



USA
TRIATHLON



**70.3 TRIATHLON
TRAINING PLAN
INTERMEDIATE (10 WEEKS)**

TRAINING PLAN PROVIDED BY





10 Week 70.3 Plan - Intermediate (10 weeks)

This plan is designed for the athlete that has a few 70.3 races under his/her belt, are looking to improve their times and that has a bit more time to train. You will also see here an increase of the number of workouts per week. Total Weekly Hours : 8 to 12 hours

Week 1 (8:35)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Swimming Swim: Endurance 70.3 Int. Warm up - 4 x 100m (or yds) with 15s rest (no paddles or buoys). Very easy and relaxed, don't worry about form here.</p> <p>Main Set: 1,700yds/m (all with 10s rest)</p> <p>4 x 50 with paddles , buoy and band. FOCUS on Technique 3 x 100 with paddles and buoys 4 x 50 with paddles , buoy and band. FOCUS on Technique 3 x 100 with paddles and buoys 4 x 50 with paddles , buoy and band. FOCUS on Technique 3 x 100 with paddles and buoys 4 x 50 with paddles , buoy and band. FOCUS on Technique</p> <p>Cooldown - 200m (or yds) choice no gear</p> <p>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.</p> <p>Note : Make sure you use the TYR Catalyst (or similar) size XS or even XXS (no bigger than your hand) or Strokermaker size 0 or 0.5. It's important NOT to change your stroke rate and to "save" your shoulders as you will be doing a lot of swimming with paddles.</p> <p>00h:45m</p>	<p>Running Run: Strength + Speed 70.3 Int. 1 Warm up : 20 min. easy</p> <p>Strength - 6 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)</p> <p>Speed: 6 x 30s accelerations (0-90% of max speed) with 30s very easy jog</p> <p>10 min. cooldown easy but STILL focus on form, don't get sluggish!!!</p> <p>Stretching : Focus on hamstring, hip flexors,quads and calves (in that order)</p> <p>Regeneration : Use Trigger Point or Foam roller/Ball after every workout. See videos at the tab "Trigger Point Videos" below</p> <p>00h:45m</p>	<p>Swimming Swim: Strength + LT 70.3 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.</p> <p>Warm up: 400 Choice + 4 x 50 as 25 Fast/25 Easy w/ 15s rest (no gear)</p> <p>Main Set:</p> <p>12 x 50 w/ 15s rest (Every 4th Flat out !) 8 x 50 w/ 20s rest (Every 3rd Flat out !) 4 x 50 w/ 25s rest (Every 2nd Flat out !) 2 x 50 w/ 30s rest (ALL Flat Out !)</p> <p>Cooldown : 200 easy choice</p> <p>Note : Make sure you use the TYR Catalyst (or similar) size XS or even XXS (no bigger than your hand) or Strokermaker size 0 or 0.5. It's important NOT to change your stroke rate and to "save" your shoulders as you will be doing a lot of swimming with paddles.</p> <p>00h:38m</p> <p>Cycling Bike: Strength / Leg Smasher Warm up - 15 min.</p> <p>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</p> <p>Cooldown - 10 min.</p>	<p>Running Run: Endurance + Strength 70.3 You can do this run on treadmill or outside on hilly terrain.</p> <p>* 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.</p> <p>Stretching : Focus on hamstring, hip flexors,quads and calves (in that order)</p> <p>Regeneration : Use Trigger Point or Foam roller/Ball after every workout. See videos at the tab "Trigger Point Videos" below</p> <p>01h:15m</p>	<p>Swimming Swim: Speed + Recovery 70.3 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.</p> <p>Warm up : 400 as 75 free, 25 kick. All easy</p> <p>Speed - 8 x 25 as 1 FAST, 1 Easy. No gear and 15s rest</p> <p>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)</p> <p>Cooldown : 200 choice</p> <p>Note : Make sure you use the TYR Catalyst (or similar) size XS or even XXS (no bigger than your hand) or Strokermaker size 0 or 0.5. It's important NOT to change your stroke rate and to "save" your shoulders as you will be doing a lot of swimming with paddles.</p> <p>00h:38m</p>	<p>Cycling Bike: Long Endurance Endurance Bike : Long endurance Day</p> <p>This workout can be done on Road Bike or MTB or X Country Skiing and or snow shoeing.</p> <p>90 to 150 min. easy to moderate effort.</p> <p>* 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.</p> <p>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.</p> <p>02h:15m</p>	<p>Cycling Bike: Strength - 1,3,5 min. - 1 Warm up : 10 min. easy spin keeping cadence at 75-85rpm 8 x 30s at highest cadence with 30s easy. * Make sure you use NO resistance or easiest gear. 2 min. easy spin Main Set : 1,3,5,5,3,1min. at 50-60rpm, moderate /hard effort .</p> <p>* All with 1 min. easy pin * All on aeroposition or drops is road bike 10 min. easy spin cooldown</p> <p>* Make sure you keep arms and shoulders relaxed, focus on engaging core</p> <p>00h:54m</p> <p>Running Run: Off the Bike 70.3 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.</p> <p>This session can be done on the road or treadmill (preferred) :</p> <p>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</p> <p>3 min. easy jog, 2 min. walk .</p> <p>Stretching : Focus on hamstring, hip flexors,quads and calves (in that order)</p> <p>Regeneration : Trigger Point or Foam roller (soleus, calves, piriformis, hamstrings, quads and ITB, psoas and chest). See videos at www.tpththerapy.com</p> <p>00h:30m</p>

