

## OLYMPIC-DISTANCE TRAINING PLAN INTERMEDIATE (8 WEEKS)

TRAINING PLAN PROVIDED BY



## **TRIATHLON TERMS**



70.3: Ultra distance triathlon or "Half Ironman". 1.2 mile swim, 56 mile bike, 13.1 mile run (half marathon).

Active Recovery: Very low intensity exercise or activity after hard training or racing, e.g. easy cycling.

Aero: Short for aerodynamic. Something to shoot for on the bike. Your position can be aero, your wheels, your bottle, your bike etc.

Aerobars: Bars attached to the front of your bike, allowing you to lean down and over and ride in an aero position.

Aerobic: Used to describe workouts of low enough intensity that the muscles can derive all required energy from the oxygen delivered to them from your lungs via your heart. There is no build-up of lactic acid in your blood.

Aerobic threshold: The point at which exercise is just possible without significant lactic acid accumulation. In running, roughly standalone marathon pace.

Anaerobic: When the oxygen delivered to the muscles cannot break down glycogen and produce energy fast enough, lactic acid starts to accumulate, and is used as a complementary energy source. This energy system is less efficient than the aerobic system, and cannot be maintained for as long periods of time.

Anaerobic threshold: The point at which lactic acid accumulates faster than the body can remove it. In running, the pace you can just maintain for 60 minutes in a race situation. Corresponds to FTP.

Breathing pattern: Used mostly in the swim, but also in running and even biking. In swimming, breathing patterns can be categorized as unilateral (always to the same side) or bilateral (to both sides), and further specified to e.g. 3-stroke (breathing on every third stroke) and 4-stroke (every fourth) patterns etc.

Brick: Workouts combining two or more disciplines. Often a ride followed by a run.

Build: A training period after a base period. The build is typically when you start adding more intensity to your training.

Cadence: The number of swim strokes, pedal revolutions or steps per minute in your swim, bike and run. Corresponds to RPM (revolutions per minute) in cycling.

Catch: The first of three underwater phases of your swim stroke after your hand enters the water.

Choice: Usually used in swim workouts meaning your choice of stroke (freestyle, breast stroke, back stroke).

**Cooldown:** Short period of very easy swim/bike/run at the very end of your workout to bring your heart rate down and set you up for a quicker recovery.

Drill: Common in both swimming and running, but also cycling. Exercises designed to improve your technique in one or a few particular focus areas for that drill.

Fartlek: A workout that consists of non-structured intervals.

Flip turn: A fast way to turn at the end of a swim length and push off against the wall to go back the lane in the opposite direction.

Foam roller: A tube of foam (or harder materials) that you can use for myofascial release to improve muscle recovery and release sore spots.

Foot strike: The way your foot hits the ground when you run. Typically categorized as forefoot, mid-foot or heel-strike.

Functional Threshold Power (FTP): The highest average power you can hold for one hour. Usually approximated based on shorter test protocols, such as 20- or 30-minute tests. Hand entry: The phase of the swim stroke where your hand enters the water.

Hill reps/repeats: Bike or run workout where you repeatedly go up a hill at a high intensity level.

HR: Heart rate.

Intervals: Type of training where you alternate periods of higher intensity efforts with periods of easy or recovery effort.

Kick: The action of kicking in swimming, and overarching term for kicking drills (e.g. using a kick board with and without swim fins).

## **TRIATHLON TERMS**



Kick board: Swim training tool made of Styrofoam held out in front of you for kick practice. Lactate threshold (LT): A point during exhaustive, all-out exercise at which lactate builds up in the bloodstream faster than the body can remove it. Lactate Tolerance: How your body copes with lactate built up in the bloodstream Ladder: An interval workout with increasing and decreasing interval distances/durations, such as swim intervals of 50 – 100 – 150 – 100 – 50 m Long Slow Distance (LSD): Term for aerobic endurance training. Main set: The focal part of a workout, often the whole workout minus warm up and cool down. **Negative split:** When the second half of a race or workout is faster than the first. Paddles: Training aid for swimming. Plastic paddles attached to your hands that increase water resistance so they help build strength and can also increase awareness of technical errors. Positive split: When the second half of a race or workout is slower than the first. Pull: The second underwater phase of the freestyle stroke. **Pull buoy:** Floating swim training tool placed between legs to keep your legs up so you can concentrate on your stroke. Push: The final underwater phase of your stroke **Rest interval:** The recovery time/distance between the intense intervals in interval workouts. **Rate of Perceived Exertion (RPE):** A subjective rating of intensity and effort level. **RPM:** Revolutions per minute. See cadence. Speedwork: Broad term for high intensity intervals Spinning: Pedaling at a high cadence in low gear Strides/Striders: Strides or pickups are accelerations of 10-30 seconds up to close to maximum speed done during warm-ups before races and speedwork, and as part of technique sessions where focus is on good running form. Taper: Short period before the race where training volume is decreased so accumulated fatigue disappears just in time for the race without losing too much fitness due to decreased training volume. Can easily lead to madness. **V02max:** The maximum rate of oxygen uptake and utilization in the body. Very common fitness measure. Warm Up: Easy exercise or movements at the start of a workout/before a race to get the blood flowing and get the muscles primed and prepared for the coming effort.

