## UM Triathlon Club Training Plan

Hello triathletes! I hope you enjoyed the first week of training.
I'm going to pull the chart down again so you can identify your endurance level and adjust your workouts as best you can. Why? People are different, psychologically and physiologically, so the key to success will be adjusting the training to the individual level of each person.

| Level | SWIM | BIKE | RUN |
| :---: | :---: | :---: | :---: |
| C | - Competitive triathlete or experienced swimmer <br> - Adequate knowledge of all four competitive strokes: Freestyle, Backstroke, Butterfly and Breaststroke <br> - Mastering racing aspects such as flip turns, diving and streamline | - Competitive triathlete or experienced cyclist <br> - Regularly ride with a fast-paced group once/twice a week and are comfortable on technical descents and challenging climbs <br> - 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 | - Competitive triathlete or experienced runner <br> - You have experience with gels and hydration strategies during intense competition/training <br> - You learn the values of your own fundamental paces and can keep them without too many fluctuations |
| B | - Recreational swimmer <br> - Should be able to swim at least 4 laps in a row of Freestyle with a decent amount of speed | - Casual amateur athlete who competes in the occasional bike race or triathlon <br> - You enjoy long days in the saddle every once in a while and love exploring new destinations by bike | - Able to run 5 k - 10k without stopping. <br> - You have little experience doing fartlek and speed training |
| A | - Occasional or beginner swimmer | - A fit person and adventure rider who enjoys riding on the weekends or vacation | - Beginner |

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

- September 11: Zoom RedHawks Tri Festival (Sprint and Olympic) - Oxford, OH
- September 18: TRI-DU Muncie (Sprint and Olympic) - Selma, IN
- 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

Week 2: September 5 - September 11
Training Phase: preparatory - (for those competing in the Zoom RedHawks Tri Festival (Sprint and Olympic, I'm going to send you a different schedule!)

MONDAY - Running focus (primary) + swimming focus

| Level | C | B | A |
| :---: | :---: | :---: | :---: |
| Run | 800 m warm up <br> Drills (pose drill, high knee drill, <br> a-skips, a-skips + can-can, 50m strides) <br> 6 mile fartlek: <br> $4 \min \mathrm{z2}$ <br> 1 min $z 3-z 4$ <br> 800m cool down | 800 m warm up <br> Drills (pose drill, high knee drill, a-skips, a-skips + can-can, 50m strides) <br> 4 mile fartlek: <br> 4 min z2 <br> 1 min z3-z4 <br> 800m cool down | 400m warm up <br> Drills (pose drill, high knee drill, a-skips, a-skips + can-can, 50m strides) <br> 2-3 miles 22-z3 |
| Swim | $\begin{aligned} & 200 \text { easy } \\ & 200 \text { ( } 25 \text { fist, } 25 \mathrm{fr} \text { ) } \\ & 200 \text { ( } 25 \text { catch up, } 25 \mathrm{fr} \text { ) } \\ & 200(25 \mathrm{z4}, 25 \mathrm{z2}) \\ & 5 \times 300 \text { paddles } z 3-24,1^{\prime} \\ & 200 \text { easy } \\ & \\ & \text { Total: } 2,500 \end{aligned}$ | $\begin{aligned} & 200 \text { easy } \\ & 200 \text { ( } 25 \text { fist, } 25 \mathrm{fr} \text { ) } \\ & 200 \text { ( } 25 \text { catch up, } 25 \mathrm{fr} \text { ) } \\ & 200(25 \mathrm{z4}, 25 \mathrm{z2} \text { ) } \\ & 3 \times 300 \text { paddles } z 3-z 4, \text { r1' } \\ & 200 \text { easy } \\ & \text { Total: } 2,200 \end{aligned}$ | 200 easy <br> 200 ( 25 fist, 25 fr) <br> 200 ( 25 catch up, 25 fr ) <br> 200 ( 25 z4, 25 z2) <br> 200 easy <br> Total: 1,000 |
| Strength | $8 \times 1$ min abs, r15" Stretching |  |  |