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

Week 2 (8:57)

Monday

Swimming

Swim: Endurance 70.3 Int.
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: 1,700yds/m (all with 10s rest)

4 x 50 with paddles , buoy and band. FOCUS on Technique
3 x 100 with paddles and buoys
4 x 50 with paddles , buoy and band. FOCUS on Technique
3 x 100 with paddles and buoys
4 x 50 with paddles , buoy and band. FOCUS on Technique
3 x 100 with paddles and buoys
4 x 50 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

Tuesday

Running

Run: Strength + Speed 70.3 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)

Regeneration : Use Trigger Point or Foam roller/Ball after every workout. See videos at the tab "Trigger Point Videos" below

00h:52m

Wednesday

Swimming

Swim: Strength + LT 70.3 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/ 25s rest (Every 2nd Flat out !)
2 x 50 w/ 30s rest (ALL Flat Out !)

Cooldown : 200 easy choice

Note : Make sure you use the TYR Catalyst (or similar) size XS or even XXS (no bigger than your hand) or Strokermaker size 0 or 0.5. It's important NOT

Thursday

Running

Run: Endurance + Strength 70.3
You can do this run on treadmill or outside on hilly terrain.

* 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)

Regeneration : Use Trigger Point or Foam roller/Ball after every workout. See videos at the tab "Trigger Point Videos" below

01h:15m

Friday

Swimming

Swim: Speed + Recovery 70.3 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 the TYR Catalyst (or similar) size XS or even XXS (no bigger than

Saturday

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.

Sunday

Cycling

Bike: Strength - 1,3,5 min. - 1
Warm up : 10 min. easy spin keeping cadence at 75-85rpm
8 x 30s at highest cadence with 30s easy.

* Make sure you use NO resistance or easiest gear.

2 min. easy spin
Main Set : 1,3,5,5,3,1min. at 50-60rpm, moderate /hard effort .

* All with 1 min. easy pin
* All on aeroposition or drops is road bike
10 min. easy spin cooldown

* Make sure you keep arms and shoulders relaxed, focus on engaging core

00h:54m

Running

Run: Off the Bike 70.3
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) :