WEEK 1								
Sunday Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
<ul> <li>Swimning</li> <li>Swim: Endurance OD Int 1</li> <li>Warm up - 4 x 100m (or yds) with 15s rest (no paddles or buoys). Very easy and relaxed, don't worry about form here. Main Set: 1,000yds/m (all with 10s rest)</li> <li>4 x 50 with paddles , buoy and band. FOCUS on Technique 2 x 100 with paddles and buoys</li> <li>4 x 50 with paddles , buoy and band. FOCUS on Technique 2 x 100 with paddles and buoys</li> <li>4 x 50 with paddles , buoy and band. FOCUS on Technique 2 x 100 with paddles and buoys</li> <li>4 x 50 with paddles , buoy and band. FOCUS on Technique 2 x 100 with paddles and buoys</li> <li>4 x 50 with paddles , buoy and band. FOCUS on Technique Cooldown - 200m (or yds) choice no gear</li> <li>Swim : This session will increase</li> <li>your endurance and strength while working on your swim technique (the use of the ankle band will force you to have proper catch and to keep head and chest down so your legs won't "sink"). Make sure you go easy enough on the set and focus on your form taking proper rest.</li> <li>Note : Make sure you use paddles that are no bigger thar your hand. It's important NOT to change your stoke rate and "save" your shoulders as you will be doing a lot of swimming with paddles.</li> <li>O0h:32m</li> </ul>		Swimming Swim: Speed + Strength OD Int 1 This workout is a combination Speed/Strength and Lactate tolerance that wil not over tax your aerobic system due to short intervals. The short intervals will give you, just enough effort needed to enhance your Speed and lactate tolerance. Warm up: 400 Choice + 4 x 50 as 25 Fast/25 Easy w/ 15s rest (no gear) Main Set: 12 x 50 w/ 15s rest (Every 4th Flat out !) 8 x 50 w/ 20s rest (Every 3rd Flat out !) 4 x 50 w/ 20s rest (Every 2nd Flat out !) 2 x 50 w/ 30s rest (ALL Flat Out !) Cooldown : 200 easy choice Note : Make sure you use paddles that are no bigger than your hand. It's important NOT to change your stroke rate and "save" your shoulders as you will be doing a lot of swimming with paddles. 00h:38m <b>Cycling</b> Bike: LT Intervals OD Int 1 Warm up - 10 to 15 min. easy spin with cadence 70-90rpm 12 x 1 min . HARD w/ 1 min. Easy 10 min. cooldown * All on aeroposition 00h:45m	Running Run: Long Endurance + Strength Run - Long Endurance + Strength 10 min. easy warm up: "Play" with the incline of the treadmill to simulate hills. Make sure effort is easy to moderate! * Use up to 6% incline when running. You can build up to 6% and vary as desired as long as 40% of total running time is on "Hills" * Easy to moderate effort but finish faster than you start * Run tall, Keep knee high by focusing on heel-butt movement, "Tap" the ground while keeping stride rate at 96 per leg per minute. Stretching : Focus on hamstring, hip flexors, quads and calves (in that order) Notes: Run - Long endurance run with strength focus. Goal is to help develop strength while increasing endurance It's very important to be aware of your body and to run efficiently, keeping stride rate close to 96 (steps per leg per minute), shoulders, hips and arms relaxed. 00h:45m	SwimmingSwim: Recovery + Speed ODInt 1Swim: This recovery sessionwill also help you to improveyour technique through thefast intervals (speed forcesyour body to be efficient tocover distance quicker). TheStrength/Endurance wasdesigned with short intervalsof 50 and 100's not to tax yourcardiovascular system whileincrease muscle endurance.Pull buoy and paddles helps tokeep HR low while work upperbody muscles.Warm up : 400 as 75 free, 25kick. All easySpeed - 8 x 25 as 1 FAST, 1Easy. No gear and 15s restStrength/Endurance: 3 x 100,3 x 50, 2 x 100, 2 x 50, 1 x 100, 1x 50 (All easy with paddles andbuoy and 10-15s rest)Cooldown : 200 choiceNote : Make sure you usepaddles that are no bigger thanyour hand. It's important NOTto change your stroke rate and"save" your shoulders as youwill be doing a lot of swimmingwith paddles.00h:38m	Cycling Bike: Long Endurance Endurance Bike : Long endurance Day This workout can be done on Road Bike or MTB or X Countr Skiing and or snow shoeing. 90 to 150 min. easy to moderate effort. * Make sure to keep intensity low as this is your endurance workout of the week. * Keep Cadence between 75- 85rpm * Alternate terrain (hills, rollers, flat, etc.) * If you get good weather go outside and ride or limit to 90 min. easy on trainer. * If X Country Skiing or Snow shoeing, make sure you go easy and build as you will be using different muscles. * If you get good weather go outside and ride or limit to 90 min. easy on trainer. * If X Country Skiing or Snow shoeing, make sure you go easy and build as you will be using different muscles. * If you get good weather go outside and ride or limit to 90 min. easy on trainer. * If X Country Skiing or Snow shoeing, make sure you go easy and build as you will be using different muscles. Comments - This is your endurance workout of the week. Preferably on the bike (road or MTB) but it can be done while skiing (X Country or Snow Shoeing). Make sure you control intensity, not letting be too arduous. 01h:30m			

