

UM Triathlon Club Training Plan

Hi triathletes!

The purpose of this week is to prepare you to do your best at **Boilerman Triathlon**, so I just want to make sure this week you focus on:

- Eat more carbohydrates than normal (instead of 1 bread in the morning, eat 2, etc)
- Sleep well & at least 7 hours
- Stretch after each workout and take your recovery snack before 20 minutes have passed
- Try to reduce stress from outside sources (school, work, social) and try to take naps
- Don't eat too late the day before. If you want pasta that's fine, but don't put too much fat on it
- Hydrate well and up your electrolytes load starting Friday
- Trust everything you have learned in this process & have fun!!!

🌟 If you want to practice transitions, I'll be happy to help you. We can meet on Thursday at 20:15 (at least 5 triathletes must confirm!)

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 5: September 26 - October 2

Training Phase: race week!

MONDAY - Running focus (primary) + swimming focus

| Level | C | B | A |
|----------|---|--|---|
| Run | 800m warm up Drills (pose drill, high knee drill, a-skips, a-skips + can-can, 50m strides) 6x200 neg splits (each one faster than the last), r45" 1000m cool down | 800m warm up Drills (pose drill, high knee drill, a-skips, a-skips + can-can, 50m strides) 4x200 neg splits (each one faster than the last), r1" 1000m cool down | 800m warm up Drills (pose drill, high knee drill, a-skips, a-skips + can-can, 50m strides) 6x100 neg splits (each one faster than the last), r45" 1000m cool down |
| Swim | 300 easy 200 kick 800 z2 100 backst 500 paddles z3 100 backstr 200 ALL OUT 200 easy Total: 2,400 | 200 easy 200 kick 600 z2 100 backst 400 paddles z3 100 backstr 200 ALL OUT 200 easy Total: 2,000 | 100 easy 200 kick 500 z2 100 backst 300 paddles z3 100 backstr 100 ALL OUT 200 easy Total: 1,600 |
| Strength | 8x1min abs, r15" Stretching | | |

TUESDAY - Swimming focus + cycling focus + strength

| Level | C | B | A |
|----------|--|--|---|
| Swim | 300 easy 200 breathing ev. 5 w paddles 100 pull 200 breathing ev. 7 w paddles 3x300 race pace, r30" 300 (25 zoom, 75 easy) 300 (25 apnea, 75 easy) Total: 2,300 | 300 easy 200 breathing ev. 5 w paddles 100 pull 200 breathing ev. 7 w paddles 3x200 race pace, r30" 200 (25 zoom, 75 easy) 200 (25 apnea, 75 easy) Total: 1,800 | 200 easy 200 breathing ev. 3 w paddles 100 pull 200 breathing ev. 5 w paddles 500 non stop 200 (25 zoom, 75 easy) Total: 1,400 |
| Bike | Outdoor: 15 miles and the last 3 miles must be z4-z5 Indoor: 10min easy 5x: 3min easy 3min 80% 30seg 110% 10min easy | Outdoor: 15 miles and the last 3 miles must be z4-z5 Indoor: 10min easy 5x: 3min easy 3min z3 30seg z5 10min easy | Outdoor: 10 miles and the last 2 miles must be z4-z5 Indoor: 10min easy 3x: 3min easy 3min z3 30seg z5 10min easy |
| Strength | NA | | |

WEDNESDAY - Cycling focus (primary) + running focus

| Level | C (FTP-Based) | B | A |
|----------|---|---|---|
| Bike | Outdoor: 18-20 miles: 5 mile warm up 15 miles: 6min z2 1min z4-z5 5 miles cool down Indoor: 10min easy 5min: 20seg 120% 40seg easy 10min: 1min 90% 1.30min easy 10min easy | Outdoor: 18-20 miles: 5 mile warm up 15 miles: 6min z2 1min z4-z5 5 miles cool down Indoor: 10min easy 5min: 20seg 120% 40seg easy 10min: 1min 90% 1.30min easy 10min easy | Outdoor: 12-15 miles: 5 mile warm up 5 miles: 6min z2 1min z4-z5 5 miles cool down Indoor: 10min easy 10min: 1min 90% 1.30min easy 10min easy |
| Run | 4 mile shakeout run | 2-3 mile shakeout run | 2 mile shakeout run |
| Strength | 8x1min abs, r15'' Stretching | | |

THURSDAY - Swimming focus + strength

| Level | C | B | A |
|----------|--|--|--|
| Swim | 400 easy 400 pull 6x50 (25 z5, 25 z2) c/50'' 4x100 paddles z4, c/1.25'' 6x50 ALL OUT - RELAY 200 easy Total: 2,000 | 200 easy 200 pull 4x50 (25 z5, 25 z2) c/50'' 4x100 paddles z4, c/1.25'' 6x50 ALL OUT - RELAY 200 easy Total: 1,500 | 200 easy 200 pull 4x50 (25 z5, 25 z2) c/50'' 6x50 ALL OUT - RELAY 200 easy Total: 1,100 |
| Strength | NA | | |

FRIDAY - Specific activation

| Level | C | B | A |
|----------|--------------------------------------|--------------------------------------|--------------------------------------|
| Run | 2mi easy 8x50 strides 1mi easy | 2mi easy 6x50 strides 1mi easy | 2mi easy 6x50 strides 1mi easy |
| Strength | Stretching | | |

WEEKEND - RACE DAY!!!