<p>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.</p> <p>Note : Make sure you use the TYR Catalyst (or similar) size XS or even XXS (no bigger than your hand) or Strokermaker size 0 or 0.5. It's important NOT to change your stroke rate and to "save" your shoulders as you will be doing a lot of swimming with paddles.</p> <p>00h:45m</p>		<p>to change your stroke rate and to "save" your shoulders as you will be doing a lot of swimming with paddles.</p> <p>00h:38m</p> <hr/> <p>Cycling Bike: Strength / Leg Smasher Warm up - 15 min.</p> <p>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</p> <p>Cooldown - 10 min.</p> <p>Bike - Strength/LT</p> <p>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.</p> <p>* When riding, make sure you keep upper body relaxed and core engaged.</p> <p>00h:55m</p>		<p>your hand) or Strokermaker size 0 or 0.5. It's important NOT to change your stroke rate and to "save" your shoulders as you will be doing a lot of swimming with paddles.</p> <p>00h:38m</p>	<p>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.</p> <p>02h:30m</p>	<p>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</p> <p>3 min. easy jog, 2 min. walk .</p> <p>Stretching : Focus on hamstring, hip flexors,quads and calves (in that order)</p> <p>Regeneration : Trigger Point or Foam roller (soleus, calves, piriformis, hamstrings, quads and ITB, psoas and chest). See videos at www.tpttherapy.com</p> <p>00h:30m</p>
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Week 3 (10:06)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Swimming Swim: Endurance 70.3 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.</p> <p>Main Set: 2,000yds/m (all with 10s rest)</p> <p>10 x 50 Easy with 20s rest (No gear) 5 x 100 with paddles and buoy 10 x 50 Easy with 20s rest (No gear) 5 x 100 with paddles and buoy</p>	<p>Running Run: Strength + Speed 70.3 Int. 2 Warm up : 20 min. easy</p> <p>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)</p> <p>Speed: 6 x 30s accelerations (0-90% of max speed) with 30s very easy jog</p> <p>10 min. cooldown easy but STILL focus on form, don't get</p>	<p>Swimming Swim: Strength + LT 70.3 Int. 2 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.</p> <p>Warm up: 400 Choice + 4 x 50 as 25 Fast/25 Easy w/ 15s rest (no gear)</p> <p>Main Set:</p>	<p>Running Run: Endurance + Strength 70.3 You can do this run on treadmill or outside on hilly terrain.</p> <p>* 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.</p> <p>Stretching : Focus on hamstring, hip flexors,quads</p>	<p>Swimming Swim: Speed + Recovery 70.3 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.</p>	<p>Cycling Bike: Long Endurance Endurance Bike : Long endurance Day</p> <p>This workout can be done on Road Bike or MTB or X Country Skiing and or snow shoeing.</p> <p>90 to 150 min. easy to moderate effort.</p> <p>* Make sure to keep intensity low as this is your endurance workout of the week. * Keep Cadence between 75-85rpm</p>	<p>Cycling Bike: Strength - 1,3,5 min. - 2 Warm up : 10 min. easy spin keeping cadence at 75-85rpm 8 x 30s at highest cadence with 30s easy. * Make sure you use NO resistance or easiest gear. 2 min. easy spin Main Set : 1,3,5,5,3,1,1,3,5,5,3,1 min. at 50-60rpm, moderate /hard effort .</p> <p>* All with 1 min. easy pin * All on aeroposition or drops is road bike 10 min. easy spin cooldown</p>