WEEK 2								
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
Cycling Bike: Leg Strength OD 1 Warm up - 15 min. Main Set: 2 sets of 1,1,1,2,2,2 min. with 1 min. easy spin recovery. * Alternate standing, seated and Aero * Keep Cadence at 40-50rpm * Effort is Moderate/Hard Cooldown - 10 min. Bike - Strength/LT This workout combine two important components to improve your bike: Strength and Lactate Tolerance. High quality is need it here so focus on the effort and cadence asked. * When riding, make sure you keep upper body relaxed and core engaged. 00h:55m <b>Running</b> Run: Off the Bike Race Sim. OD 1 Run : This running session will help you to build Lactate Tolerance as you get fit. The fitter you get, the longer and faster you will run. This session can be done on the road or treadmill (preferred) : 2 x 10 min. build effort EACH interval at every 2 min. (First 2' easy-Last 2' HARD) with 5 min. easy jog between intervals 3 min. easy jog, 2 min. walk . Stretching : Focus on hamstring, hip flexors,quads and calves (in that order) 00h:30m	Swimming         Swim: Endurance OD Int 2         Warm up - 4 x 100m (or yds)         with 15s rest (no paddles or         buoys). Very easy and relaxed,         don't worry about form here.         Main Set: 1,200yds/m (all with         10s rest)         4 x 50 with paddles , buoy and         band. FOCUS on Technique         3 x 100 with paddles , buoy and         band. FOCUS on Technique         3 x 100 with paddles , buoy and         band. FOCUS on Technique         3 x 100 with paddles , buoy and         band. FOCUS on Technique         Cooldown - 200m (or yds)         choice no gear         Swim : This session will         increase your endurance and         strength while working on your         swim technique (the use of the         ankle band will force you to         have proper catch and to keep         head and chest down so your         legs won't "sink"). Make sure         you go easy enough on the set         and focus on your form taking         proper rest.         Note : Make sure you use         paddles that are no bigger than         your hand. It's important NOT         to change your stroke rate and         "save" your	Run: Strength + Speed OD Int 2 Warm up : 20 min. easy Strength - 8 x 1' Hill Repeats on road at 80% Effort with jogging down recovery. (or at 5% grade and 1' easy recovery on flat, if Treadmill) Speed: 6 x 30s accelerations (0-90% of max speed) with 30s very easy jog 10 min. cooldown easy but STILL focus on form, don't get sluggish!!! Stretching : Focus on hamstring, hip flexors, quads and calves (in that order) 00h:52m	SwimmingSwim: Speed + Strength OD Int1This workout is a combinationSpeed/Strength and Lactatetolerance that wil not over taxyour aerobic system due toshort intervals. The shortintervals will give you, justenough effort needed toenhance your Speed andlactate tolerance.Warm up: 400 Choice + 4 x 50as 25 Fast/25 Easy w/ 15s rest(no gear)Main Set:12 x 50 w/ 15s rest (Every 4thFlat out !)8 x 50 w/ 20s rest (Every 3rdFlat out !)2 x 50 w/ 30s rest (ALL Flat Out!)Cooldown : 200 easy choiceNote : Make sure you usepaddles that are no bigger thanyour hand. It's important NOTto change your stroke rate and"save" your shoulders as youwill be doing a lot of swimmingwith paddles.00h:38m <b>Cycling</b> Bike: LT Intervals OD Int 1Warm up - 10 to 15 min. easyspin with cadence 70-90rpm12 x 1 min . HARD w/ 1 min.Easy10 min. cooldown* All on aeroposition00h:45m	Running Run: Long Endurance + Strength Run - Long Endurance + Strength 10 min. easy warm up: "Play" with the incline of the treadmill to simulate hills. Make sure effort is easy to moderate! * Use up to 6% incline when running. You can build up to 6% and vary as desired as long as 40% of total running time is on "Hills" * Easy to moderate effort but finish faster than you start * Run tall, Keep knee high by focusing on heel-butt movement, "Tap" the ground while keeping stride rate at 96 per leg per minute. Stretching : Focus on hamstring, hip flexors,quads and calves (in that order) Notes: Run - Long endurance run help develop strength while increasing endurance It's very important to be aware of your body and to run efficiently, keeping stride rate close to 96 (steps per leg per minute), shoulders, hips and arms relaxed. 00h:45m	Swimming Swim: Recovery + Speed OD Int 2 Swim : This recovery session will also help you to improve your technique through the fast intervals (speed forces your body to be efficient to cover distance quicker). The Strength/Endurance was designed with short intervals of 50 and 100's not to tax your cardiovascular system while increase muscle endurance. Pull buoy and paddles helps to keep HR low while work upper body muscles. Warm up : 400 as 75 free, 25 kick. All easy Speed - 12 x 25 as 1 FAST, 1 Easy. No gear and 15s rest Strength/Endurance: 2 x 450 (50,100,150,100,50) All easy with paddles and buoy and 10-15s rest. Cooldown : 200 choice Note : Make sure you use paddles that are no bigger than your hand. It's important NOT to change your stroke rate and "save" your shoulders as you will be doing a lot of swimming with paddles. 00h:40m	Cycling Bike: Long Endurance Endurance Bike : Long endurance Day This workout can be done on Road Bike or MTB or X Countr Skiing and or snow shoeing. 90 to 150 min. easy to moderate effort. * Make sure to keep intensity low as this is your endurance workout of the week. * Keep Cadence between 75- 85rpm * Alternate terrain (hills, rollers, flat, etc.) * If you get good weather go outside and ride or limit to 90 min. easy on trainer. * If X Country Skiing or Snow shoeing, make sure you go easy and build as you will be using different muscles. * If you get good weather go outside and ride or limit to 90 min. easy on trainer. * If X Country Skiing or Snow shoeing, make sure you go easy and build as you will be using different muscles. * If you get good weather go outside and ride or limit to 90 min. easy on trainer. * If X Country Skiing or Snow shoeing, make sure you go easy and build as you will be using different muscles. Comments - This is your endurance workout of the week. Preferably on the bike (road or MTB) but it can be done while skiing (X Country or Snow Shoeing). Make sure you control intensity, not letting be too arduous. 01h:45m		

