



TRAINING PLAN

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Ride your fastest 15km in 6 weeks

Train to ride a faster TT while maintaining your swim and run speed, says coach Phil Mosley

Cycle time trials are a brilliant way of improving your bike speed for triathlon. You don't need to be an expert to take part. Most cycling clubs (and some tri clubs) organise regular that can be entered on the line for a couple of quid. The most common are mid-week club TTs, which are usually 10 miles in length and will take you anything from 19 to 39 minutes to complete. It's just you against the clock.

The beauty of time trials is that

they force you to ride at a steady state, at or above your lactate threshold. This is a particularly potent way of training your body to adapt to riding faster during a triathlon.

So we've devised this six-week triathlon training plan to help you ride your first (or fastest) 10-mile or 15km cycle time trial. It'll also help you maintain or improve your swim and run speed. It is most suitable for anyone training for a sprint or Olympic distance triathlon, although it would work well as a "speed work

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IS THIS PLAN FOR YOU?

Goal
Ride a fast 15km time trial

Timescale
6 weeks

Start point
Swim 400m (non-stop),
Cycle 1hr 30mins,
Run 40mins

Level
intermediate

period" for longer distance events.

It involves three rides per week, two of which are fairly hard (but short), plus a longer steady ride at the weekends. It's more practical to do the mid-week workouts on a static bike or indoor trainer, but not essential. Once you start time-trialling you could replace one of the mid-week rides with a time-trial.

Before you get started, you need to get your head around the workout intensities and descriptions – read the key and training zones, left. To use the heart rates you'll need an idea of your maximum heart rate. If you don't know it, use your peak heart-rate – which is the highest you've seen it in the last year. Sessions like run-reps or hill repeats tend to elicit this figure the best. It's also worth knowing that your bike and run heart rates may be slightly differently. Most commonly, run heart rates are 5-10 beats higher than bike heart rates.

All swim sessions are prescribed in terms of perceived exertion, again, using the Training Zones table below. However, you'll improve quicker if you attend coached group swim sessions, rather than the solo sets we have provided.

6 WEEK PLAN TRAINING ZONES GUIDE

DESCRIPTION	HEART RATE (%MAX)	RPE 1-10	ACCUMULATED	INTENSITY
Z1 Recovery	55-70	<2	1-6hrs	Easy
Z2 Endurance	70-75	2-3	1-3hrs	Steady
Z3 Tempo	75-80	3-4	50-90mins	Comfortable
Z4 Threshold	80-88	4-6	10-60mins	Uncomfortable
Z5 Vo ₂ max	89-100	>7	12-30mins	Hard to very hard

KEY

WU Warm up, **MAIN** Main set, **WD** Warm down, **FC** Front crawl, **PULL** Front crawl with a pullbuoy float between your thighs, **KICK** Kick with a float held out in front, **SECS** seconds, **BACK** Backstroke, **BREAST** Breaststroke, **FIST** FC with clenched fists, **BUILD** Each rep faster than the previous one