<p>Cooldown - 200m (or yds) choice no gear</p> <p>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.</p> <p>Note : Make sure you use the TYR Catalyst (or similar) size XS or even XXS (no bigger than your hand) or Strokermaker size 0 or 0.5. It's important NOT to change your stroke rate and to "save" your shoulders as you will be doing a lot of swimming with paddles.</p> <p>00h:51m</p>	<p>sluggish!!!</p> <p>Stretching : Focus on hamstring, hip flexors,quads and calves (in that order)</p> <p>Regeneration : Use Trigger Point or Foam roller/Ball after every workout. See videos at the tab "Trigger Point Videos" below</p> <p>00h:52m</p>	<p>3 Sets of 4 x 50 FAST with paddles AND fins (20s rest) 2 x 100 Easy w/ paddles and buoy (15s rest) between sets.</p> <p>Cooldown : 200 Choice</p> <p>Note : Make sure you use the TYR Catalyst (or similar) size XS or even XXS (no bigger than your hand) or Strokermaker size 0 or 0.5. It's important NOT to change your stroke rate and to "save" your shoulders as you will be doing a lot of swimming with paddles.</p> <p>00h:45m</p> <p>Cycling Bike: Strength / Leg Smasher Warm up - 15 min.</p> <p>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</p> <p>Cooldown - 10 min.</p> <p>Bike - Strength/LT</p> <p>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.</p> <p>* When riding, make sure you keep upper body relaxed and core engaged.</p> <p>00h:55m</p>	<p>and calves (in that order)</p> <p>Regeneration : Use Trigger Point or Foam roller/Ball after every workout. See videos at the tab "Trigger Point Videos" below</p> <p>01h:30m</p>	<p>Warm up : 400 as 75 free, 25 kick. All easy</p> <p>Speed - 12 x 25 as 1 FAST, 1 Easy. No gear and 15s rest</p> <p>Strength/Endurance: 2 x 450 (50,100,150,100,50) All easy with paddles and buoy and 10-15s rest.</p> <p>Cooldown : 200 choice</p> <p>Note : Make sure you use the TYR Catalyst (or similar) size XS or even XXS (no bigger than your hand) or Strokermaker size 0 or 0.5. It's important NOT to change your stroke rate and to "save" your shoulders as you will be doing a lot of swimming with paddles.</p> <p>00h:40m</p>	<p>* 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.</p> <p>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.</p> <p>02h:30m</p>	<p>* Make sure you keep arms and shoulders relaxed, focus on engaging core</p> <p>01h:18m</p> <p>Running Run: Off the Bike 70.3 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.</p> <p>This session can be done on the road or treadmill (preferred) :</p> <p>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</p> <p>3 min. easy jog, 2 min. walk .</p> <p>Stretching : Focus on hamstring, hip flexors,quads and calves (in that order)</p> <p>Regeneration : Trigger Point or Foam roller (soleus, calves, piriformis, hamstrings, quads and ITB, psoas and chest). See videos at www.tptherapy.com</p> <p>00h:45m</p>
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Week 4 (11:00)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Swimming Swim: Endurance 70.3 Int. 3 Warm up - 4 x 100m (or yds) with 15s rest (no paddles or</p>	<p>Running Run: Strength + Speed 70.3 Int. 3 Warm up : 20 min. easy</p>	<p>Swimming Swim: Strength + LT 70.3 Int. 2 This workout is a combination Speed/Strength and Lactate</p>	<p>Running Run: Endurance + Strength 70.3 You can do this run on</p>	<p>Swimming Swim: Speed + Recovery 70.3 Int. 2 Swim : This recovery session</p>	<p>Cycling Bike: Long Endurance Endurance Bike : Long endurance Day</p>	<p>Cycling Bike: Strength - 1,3,5 min. - 2 Warm up : 10 min. easy spin keeping cadence at 75-85rpm</p>

buoys). Very easy and relaxed, don't worry about form here.

Main Set: 2,000yds/m (all with 10s rest)

8 x 50 Easy with 20s rest (No gear)
6 x 100 with paddles and buoy
8 x 50 Easy with 20s rest (No gear)
6 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 the TYR Catalyst (or similar) size XS or even XXS (no bigger than your hand) or Strokermaker size 0 or 0.5. It's important NOT to change your stroke rate and to "save" your shoulders as you will be doing a lot of swimming with paddles.

01h:00m

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)

Regeneration : Use Trigger Point or Foam roller/Ball after every workout. See videos at the tab "Trigger Point Videos" below

00h:52m

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:

3 Sets of 4 x 50 FAST with paddles AND fins (20s rest)
2 x 100 Easy w/ paddles and buoy (15s rest) between sets.

Cooldown : 200 Choice

Note : Make sure you use the TYR Catalyst (or similar) size XS or even XXS (no bigger than your hand) or Strokermaker size 0 or 0.5. It's important NOT to change your stroke rate and to "save" your shoulders as you will be doing a lot of swimming with paddles.

00h:45m

Cycling

Bike: Strength / Leg Smasher 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.

treadmill or outside on hilly terrain.

* 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)

Regeneration : Use Trigger Point or Foam roller/Ball after every workout. See videos at the tab "Trigger Point Videos" below

01h:30m

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 the TYR Catalyst (or similar) size XS or even XXS (no bigger than your hand) or Strokermaker size 0 or 0.5. It's important NOT to change your stroke rate and to "save" your shoulders as you will be doing a lot of swimming with paddles.