WEEK 3								
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
Cycling Bike: Leg Strength OD 1 Warm up - 15 min. Main Set: 2 sets of 1,1,1,2,2,2 min. with 1 min. easy spin recovery. * Alternate standing, seated and Aero * Keep Cadence at 40-50rpm * Effort is Moderate/Hard Cooldown - 10 min. Bike - Strength/LT This workout combine two important components to improve your bike: Strength and Lactate Tolerance. High quality is need it here so focus on the effort and cadence asked. * When riding, make sure you keep upper body relaxed and core engaged. 00h:55m Running Run: Off the Bike Race Sim. OD 1 This session can be done on the road or treadmill (preferred) : 2 x 10 min. build effort EACH interval at every 2 min. (First 2' easy-Last 2' HARD) with 5 min. easy jog between intervals 3 min. easy jog, 2 min. walk . Stretching : Focus on hamstring, hip flexors,quads and calves (in that order) 00h:30m	Swimming Swim: Endurance OD Int 3 Warm up - 4 x 100m (or yds) with 15s rest (no paddles or buoys). Very easy and relaxed, don't worry about form here. Main Set: 1,500yds/m (all with 10s rest) 4 x 100 with paddles and buoy 2 x 25 FAST with 20s rest (No gear) 4 x 100 with paddles, buoy 2 x 25 FAST with 20s rest (No gear) Coldown - 200m (or yds) choice no gear Swim : This session will increase your endurance and strength while working on your swim technique (the use of the ankle band will force you to have proper catch and to keep head and chest down so your legs won't "sink"). Make sure you go easy enough on the set and focus on your form taking proper rest. Note : Make sure you use paddles that are no bigger than your hand. It's important NOT to change your stroke rate and "save" your shoulders as you will be doing a lot of swimming with paddles. O0h:42m	Running Run: Strength + Speed OD Int 2 Warm up : 20 min. easy Strength - 8 x 1' Hill Repeats on road at 80% Effort with jogging down recovery. (or at 5% grade and 1' easy recovery on flat, if Treadmill) Speed: 6 x 30s accelerations (0-90% of max speed) with 30s very easy jog 10 min. cooldown easy but STILL focus on form, don't get sluggish!!! Stretching : Focus on hamstring, hip flexors,quads and calves (in that order) 00h:52m	SwimmingSwim: Race Specific OD Int 1This workout is a combinationSpeed/Strength and Lactatetolerance that wil not over taxyour aerobic system due toshort intervals. The shortintervals will give you, justenough effort needed toenhance your Speed andlactate tolerance.Warm up: 400 Choice + 4 x 50as 25 Fast/25 Easy w/ 15s rest(no gear)Main Set:3 Sets of 4 x 50 FAST withpaddles AND fins (20s rest)2 x 100 Easy w/ paddles andbuoy (15s rest) between sets.Cooldown : 200 ChoiceNote : Make sure you use theTYR Catalyst (or similar) size XSor even XXS (no bigger thanyour hand) or Strokermakersize 0 or 0.5. It's important NOTto change your stroke rate andto "save" your shoulders asyou will be doing a lot ofswimming with paddles.00h:40m <b>Cycling</b> Bike: LT Intervals OD Int 2Warm up - 10 to 15 min. easyspin with cadence 70-90rpm15 x 1 min . HARD w/ 1 min.Easy10 min. cooldown* All on aeroposition00h:51m	Running         Run: Long Endurance +         Strength         Run - Long Endurance +         Strength         10 min. easy warm up:         "Play" with the incline of the treadmill to simulate hills.         Make sure effort is easy to moderate!         * Use up to 6% incline when running. You can build up to 6% and vary as desired as long as 40% of total running time is on "Hills"         * Easy to moderate effort but finish faster than you start         * Run tall, Keep knee high by focusing on heel-butt movement, "Tap" the ground while keeping stride rate at 96 per leg per minute.         Stretching : Focus on hamstring, hip flexors,quads and calves (in that order)         Notes:         Run - Long endurance run with strength focus. Goal is to help develop strength while increasing endurance It's very important to be aware of your body and to run efficiently, keeping stride rate close to 96 (steps per leg per minute), shoulders, hips and arms relaxed.         01h:00m	SwimmingSwim: Recovery + Speed ODInt 2Swim: This recovery sessionwill also help you to improveyour technique through thefast intervals (speed forcesyour body to be efficient tocover distance quicker). TheStrength/Endurance wasdesigned with short intervalsof 50 and 100's not to tax yourcardiovascular system whileincrease muscle endurance.Pull buoy and paddles helps tokeep HR low while work upperbody muscles.Warm up : 400 as 75 free, 25kick. All easySpeed - 12 x 25 as 1 FAST, 1Easy. No gear and 15s restStrength/Endurance: 2 x 450(50,100,150,100,50) All easywith paddles and buoy and10-15s rest.Cooldown : 200 choiceNote : Make sure you usepaddles that are no bigger thanyour hand. It's important NOTto change your stroke rate and"save" your shoulders as youwill be doing a lot of swimmingwith paddles.00h:40m	Cycling Bike: Long Endurance Endurance Bike : Long endurance Day This workout can be done on Road Bike or MTB or X Country Skiing and or snow shoeing. 90 to 150 min. easy to moderate effort. * Make sure to keep intensity low as this is your endurance workout of the week. * Keep Cadence between 75- 85rpm * Alternate terrain (hills, rollers, flat, etc.) * If you get good weather go outside and ride or limit to 90 min. easy on trainer. * If X Country Skiing or Snow shoeing, make sure you go easy and build as you will be using different muscles. * If you get good weather go outside and ride or limit to 90 min. easy on trainer. * If X Country Skiing or Snow shoeing, make sure you go easy and build as you will be using different muscles. * If you get good weather go outside and ride or limit to 90 min. easy on trainer. * If X Country Skiing or Snow shoeing, make sure you go easy and build as you will be using different muscles. Comments - This is your endurance workout of the week. Preferably on the bike (road or MTB) but it can be done while skiing (X Country or Snow Shoeing). Make sure you control intensity, not letting be too arduous. 01h:45m		