	DAY		ESSENTIAL WORKOUT		OPTIONAL WORKOUT
WEEK 1	Mon	Bike	WU 10mins Z2. 5mins as (15secs Z4, 45secs Z2) MAIN 6x5mins in upper Z3/low Z4 +30secs rests WD 5mins in Z2		RECOVERY
	Tue	Swim	WU 200m FC, 50m KICK, 50m FIST, 100m PULL MAIN 4x(100m PULL Z2 +15secs rest, 4x50m FC Z5 +30secs rest) WD 200m KICK as (25 Z2, 25 Z4), 50m BACK, 50m FC, 50m BREAST, 50m FC	Run	30mins all in Zone 2
	Wed	Bike	WU 10mins Z2. 5mins as (20secs Z3, 40secs Z2) MAIN 3x10mins in upper Z3/low Z4 +60secs recoveries in Z1/Z2 WD 5mins in Z2		RECOVERY
	Thur	Swim	WU 300m as (25m KICK/50m FC), 300m mixed MAIN 4x100m FC BUILD +15secs, 100m FC Z1 +15secs, 200m PULL Z4 +45secs, 100m FC Z1 +15secs, 2x100m PULL Z4 +30secs WD 400m mixed	Run	WU 15mins in Z2 MAIN 12mins as (2mins run in Z4, 1min easy walk) WD 5mins jog in Z2
	Fri		RECOVERY		RECOVERY
	Sat	Bike	WU 15mins in Z2 MAIN 1 hour tempo in Z3 WD 15mins in Z2		RECOVERY
	Sun	Run	WU 15mins in Z2 MAIN 3x5mins in Z3 +60secs rests WD 5mins in Z2		RECOVERY
WEEK 2	Mon		RECOVERY		RECOVERY
	Tue	Swim	WU 3x(50m FC/BREAST/FC/BACK) MAIN 8x50m as (25m FC Z5, 25m FC Z1)+15secs rests, 200m PULL Z2, 4x100 as (25m FC Z2, 50m FC Z4, 25m FC Z2)+15secs WD 4x50m KICK in Z4 +15secs rests, 200m PULL	Run	WU 15mins in Z2 MAIN 12mins as (4mins run in Z4, 2mins easy walk/jog) WD 5mins jog in Z2
	Wed	Bike	WU 10mins Z2. 5mins as (15secs Z4, 45secs Z2) MAIN 6,6,5,5,4,4mins all in upper Z3/low Z4 +30secs rests WD 5mins in Z2		RECOVERY
	Thur	Swim	WU 200m PULL, 100m FC, 200m PULL, 100m FC MAIN 10x100m FC alternating (100m in Z5/100m in Z2) +15secs rests WD 100m BACK, 100m FC, 100m BREAST, 100m FC	Run	30mins in Zone 2
	Fri	Bike	WU 10mins Z2. 5mins as (20secs Z3, 40secs Z2) MAIN 2x15mins in upper Z3/low Z4 +90secs recovery in Z1/Z2 WD 5mins in Z2		RECOVERY
	Sat	Bike	All in Zone 2		RECOVERY
	Sun	Run	WU 15mins in Z2 MAIN 2x7mins in Z3 +45secs rests WD 5mins in Z2		RECOVERY
WEEK 3	Mon		RECOVERY		RECOVERY
	Tue	Swim	WU 2x(50m FC, 50m BACK, 50m BREAST, 50m PULL, 100m KICK) +15secs rest MAIN 8x50m FC BUILD +15secs rests, 200m PULL Z4 +30secs rest, 4x100m FC Z4 +30secs rests WD 100m PULL, 100m FC		RECOVERY
	Wed	Bike	WU 10mins Z2. 5mins as (15secs Z4, 45secs Z2) MAIN 4x5mins in upper Z3/low Z4 +30secs rests WD 5mins in Z2		RECOVERY
	Thur	Swim	WU 4x100m easy as (25m FC, 25m BACK, 50m KICK) +10secs rests MAIN 8x50m FC as (25m Z2, 25m Z5) +15secs, 100m BACK Z2, 4x100m FC Z4 +30secs WD 100m FC, 100m BACK, 100m KICK, 100m FC	Run	30mins in Zone 2
	Fri		RECOVERY		RECOVERY
	Sat	Bike	WU 8mins in Z2, 5mins as (20secs in Z4, 40secs in Z1), 2mins in Z2 MAIN 12, 8, 4mins all in mid Z4 (approx 10mile TT pace) +6mins recoveries in Z1 WD 5mins in Z1		RECOVERY
	Sun	Run	Easy Z2 run, soft ground		RECOVERY