00h:40m

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). Make sure you control intensity, not letting be too arduous.

03h:00m

8 x 30s at highest cadence with 30s easy.

* Make sure you use NO resistance or easiest gear.
2 min. easy spin
Main Set : 1,3,5,5,3,1,1,3,5,5,3,1 min. at 50-60rpm, moderate /hard effort .

* All with 1 min. easy pin
* All on aeroposition or drops is road bike
10 min. easy spin cooldown

* Make sure you keep arms and shoulders relaxed, focus on engaging core

01h:18m

Running

Run: Off the Bike 70.3
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)

Regeneration : Trigger Point or Foam roller (soleus, calves, piriformis, hamstrings, quads and ITB, psoas and chest). See videos at www.tpttherapy.com

00h:45m

Week 5 (11:04)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Swimming Swim: Endurance 70.3 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.</p> <p>Main Set: 2,200yds/m (all with 10s rest)</p> <p>4 x 100 with paddles and buoy 4 x 150 with paddles , buoy 4 x 50 Easy with 20s rest (No gear) 4 x 100 with paddles and buoy 4 x 150 with paddles , buoy</p> <p>Cooldown - 200m (or yds) choice no gear</p> <p>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.</p> <p>Note : Make sure you use the TYR Catalyst (or similar) size XS or even XXS (no bigger than your hand) or Strokermaker size 0 or 0.5. It's important NOT to change your stroke rate and to "save" your shoulders as you will be doing a lot of swimming with paddles.</p> <p>00h:55m</p>	<p>Running Run: Strength + Speed 70.3 Int. 4 Warm up : 20 min. easy</p> <p>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)</p> <p>Speed: 6 x 30s accelerations (0-90% of max speed) with 30s very easy jog</p> <p>10 min. cooldown easy but STILL focus on form, don't get sluggish!!!</p> <p>Stretching : Focus on hamstring, hip flexors,quads and calves (in that order)</p> <p>Regeneration : Use Trigger Point or Foam roller/Ball after every workout. See videos at the tab "Trigger Point Videos" below</p> <p>00h:56m</p>	<p>Swimming Swim: Strength + Lt 70.3 Int. 3 Warm Up - 3 x (100 Free + 100 Back + 100 Breaststroke)</p> <p>Main Set:</p> <p>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</p> <p>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</p> <p>Set 3 (300) 4 x 50 (3 Hard, 1 Easy) – 10-15 sec rest interval 1 x 100 (Pull & Paddles) – 30 secs rest</p> <p>Cooldown - 200 easy choice</p> <p>00h:45m</p> <p>Cycling Bike: Strength / Leg Smasher 2 Warm up - 15 min.</p> <p>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</p> <p>Cooldown - 10 min.</p> <p>Bike - Strength/LT</p> <p>This workout combine two important components to improve your bike: Strength and Lactate Tolerance. High</p>	<p>Running Run: Endurance + Strength 70.3 You can do this run on treadmill or outside on hilly terrain.</p> <p>* 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.</p> <p>Stretching : Focus on hamstring, hip flexors,quads and calves (in that order)</p> <p>Regeneration : Use Trigger Point or Foam roller/Ball after every workout. See videos at the tab "Trigger Point Videos" below</p> <p>01h:30m</p>	<p>Swimming Swim: Speed + Recovery 70.3 Int. 3 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.</p> <p>Warm up : 400 as 75 free, 25 kick. All easy</p> <p>Speed - 14 x 25 as 1 FAST, 1 Easy. No gear and 15s rest</p> <p>Strength/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.</p> <p>Cooldown : 200 choice</p> <p>Note : Make sure you use the TYR Catalyst (or similar) size XS or even XXS (no bigger than your hand) or Strokermaker size 0 or 0.5. It's important NOT to change your stroke rate and to "save" your shoulders as you will be doing a lot of swimming with paddles.</p> <p>00h:45m</p>	<p>Cycling Bike: Long Endurance Endurance Bike : Long endurance Day</p> <p>This workout can be done on Road Bike or MTB or X Country Skiing and or snow shoeing.</p> <p>90 to 150 min. easy to moderate effort.</p> <p>* 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.</p> <p>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.</p> <p>03h:00m</p>	<p>Cycling Bike: Strength - 1,3,5 min. - 2 Warm up : 10 min. easy spin keeping cadence at 75-85rpm 8 x 30s at highest cadence with 30s easy. * Make sure you use NO resistance or easiest gear. 2 min. easy spin Main Set : 1,3,5,5,3,1,1,3,5,5,3,1 min. at 50-60rpm, moderate /hard effort .</p> <p>* All with 1 min. easy pin * All on aeroposition or drops is road bike 10 min. easy spin cooldown</p> <p>* Make sure you keep arms and shoulders relaxed, focus on engaging core</p> <p>01h:18m</p> <p>Running Run: Off the Bike 70.3 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.</p> <p>This session can be done on the road or treadmill (preferred) :</p> <p>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</p> <p>3 min. easy jog, 2 min. walk .</p> <p>Stretching : Focus on hamstring, hip flexors,quads and calves (in that order)</p> <p>Regeneration : Trigger Point or Foam roller (soleus, calves, piriformis, hamstrings, quads and ITB, psaos and chest). See videos at www.tpttherapy.com</p>