			WEEK 4			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cycling	Swimming	Running	Swimming	Running	Swimming	Cycling
Bike: Leg Strength OD 1	Swim: Endurance OD Int 3	Run: Strength + Speed OD Int	Swim: Race Specific OD Int 1	Run: Long Endurance +	Swim: Recovery + Speed Od Int	Bike: Long Endurance
Warm up - 15 min.	Warm up - 4 x 100m (or yds)	3	This workout is a combination	Strength	3	Endurance
Main Set: 2 sets of 1,1,1,2,2,2	with 15s rest (no paddles or	Warm up : 20 min. easy	Speed/Strength and Lactate	Run - Long Endurance +	Swim : This recovery session	Bike : Long endurance Day
min. with 1 min. easy spin	buoys). Very easy and relaxed,		tolerance that wil not over tax	Strength	will also help you to improve	
recovery.	don't worry about form here.	Strength - 4 x 2′ Hill Repeats on	your aerobic system due to	ou ongin	your technique through the	This workout can be done on
receivery.		road at 80% Effort with jogging	short intervals. The short	10 min. easy warm up:	fast intervals (speed forces	Road Bike or MTB or X Country
* Alternate standing, seated	Main Set: 1,500yds/m (all with	down recovery. (or at 5% grade	intervals will give you, just	To min. outy warm up.	your body to be efficient to	Skiing and or snow shoeing.
and Aero	10s rest)	and 2' easy recovery on flat, if	enough effort needed to	"Play" with the incline of the	cover distance quicker). The	90 to 150 min. easy to
* Keep Cadence at 40-50rpm		Treadmill)	enhance your Speed and	treadmill to simulate hills.	Strength/Endurance was	moderate effort.
* Effort is Moderate/Hard	4 x 100 with paddles and buoy	in out anim,	lactate tolerance.	Make sure effort is easy to	designed with short intervals	
	2 x 150 with paddles , buoy	Speed: 6 x 30s accelerations		moderate!	of 50 and 100's not to tax your	* Make sure to keep intensity
Cooldown - 10 min.	2 x 25 FAST with 20s rest (No	(0-90% of max speed) with 30s	Warm up: 400 Choice + 4 x 50	inducture:	cardiovascular system while	low as this is your endurance
	gear)	very easy jog	as 25 Fast/25 Easy w/ 15s rest	* Use up to 6% incline when	increase muscle endurance.	workout of the week.
Bike - Strength/LT	4 x 100 with paddles and buoy	1 1017 0007 109	(no gear)	running. You can build up to	Pull buoy and paddles helps to	* Keep Cadence between 75-
Enter Outengui/El	2 x 150 with paddles , buoy	10 min. cooldown easy but	(	6% and vary as desired as long	keep HR low while work upper	85rpm
This workout combine two	2 x 25 FAST with 20s rest (No	STILL focus on form, don't get	Main Set:	as 40% of total running time is	body muscles.	* Alternate terrain (hills,
important components to	gear)	sluggish!!!	Wall Sec.	on "Hills"	body muscles.	rollers, flat, etc.)
improve your bike: Strength	gear	Sluggisti	3 Sets of 4 x 50 FAST with	* Easy to moderate effort but	Warm up : 400 as 75 free, 25	* If you get good weather go outside and ride or limit to 90 min.
and Lactate Tolerance. High	Cooldown - 200m (or yds)	Stretching : Focus on	paddles AND fins (20s rest)	finish faster than you start	kick. All easy	easy on trainer.
quality is need it here so focus	choice no gear	hamstring, hip flexors, guads	2 x 100 Easy w/ paddles and	* Run tall, Keep knee high by	KICK. All edsy	* If X Country Skiing or Snow
on the effort and cadence	choice no gear	and calves (in that order)	buoy (15s rest) between sets.	focusing on heel-butt	Speed - 14 x 25 as 1 FAST, 1	shoeing, make sure you go
asked.	Swim : This session will	and calves (in that ofder)	buby (155 lest) between sets.	movement, "Tap" the ground	Easy. No gear and 15s rest	easy and build as you will be
askeu.		00h:52m	Cooldown : 200 Choice	while keeping stride rate at 96	Easy. No gear and 15s rest	using different muscles.
* M/han riding make ouro you	increase your endurance and strength while working on your	001.5211	Cooldown . 200 Choice		Strength/Endurance: 4 x 25, 4	* If you get good weather go
* When riding, make sure you keep upper body relaxed and	swim technique (the use of the		Note : Make sure you use the	per leg per minute.	x 50, 4 x 75, 4 x 50, 4 x 25 All	outside and ride or limit to 90
core engaged.	ankle band will force you to		TYR Catalyst (or similar) size XS	Stretching : Focus on	easy with paddles and buoy	min. easy on trainer. * If X Country Skiing or Snow
cole eligageu.	have proper catch and to keep		or even XXS (no bigger than	hamstring, hip flexors,quads	and 10-15s rest.	shoeing, make sure you go
00h:55m	head and chest down so your		your hand) or Strokermaker	and calves (in that order)		easy and build as you will be
001.5511	legs won't "sink"). Make sure		size 0 or 0.5. It's important NOT	and carves (in that order)	Cooldown : 200 choice	using different muscles.
Running	you go easy enough on the set		to change your stroke rate and	Notes:		
Run: Off the Bike Race Sim. OD	and focus on your form taking		to "save" your shoulders as	Run - Long endurance run	Note : Make sure you use	Comments - This is your
	proper rest.		you will be doing a lot of	with strength focus. Goal is to	paddles that are no bigger than	endurance workout of the
Run : This running session will			swimming with paddles.	help develop strength while	your hand. It's important NOT	week. Preferably on the bike
help you to build Lactate	Note : Make sure you use		swimming with paddles.	increasing endurance	to change your stroke rate and	(road or MTB) but it can be done while skiing (X Country
Tolerance as you get fit. The	paddles that are no bigger than		00h:40m		"save" your shoulders as you	or Snow Shoeing). Make sure
fitter you get, the longer and	your hand. It's important NOT		001.4011	It's very important to be aware	will be doing a lot of swimming	you control intensity, not
faster you will run.	to change your stroke rate and		Cycling	of your body and to run	with paddles.	letting be too arduous.
	"save" your shoulders as you		Bike: LT Intervals OD Int 2	efficiently, keeping stride rate	with paddles.	<b>..</b>
This session can be done on	will be doing a lot of swimming		Warm up - 10 to 15 min. easy	close to 96 (steps per leg per		02h:00m
the road or treadmill	with paddles.		spin with cadence 70-90rpm	minute), shoulders, hips and	00h:40m	
(preferred) :	with paddles.		spin with cadence 70-30 pin	arms relaxed.	001.4011	Running
(protetted).	00h:42m		15 x 1 min . HARD w/ 1 min.			Run: Off The Bike - Efficiency
2 x 10 min. build effort EACH			Easy	01h:00m		OD Int
interval at every 2 min. (First 2'			2009			5 x 30s accelerations to FAST
easy-Last 2' HARD) with 5 min.			10 min. cooldown			with 30s very easy jog + 10'
easy jog between intervals						easy
3 min. easy jog, 2 min. walk.			* All on aeroposition			Run - This run will teach your
5 mm. 645y jog, 2 mm. waik.						body to "function" after a long
Stretching : Focus on			00h:51m			slow bike. The more you
hamstring, hip flexors,quads						practice, the more your body
and calves (in that order)						will react quicker and run
						efficiently.
00h:30m						
001.0011						00h:15m

