pull 300 paddles 200 (25 zoom, 25 slow) 2x400 paddles z3, r30'' 2x300 z3-z4, r25'' 2x200 paddles z3-z4, r20'' 2x100 z4, r15'' 200 easy Total: 3,300	200 easy 200 pull 200 paddles 200 (25 zoom, 25 slow) 400 paddles z3, r30'' 2x300 z3-z4, r25'' 2x200 paddles z3-z4, r20'' 2x100 z4, r15'' 200 easy Total: 2,600	100 easy 200 pull 200 paddles 200 (25 zoom, 25 slow) 2x200 paddles z3-z4, r20'' 2x100 z4, r15'' 200 easy Total: 1,500
Bike	Outdoor: 5mi warm up 13mi: 6min z3 2min easy 1min z5 2mi easy Indoor: 10min easy 10min 85% 5min easy 5min 100% 5min easy 15min 85% 10min easy	Outdoor: 5mi warm up 13mi: 6min z3 2min easy 1min z5 2mi easy Indoor: 10min easy 10min 75% 5min easy 5min 100% 5min easy 15min 80% 10min easy	Outdoor: 60min z2-z3 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: 1 mi z3 2 mi ALL OUT 2 mi recovery 5 miles cool down Indoor: 10min easy 5x: 2min 70% 30seg ALL OUT 1min easy 1.30min ALL OUT 5min easy	Outdoor: 20 miles: 5 mile warm up 10 miles: 1 mi z3 2 mi ALL OUT 2 mi recovery 5 miles cool down Indoor: 10min easy 4x: 2min 70% 30seg ALL OUT 1min easy 1.30min ALL OUT 5min easy 5min easy	Outdoor: 20 miles z2-z3 Indoor: 10min easy 3x: 2min 70% 30seg ALL OUT 1min easy 1.30min ALL OUT 5min easy 10min 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 300 (25 under water, 75 fr) 300 (25 fist, 25 fr) 300 (25 catch up, 25 fr) 400 (25 zoom, 25 easy) 8x50 z4 c/50" 200 kick 200 easy Total: 2,500	200 easy 300 (25 under water, 75 fr) 300 (25 fist, 25 fr) 300 (25 catch up, 25 fr) 300 (25 zoom, 25 easy) 6x50 z4 c/50" 200 kick 200 easy Total: 2,100	200 easy 200 (25 under water, 75 fr) 200 (25 fist, 25 fr) 200 (25 catch up, 25 fr) 200 (25 zoom, 25 easy) 4x50 z4 c/50" 100 kick 200 easy Total: 1,500
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	9-10 miles z2-z3	6-7 miles z2-z3	4 miles z2-z3
Bike			
Brick	45-50 miles z2-z3 T2 3 miles z2-z3	35-40 miles z2-z3 T2 3 miles z2-z3	20-25 miles z2-z3 T2 2 miles z2-z3