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

00h:45m

Week 6 (11:30)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Swimming Swim: Endurance 70.3 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.</p> <p>Main Set: 2,200yds/m (all with 10s rest)</p> <p>4 x 100 with paddles and buoy 4 x 150 with paddles , buoy 4 x 50 Easy with 20s rest (No gear) 4 x 100 with paddles and buoy 4 x 150 with paddles , buoy</p> <p>Cooldown - 200m (or yds) choice no gear</p> <p>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.</p> <p>Note : Make sure you use the TYR Catalyst (or similar) size XS or even XXS (no bigger than your hand) or Strokermaker</p>	<p>Running Run: Strength + Speed 70.3 Int. 4 Warm up : 20 min. easy</p> <p>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)</p> <p>Speed: 6 x 30s accelerations (0-90% of max speed) with 30s very easy jog</p> <p>10 min. cooldown easy but STILL focus on form, don't get sluggish!!!</p> <p>Stretching : Focus on hamstring, hip flexors,quads and calves (in that order)</p> <p>Regeneration : Use Trigger Point or Foam roller/Ball after every workout. See videos at the tab "Trigger Point Videos" below</p> <p>00h:56m</p>	<p>Swimming Swim: Strength + Lt 70.3 Int. 3 Warm Up - 3 x (100 Free + 100 Back + 100 Breaststroke)</p> <p>Main Set:</p> <p>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</p> <p>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</p> <p>Set 3 (300) 4 x 50 (3 Hard, 1 Easy) – 10-15 sec rest interval 1 x 100 (Pull & Paddles) – 30 secs rest</p> <p>Cooldown - 200 easy choice</p> <p>00h:45m</p> <p>Cycling Bike: TT Int (1') 70.3 Warm up - 10 to 15 min. easy spin with cadence 70-90rpm</p>	<p>Running Run: Endurance + Strength 70.3 You can do this run on treadmill or outside on hilly terrain.</p> <p>* 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.</p> <p>Stretching : Focus on hamstring, hip flexors,quads and calves (in that order)</p> <p>Regeneration : Use Trigger Point or Foam roller/Ball after every workout. See videos at the tab "Trigger Point Videos" below</p> <p>01h:30m</p>	<p>Swimming Swim: Speed + Recovery 70.3 Int. 3 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.</p> <p>Warm up : 400 as 75 free, 25 kick. All easy</p> <p>Speed - 14 x 25 as 1 FAST, 1 Easy. No gear and 15s rest</p> <p>Strength/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.</p> <p>Cooldown : 200 choice</p> <p>Note : Make sure you use the TYR Catalyst (or similar) size XS or even XXS (no bigger than your hand) or Strokermaker size 0 or 0.5. It's important NOT</p>	<p>Cycling Bike: Long Endurance Endurance Bike : Long endurance Day</p> <p>This workout can be done on Road Bike or MTB or X Country Skiing and or snow shoeing.</p> <p>90 to 150 min. easy to moderate effort.</p> <p>* 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.</p> <p>Comments - This is your endurance workout of the</p>	<p>Cycling Bike: Strength + LT 1 This session can be done on the trainer or road :</p> <p>20' easy warm up. Cadence 80-90rpm</p> <p>Main Set :</p> <p>4,3,2,1 min. at 40rpm HARD Effort w/ 2 min. easy rest to all intervals 1,2,3,4,5 min. at 70rpm HARD Effort w/ 1,2,3,4,5 min. easy</p> <p>10 min. easy spin recovery</p> <p>* ALL on Aero</p> <p>Bike - LT/Strength</p> <p>Short intervals will help to build power while working on your LT. Make sure you do !00% effort on these</p> <p>When riding, make sure you keep upper body relaxed, core engaged.</p> <p>Core : Lower back , obliques and lower ab. 3 sets of 20 repetitions of each</p> <p>01h:18m</p>