WEEK 5								
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
Cycling         Bike: Leg Strength OD 1         Warm up - 15 min.         Main Set: 2 sets of 1,1,1,2,2,2         min. with 1 min. easy spin         recovery.         * Alternate standing, seated         and Aero         * Keep Cadence at 40-50rpm         * Effort is Moderate/Hard         Cooldown - 10 min.         Bike - Strength/LT         This workout combine two         important components to         improve your bike: Strength         and Lactate Tolerance. High         quality is need it here so focus         on the effort and cadence         asked.         * When riding, make sure you         keep upper body relaxed and         core engaged.         00h:55m         Running         Run: Off the Bike Race Sim. Od         2         Run : This running session will         help you to build Lactate         Tolerance as you get fit. The         fitter you get, the longer and         faster you will run.         This session can be done on         the road or treadmill         (preferred) :         3 x 10 min. build effort EACH         interval at every 2 min. (First 2'	Swimming         Swim: Endurance OD Int 4         Warm up - 4 x 100m (or yds)         with 15s rest (no paddles or         buoys). Very easy and relaxed,         don't worry about form here.         Main Set: 1,600yds/m (all with         10s rest)         4 x 100 with paddles and buoy         2 x 150 with paddles , buoy         2 x 50 Easy with 20s rest (No         gear)         4 x 100 with paddles , buoy         2 x 50 Easy with 20s rest (No         gear)         Cooldown - 200m (or yds)         choice no gear         Swim : This session will         increase your endurance and         strength while working on your         swim technique (the use of the         ankle band will force you to         have proper catch and to keep         head and chest down so your         legs won't "sink"). Make sure         you go easy enough on the set         and focus on your form taking         proper rest.         Note : Make sure you use         paddles that are no bigger than         your hand. It's important NOT         to change your stroke rate and         "save" your shoulders as you         with paddles.         000	Running Run: Strength + Speed OD Int 3 Warm up : 20 min. easy Strength - 4 x 2' Hill Repeats on road at 80% Effort with jogging down recovery. (or at 5% grade and 2' easy recovery on flat, if Treadmill) Speed: 6 x 30s accelerations (0-90% of max speed) with 30s very easy jog 10 min. cooldown easy but STILL focus on form, don't get sluggish!!! Stretching : Focus on hamstring, hip flexors, quads and calves (in that order) 00h:52m	Swimming Swim: Race Specific OD Int 2 Warm Up - 3 x (100 Free + 100 Back + 100 Breaststroke) Main Set (900) Set 1 (300) 4 x 50 (1 Hard, 3Easy)10-15 sec rest interval 1 x 100 (Race pace) – 30 secs rest 1 mins rest in-between each set Set 2 (300) 4 x 50 (2 Hard, 2 Easy) – 10-15 sec rest interval 1 x 100 (Race pace) – 30 secs rest 1 mins rest in-between each set Set 3 (300) 4 x 50 (3 Hard, 1 Easy) – 10-15 sec rest interval 1 x 100 (Pull & Paddles) – 30 secs rest Cooldown - 200 easy choice 00h:45m Cycling Bike: LT Intervals OD Int 3 Warm up - 10 to 15 min. easy spin with cadence 70-90rpm 18 x 1 min . HARD w/ 1 min. Easy 10 min. cooldown * All on aeroposition 00h:56m	Running Run: Long Endurance + Strength Run - Long Endurance + Strength 10 min. easy warm up: "Play" with the incline of the treadmill to simulate hills. Make sure effort is easy to moderate! * Use up to 6% incline when running. You can build up to 6% and vary as desired as long as 40% of total running time is on "Hills" * Easy to moderate effort but finish faster than you start * Run tall, Keep knee high by focusing on heel-butt movement, "Tap" the ground while keeping stride rate at 96 per leg per minute. Stretching : Focus on hamstring, hip flexors,quads and calves (in that order) Notes: Run - Long endurance run with strength focus. Goal is to help develop strength while increasing endurance It's very important to be aware of your body and to run efficiently, keeping stride rate close to 96 (steps per leg per minute), shoulders, hips and arms relaxed. 01h:00m	SwimmingSwim: Recovery + Speed Od Int3Swim: This recovery sessionwill also help you to improveyour technique through thefast intervals (speed forcesyour body to be efficient tocover distance quicker). TheStrength/Endurance wasdesigned with short intervalsof 50 and 100's not to tax yourcardiovascular system whileincrease muscle endurance.Pull buoy and paddles helps tokeep HR low while work upperbody muscles.Warm up: 400 as 75 free, 25kick. All easySpeed - 14 x 25 as 1 FAST, 1Easy. No gear and 15s restStrength/Endurance: 4 x 25, 4x 50, 4 x 75, 4 x 50, 4 x 25 Alleasy with paddles and buoyand 10-15s rest.Cooldown : 200 choiceNote : Make sure you usepaddles that are no bigger thanyour hand. It's important NOTto change your stroke rate and"save" your shoulders as youwill be doing a lot of swimmingwith paddles.00h:40m	Cycling         Bike: Long Endurance         Endurance         Bike: Long endurance Day         This workout can be done on         Road Bike or MTB or X Country         Skiing and or snow shoeing.         90 to 150 min. easy to         moderate effort.         * Make sure to keep intensity         low as this is your endurance         workout of the week.         * Keep Cadence between 75- 85rpm         * Alternate terrain (hills, rollers, flat, etc.)         * If you get good weather go         outside and ride or limit to 90         min. easy on trainer.         * If X Country Skiing or Snow         shoeing, make sure you go         easy and build as you will be         using different muscles.         * If You get good weather go         outside and ride or limit to 90         min. easy on trainer.         * If X Country Skiing or Snow         shoeing, make sure you go         easy and build as you will be         using different muscles.         Comments - This is your         endurance workout of the         week. Preferably on the bike         (road or MTB) but it can be         done while skiing (X Country         or Snow Shoeing).		