TUESDAY - Swimming focus + cycling focus + strength

| Level | C | B | A |
| :---: | :---: | :---: | :---: |
| Swim | 400 easy <br> 400 paddles breathing ev. 7 <br> $5 \times 100 \mathrm{IM}$ z2 <br> $10 \times 50$ progressive sprint $/ 50^{\prime \prime}$ <br> $6 \times 100 \mathrm{z4}-\mathrm{z5} / 1^{\prime} 40^{\prime \prime}$ <br> 500 ( $25 \mathrm{z5}, 75 \mathrm{z2}$ ) <br> 200 kick <br> 200 easy <br> Total: 3,300 | 400 easy <br> 400 paddles breathing ev. 7 <br> $4 \times 100$ IM z2 <br> $6 \times 50$ progressive sprint $/ 50^{\prime \prime}$ <br> $4 \times 100 \mathrm{z4}-25 / 1^{\prime} 40^{\prime \prime}$ <br> 400 ( $25 \mathrm{z5}, 75 \mathrm{z2}$ ) <br> 200 kick <br> 200 easy <br> Total: 2,700 | 200 easy <br> 200 paddles breathing ev. 3-5 <br> $4 \times 50$ progressive sprint $/ 50^{\prime \prime}$ <br> $4 \times 100$ z4-z5 /1'40" <br> 200 kick <br> 200 easy <br> Total: 1,400 |
| Bike | Outdoor: <br> $80 \mathrm{~min} z 2$ <br> Indoor: <br> 15 min easy <br> 4x: <br> 6 min 80\% <br> 1 min ALL OUT <br> 3 min easy <br> 5 min easy | Outdoor: <br> 60 min zz <br> Indoor: <br> 15min easy <br> 3x: <br> 6 min $80 \%$ <br> 1 min ALL OUT <br> 3 min easy <br> 5 min easy | Outdoor: <br> 40min z2 <br> Indoor: <br> 50min easy spin |
| Strength | Upper body: $4 \times 15$ at your 65\% max capacity (slow reps) |  |  |

WEDNESDAY - Cycling focus (primary) + running focus

| Level | C (FTP-Based) | B | A |
| :---: | :---: | :---: | :---: |
| Bike | Outdoor: <br> 3 mile warm up <br> 20 miles: <br> 4 miles z2 <br> 1 mile z4 <br> 0.5 mile z5 <br> 3 mile cool down <br> Indoor: <br> 10min easy <br> 10min: <br> 30segs ALL OUT <br> $2 m i n$ easy <br> 10min 85\% <br> 10min: <br> 2.30min 100\% <br> 2.30 min easy <br> 10min 90\% <br> 10min: <br> 1 min ALL OUT <br> 4min easy | Outdoor: <br> $18-20$ mile route recognition, z2 <br> Indoor: <br> 10min easy <br> 10min: <br> 30segs ALL OUT <br> $2 m i n$ easy <br> 10min 85\% <br> 10min: <br> 2.30min 100\% <br> 2.30 min easy <br> 10min easy | Outdoor: <br> 10-20 mile route recognition, z2 <br> Indoor: <br> 10min easy <br> 10min: <br> 20sec z4 <br> 40sec easy <br> 10min z2-z3 <br> 10 min easy |
| Run | 4 mile fartlek: <br> 1mile easy <br> 4 miles: <br> $2 \min z 2$ <br> $2 \min \mathrm{z} 3$ | 3 mile fartlek: <br> 1mile easy <br> 2 miles: <br> $2 \min z 2$ <br> $2 \min z 3$ |  |
| Strength | 8x1min abs, r15" Stretching |  |  |

THURSDAY - Swimming focus + strength

| Level | C | B | A |
| :---: | :---: | :---: | :---: |
| Swim | 400 easy <br> 300 breathing ev. 7 <br> 200 (50 shoulder tap, 50 fr ) <br> $5 \times 100$ paddles z3 /1.35 <br> 400 easy <br> 5x100 z5 /1.30 <br> 400 easy <br> 4x25 ALL OUT / 35 <br> 200 easy <br> Total: 3,000 | 300 easy <br> 300 breathing ev. 5-7 <br> 300 (50 shoulder tap, 50 fr ) <br> $3 \times 100$ paddles z3 /1.35 <br> 300 easy <br> $3 \times 100 \mathrm{z5} / 1.30$ <br> 300 easy <br> 4x25 ALL OUT / 35 <br> 200 easy <br> Total: 2,400 | 100 easy <br> 300 breathing ev. 3-5 <br> 300 ( 50 shoulder tap, 50 fr ) <br> 3x100 z5 /1.40 <br> 300 easy <br> 4×25 ALL OUT /40 <br> 100 easy <br> Total: 1,500 |
| Strength | Lower body: $4 \times 15$ 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 | 8-9 miles z2-z3 | $6-7$ miles z2-z3 | 4 miles z2-z3 |
| Bike |  |  |  |
| Brick | 40 miles: <br> 10 mi easy <br> 25 mi race pace <br> $5 m i ~ e a s y ~$ <br> T2 <br> $6 k ~ @ r a c e ~ p a c e ~$ | T25-30 miles | 15 miles |