		DAY	ESSENTIAL WORKOUT	OPTIONAL WORKOUT
WEEK 4	Mon	Bike	WU 10mins Z2. 5mins as (15secs Z4, 45secs Z2) MAIN 7x5mins in upper Z3/low Z4 +30secs rests WD 5mins in Z2	RECOVERY
	Tue	Swim	WU 2x(50m FC/BACK/BREAST/PULL/KICK) +15secs MAIN 2x100m FC Z3 +30secs, 8x50m FC Z4 +15secs, 2x100m FC Z4 +30secs, 100m KICK Z2 +5secs, 200m FC Z4 WD 100m KICKBACK/BREAST/PULL	Run 30mins in Zone 2
	Wed	Bike	WU 10mins Z2. 5mins as (20secs Z3, 40secs Z2) MAIN 5x7mins in upper Z3/low Z4 +45secs recoveries in Z1/Z2 WD 5mins in Z2	RECOVERY
	Thur	Swim	WU 2x(200m PULL, 100m FC) MAIN 4x50m FC Z4 +15secs, 2x100m FC Z4 +20secs, 200m FC Z4 +30secs, 2x100m FC Z4 +20secs, 4x50m FC Z4 +15secs WD 300m mixed	Run WU 15mins in Z2 MAIN 15mins as (2mins run in Z4, 1min easy walk) WD 5mins jog in Z2
	Fri		RECOVERY	RECOVERY
	Sat	Bike	WU 15mins in Z2 MAIN 1 hour 15mins tempo in Z3 WD 15mins in Z2	RECOVERY
	Sun	Run	WU 15mins in Z2 MAIN 4x5mins in Z3 +60secs rests WD 5mins in Z2	RECOVERY
WEEK 5	Mon		RECOVERY	RECOVERY
	Tue	Swim	WU 300m as (25m KICK/50m FC), 200m PULL, 100m FC MAIN 4x200m FC as (50 Z2, 50 Z3, 50 Z4, 50 Z5) +30secs, 200m PULL Z2, 2x100m FC Z4 +15secs WD 200m BACK/BREAST Z2, 200m PULL	Run WU 15mins in Z2 MAIN 15mins as (60secs run in Z4, 30secs easy)
	Wed	Bike	WU 10mins Z2. 5mins as (15secs Z4, 45secs Z2) MAIN 7, 7, 6, 6, 5, 5mins all in upper Z3/low Z4 +45secs rests WD 5mins in Z2	RECOVERY
	Thur	Swim	WU 2x200m as (50m FC/BACK/FC/KICK) +15secs MAIN 4x200m Z4 as (100m FC/100m PULL) +45secs, 100m KICK Z2, 4x100m FC as (50m Z5, 50m Z1) +15secs WD 400m mixed	Run 35mins in Zone 2
	Fri	Bike	WU 10mins Z2. 5mins as (20secs Z3, 40secs Z2) MAIN 15, 12, 8mins all in upper Z3/low Z4 +60secs recovery in Z1/Z2 WD 5mins in Z2	RECOVERY
	Sat	Bike	All in Zone 2	
	Sun	Run	WU 15mins in Z2 MAIN 2x10mins in Z3 +90secs rest WD 5mins in Z2	RECOVERY
WEEK 6	Mon		RECOVERY	RECOVERY
	Tue	Swim	WU 3x100m PULL +15secs rests, 200m FC MAIN 4x(100m PULL 2 +15secs rest, 4x50m FC Z5 +20secs rests) WD 200m FC/BACK, 100m KICK as (25m Z5, 25m Z2)	RECOVERY
	Wed	Bike	WU 10mins Z2. 5mins as (15secs Z4, 45secs Z2) MAIN 2x10mins in upper Z3/low Z4 +60secs rest WD 5mins in Z2	RECOVERY
	Thur	Swim	WU 100m FC, 100m KICK, 100m PULL, 100m FC MAIN 4x100m FC Z2 +10secs rests, 3x100m FC Z3 +10secs rests, 2x100m FC Z4 +10secs rests, 1x100m FC Z5 WD 100m BACK/KICK/BREAST/PULL	Run 30mins in Zone 2
	Fri	Run	Easy Z2 run, soft ground	RECOVERY
	Sat		RECOVERY	RECOVERY
	Sun	Race	Race a 10 mile TT or WU 8mins in Z2. 5mins as (20secs in Z4, 40secs in Z1), 2mins in Z2 MAIN 12, 8, 4mins all in mid Z4 (approx 10mile TT pace) +6mins recoveries in Z1 WD 5mins in Z1	RECOVERY