WEEK 6								
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
Cycling Bike: Leg Strength OD 2 Warm up - 15 min. Main Set: 3 sets of 1,1,1,2,2,2 min. with 1 min. easy spin recovery. * Alternate standing, seated and Aero * Keep Cadence at 40-50rpm * Effort is Moderate/Hard Cooldown - 10 min. Bike - Strength/LT This workout combine two important components to improve your bike: Strength and Lactate Tolerance. High quality is need it here so focus on the effort and cadence asked. * When riding, make sure you keep upper body relaxed and core engaged. 01h:10m <b>Running</b> Run: Off the Bike Race Sim. Od 2 Run : This running session will help you to build Lactate Tolerance as you get fit. The fitter you get, the longer and faster you will run. This session can be done on the road or treadmill (preferred) : 3 x 10 min. build effort EACH interval at every 2 min. (First 2' easy-Last 2' HARD) with 5 min. easy jog between intervals 3 min. easy jog, 2 min. walk . Stretching : Focus on hamstring, hip flexors,quads and calves (in that order) 00h:40m	Swimming Swim: Endurance OD Int 4 Warm up - 4 x 100m (or yds) with 15s rest (no paddles or buoys). Very easy and relaxed, don't worry about form here. Main Set: 1,600yds/m (all with 10s rest) 4 x 100 with paddles and buoy 2 x 150 with paddles , buoy 2 x 50 Easy with 20s rest (No gear) 4 x 100 with paddles , buoy 2 x 50 Easy with 20s rest (No gear) Coldown - 200m (or yds) choice no gear Swim : This session will increase your endurance and strength while working on your swim technique (the use of the ankle band will force you to have proper catch and to keep head and chest down so your legs won't "sink"). Make sure you go easy enough on the set and focus on your form taking proper rest. Note : Make sure you use paddles that are no bigger than your hand. It's important NOT to change your stroke rate and "save" your shoulders as you will be doing a lot of swimming with paddles. 00h:45m	Running Run: Strength + Speed OD Int 5 Warm up : 20 min. easy Strength - 4 x 3' Hill Repeats on road at 80% Effort with jogging down recovery. (or at 5% grade and 3' easy recovery on flat, if Treadmill) Speed: 6 x 30s accelerations (0- 90% of max speed) with 30s very easy jog 10 min. cooldown easy but STILL focus on form, don't get sluggish!!! Stretching : Focus on hamstring, hip flexors,quads and calves (in that order) 01h:00m	Swimming Swim: Race Specific OD Int 2 Warm Up - 3 x (100 Free + 100 Back + 100 Breaststroke) Main Set (900) Set 1 (300) 4 x 50 (1 Hard, 3Easy)10-15 sec rest interval 1 x 100 (Race pace) – 30 secs rest 1 mins rest in-between each set Set 2 (300) 4 x 50 (2 Hard, 2 Easy) – 10-15 sec rest interval 1 x 100 (Race pace) – 30 secs rest 1 mins rest in-between each set Set 3 (300) 4 x 50 (3 Hard, 1 Easy) – 10-15 sec rest interval 1 x 100 (Pull & Paddles) – 30 secs rest Cooldown - 200 easy choice 00h:45m Cycling Bike: LT Intervals OD Int 3 Warm up - 10 to 15 min. easy spin with cadence 70-90rpm 18 x 1 min . HARD w/ 1 min. Easy 10 min. cooldown * All on aeroposition 00h:56m	Running         Run: Long Endurance +         Strength         Run - Long Endurance +         Strength         10 min. easy warm up:         "Play" with the incline of the         treadmill to simulate hills.         Make sure effort is easy to         moderate!         * Use up to 6% incline when         running. You can build up to         6% and vary as desired as long         as 40% of total running time is         on "Hills"         * Easy to moderate effort but         finish faster than you start         * Run tall, Keep knee high by         focusing on heel-butt         movement, "Tap" the ground         while keeping stride rate at 96         per leg per minute.         Stretching : Focus on         hamstring, hip flexors,quads         and calves (in that order)         Notes:         Run - Long endurance run         with strength focus. Goal is to         help develop strength while         increasing endurance         It's very important to be aware         of your body and to run         efficiently, keeping stride rate         close to 96 (steps per leg per         minute), shoulders, hips and	Swimming Swim: Recovery + Speed Od Int 3Swim: This recovery session will also help you to improve your technique through the fast intervals (speed forces your body to be efficient to cover distance quicker). The Strength/Endurance was designed with short intervals of 50 and 100's not to tax your cardiovascular system while increase muscle endurance. Pull buoy and paddles helps to keep HR low while work upper body muscles.Warm up : 400 as 75 free, 25 kick. All easySpeed - 14 x 25 as 1 FAST, 1 Easy. No gear and 15s restStrength/Endurance: 4 x 25, 4 x 50, 4 x 75, 4 x 50, 4 x 25 All easy with paddles and buoy and 10-15s rest.Cooldown : 200 choiceNote : Make sure you use paddles that are no bigger than your hand. It's important NOT to change your stroke rate and "save" your shoulders as you will be doing a lot of swimming with paddles.00h:40m	Cycling         Bike: Long Endurance         Endurance         Bike: Long endurance Day         This workout can be done on         Road Bike or MTB or X Country         Skiing and or snow shoeing.         90 to 150 min. easy to         moderate effort.         * Make sure to keep intensity         low as this is your endurance         workout of the week.         * Keep Cadence between 75-85rpm         * Alternate terrain (hills,         rollers, flat, etc.)         * If you get good weather go         outside and ride or limit to 90         min. easy on trainer.         * If X Country Skiing or Snow         shoeing, make sure you go         easy and build as you will be         using different muscles.         * If X Country Skiing or Snow         shoeing, make sure you go         easy and build as you will be         using different muscles.         Comments - This is your         endurance workout of the         week. Preferably on the bike         (road or MTB) but it can be         done while skiing (X Country         or Snow Shoeing). Make sure         you control intensity, not         letting be too arduous. <tr< td=""></tr<>		

WEEK 7								
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
2. 2. 2. 2. 2. 2. 2. 2. 2. 2.	Swimming         Swim: Endurance OD Int 5         Warm up - 4 x 100m (or yds)         with 15s rest (no paddles or         buoys). Very easy and relaxed,         don't worry about form here.         Main Set: 1,800yds/m (all with         10s rest)         18 x 100 with paddles and         buoy         Cooldown - 200m (or yds)         choice no gear         Swim : This session will         increase         your endurance and strength         while working on your swim         technique (the use of the ankle         band will force you to have         proper catch and to keep head         and chest down so your legs         won't "sink"). Make sure you         go easy enough on the set and         focus on your form taking         proper rest.         Note : Make sure you use         paddles that are no bigger than         your hand. It's important NOT         to change your stroke rate and         "save" your shoulders as you         with paddles.         00h:50m	Running Run: Strength + Speed OD Int 5 Warm up : 20 min. easy Strength - 4 x 3' Hill Repeats on road at 80% Effort with jogging down recovery. (or at 5% grade and 3' easy recovery on flat, if Treadmill) Speed: 6 x 30s accelerations (0-90% of max speed) with 30s very easy jog 10 min. cooldown easy but STILL focus on form, don't get sluggish!!! Stretching : Focus on hamstring, hip flexors,quads and calves (in that order) 01h:00m	Swimming Swim: Race Specific OD Int 3 Warm Up - 3 x (150 Swim, 50 Form) 200 Kick Main Set 9 x 100: 5 x 100 (30s rest) Flat Out! Do above race pace. 3 x 100 (40s) Flat Out! Do above race pace. 1 x 100 (50s) Flat Out! Do above race pace. Cooldown : 200 Easy choice 00h:45m Cycling Bike: LT Intervals OD Int 4 Warm up - 10 to 15 min. easy spin with cadence 70-90rpm 20 x 1 min . HARD w/ 1 min. Easy 10 min. cooldown * All on aeroposition 01h:00m	Running Run: Long Endurance + Strength Run - Long Endurance + Strength 10 min. easy warm up: "Play" with the incline of the treadmill to simulate hills. Make sure effort is easy to moderate! * Use up to 6% incline when running. You can build up to 6% and vary as desired as long as 40% of total running time is on "Hills" * Easy to moderate effort but finish faster than you start * Run tall, Keep knee high by focusing on heel-butt movement, "Tap" the ground while keeping stride rate at 96 per leg per minute. Stretching : Focus on hamstring, hip flexors, quads and calves (in that order) Notes: Run - Long endurance run with strength focus. Goal is to help develop strength while increasing endurance It's very important to be aware of your body and to run efficiently, keeping stride rate close to 96 (steps per leg per minute), shoulders, hips and arms relaxed. 01h:15m	Swimming         Swim: Recovery + Speed OD         Int 1         Swim: This recovery session         will also help you to improve         your technique through the         fast intervals (speed forces         your body to be efficient to         cover distance quicker). The         Strength/Endurance was         designed with short intervals         of 50 and 100's not to tax your         cardiovascular system while         increase muscle endurance.         Pull buoy and paddles helps to         keep HR low while work upper         body muscles.         Warm up : 400 as 75 free, 25         kick. All easy         Speed - 8 x 25 as 1 FAST, 1         Easy. No gear and 15s rest         Strength/Endurance: 3 x 100,         3 x 50, 2 x 100, 2 x 50, 1 x 100, 1         x 50 (All easy with paddles and         buoy and 10-15s rest)         Cooldown : 200 choice         Note : Make sure you use         paddles that are no bigger than         your hand. It's important NOT         to change your stroke rate and "save" your shoulders as you         will be doing a lot of swimming         with paddles.         00h:38m	Cycling Bike: Long Endurance Endurance Bike : Long endurance Day This workout can be done on Road Bike or MTB or X Count Skiing and or snow shoeing. 90 to 150 min. easy to moderate effort. * Make sure to keep intensity low as this is your endurance workout of the week. * Keep Cadence between 75- 85rpm * Alternate terrain (hills, rollers, flat, etc.) * If you get good weather go outside and ride or limit to 90 min. easy on trainer. * If X Country Skiing or Snow shoeing, make sure you go easy and build as you will be using different muscles. * If you get good weather go outside and ride or limit to 90 min. easy on trainer. * If X Country Skiing or Snow shoeing, make sure you go easy and build as you will be using different muscles. Comments - This is your endurance workout of the week. Preferably on the bike (road or MTB) but it can be done while skiing (X Country or Snow Shoeing). Make sure you control intensity, not letting be too arduous. 02h:15m <b>Running</b> Run: Off The Bike - Efficience 0D Int 5 x 30s accelerations to FAS with 30s very easy jog + 10' easy Run - This run will teach you body to "function" after a lo slow bike. The more you practice, the more your bod will react quicker and run efficiently.		

WEEK 8								
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
Cycling Bike: Leg Strength OD 2 Warm up - 15 min. Main Set: 3 sets of 1,1,1,2,2,2 min. with 1 min. easy spin recovery. * Alternate standing, seated and Aero * Keep Cadence at 40-50rpm * Effort is Moderate/Hard Cooldown - 10 min. Bike - Strength/LT This workout combine two important components to important components to improve your bike: Strength and Lactate Tolerance. High quality is need it here so focus on the effort and cadence asked. * When riding, make sure you keep upper body relaxed and core engaged. D1h:10m Running Run: Off the Bike Race Sim. Od 2 Run : This running session will help you to build Lactate Tolerance as you get fit. The fitter you get, the longer and faster you will run. This session can be done on the road or treadmill (preferred) : 3 x 10 min. build effort EACH interval at every 2 min. (First 2' easy-Last 2' HARD) with 5 min. easy jog between intervals 3 min. easy jog, 2 min. walk . Stretching : Focus on hamstring, hip flexors,quads and calves (in that order) D0h:40m	<ul> <li>Swimming</li> <li>Swim: Endurance OD Int 5</li> <li>Warm up - 4 x 100m (or yds) with 15s rest (no paddles or buoys). Very easy and relaxed, don't worry about form here.</li> <li>Main Set: 1,800yds/m (all with 10s rest)</li> <li>18 x 100 with paddles and buoy</li> <li>Cooldown - 200m (or yds) choice no gear</li> <li>Swim : This session will increase your endurance and strength while working on your swim technique (the use of the ankle band will force you to have proper catch and to keep head and chest down so your legs won't "sink"). Make sure you go easy enough on the set and focus on your form taking proper rest.</li> <li>Note : Make sure you use paddles that are no bigger than your hand. It's important NOT to change your stroke rate and "save" you shoulders as you will be doing a lot of swimming with paddles.</li> <li>O0h:50m</li> </ul>	Running Run: Strength + Speed OD Int 5 Warm up : 20 min. easy Strength - 4 x 3' Hill Repeats on road at 80% Effort with jogging down recovery. (or at 5% grade and 3' easy recovery on flat, if Treadmill) Speed: 6 x 30s accelerations (0-90% of max speed) with 30s very easy jog 10 min. cooldown easy but STILL focus on form, don't get sluggish!!! Stretching : Focus on hamstring, hip flexors, quads and calves (in that order) 01h:00m	Swimming Swim: Race Specific OD Int 3 Warm Up - 3 x (150 Swim, 50 Form) 200 Kick Main Set 9 x 100: 5 x 100 (30s rest) Flat Out! Do above race pace. 3 x 100 (40s) Flat Out! Do above race pace. 1 x 100 (50s) Flat Out! Do above race pace. Cooldown : 200 Easy choice 00h:45m Cycling Bike: LT Intervals OD Int 1 Warm up - 10 to 15 min. easy spin with cadence 70-90rpm 12 x 1 min. HARD w/ 1 min. Easy 10 min. cooldown * All on aeroposition 00h:45m	Race Taper - Day Off Taper - Day Off Day Off ! This is the d ay to relax and to organize all you need for race. Make sure you stay out of your feet , eat "clean" and avoid sugars and alcohol. I also recommend you to stay away from the triathlon "hype" , websites and magazine. This is a great time to be close to loved ones, watch a movie and relax. Go to bed EARLY!	RaceTaper - Day BeforeTaper - Day BeforeSwim - 10 min. easy on coursewith wetsuit (if course allowsyou). Make sure you visualizethe buoys and try tounderstand course fullyBike - 30 to 40 min. of VERYeasy spin to check equipmentbefore checking in. Make sureall is working and any nutritionor hydration gadgets is secure(not fall during race)Make sure you organize yourbags as indicated by raceorganizers.00h:40m	Race Race - Good Luck and Have fun ! You are now ready to shine Most important is to have fu and enjoy the experience. Make sure you BUILD effort during all 3 (swim,bike and run). Hydrate well during the bike and take a gel or eat a banana before the race and gel or two during the bike ! 02h:30m		