<p>size 0 or 0.5. It's important NOT to change your stroke rate and to "save" your shoulders as you will be doing a lot of swimming with paddles.</p> <p>00h:55m</p>		<p>18 x 1 min . HARD w/ 1 min. Easy</p> <p>10 min. cooldown</p> <p>* All on aeroposition</p> <p>01h:00m</p>		<p>to change your stroke rate and to "save" your shoulders as you will be doing a lot of swimming with paddles.</p> <p>00h:45m</p>	<p>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.</p> <p>03h:30m</p>	<p>Running Run: Off the Bike 70.3 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.</p> <p>This session can be done on the road or treadmill (preferred) :</p> <p>3 x 12 min. build effort EACH interval at every 2 min. (First 2' easy-Last 2' HARD) with 5 min. easy jog between intervals</p> <p>3 min. easy jog, 2 min. walk .</p> <p>Stretching : Focus on hamstring, hip flexors,quads and calves (in that order)</p> <p>Regeneration : Trigger Point or Foam roller (soleus, calves, piriformis, hamstrings, quads and ITB, psoas and chest). See videos at www.tpttherapy.com</p> <p>00h:51m</p>
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Week 7 (12:14)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Swimming Swim: Endurance 70.3 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.</p> <p>Main Set: 2,500yds/m (all with 10s rest)</p> <p>5 x 100, 5 x 200 + 2 x 500 with paddles and buoy</p> <p>Cooldown - 200m (or yds) choice no gear</p> <p>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</p>	<p>Running Run: Strength 70.3 Int. 1 Warm up : 20 min. easy</p> <p>Strength - 5 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)</p> <p>10 min. cooldown easy but STILL focus on form, don't get sluggish!!!</p> <p>Stretching : Focus on hamstring, hip flexors,quads and calves (in that order)</p> <p>Regeneration : Use Trigger Point or Foam roller/Ball after every workout. See videos at the tab "Trigger Point Videos"</p>	<p>Swimming Swim: Strength + LT 70.3 Int. 4 Warm Up - 3 x (150 Swim, 50 Form) 200 Kick</p> <p>Main Set 9 x 100:</p> <p>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.</p> <p>Cooldown : 200 Easy choice</p> <p>00h:45m</p> <p>Cycling Bike: TT Int (1') 70.3 Warm up - 10 to 15 min. easy spin with cadence 70-90rpm</p>	<p>Running Run: Endurance + Strength 70.3 You can do this run on treadmill or outside on hilly terrain.</p> <p>* 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.</p> <p>Stretching : Focus on hamstring, hip flexors,quads and calves (in that order)</p> <p>Regeneration : Use Trigger Point or Foam roller/Ball after every workout. See videos at</p>	<p>Swimming Swim: Speed + Recovery 70.3 Int. 4 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.</p> <p>Warm up : 400 as 75 free, 25 kick. All easy</p> <p>Speed - 18 x 25 as 1 FAST, 1</p>	<p>Cycling Bike: Long Endurance Endurance Bike : Long endurance Day</p> <p>This workout can be done on Road Bike or MTB or X Country Skiing and or snow shoeing.</p> <p>90 to 150 min. easy to moderate effort.</p> <p>* 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.</p>	<p>Cycling Bike: Strength + LT 1 This session can be done on the trainer or road :</p> <p>20' easy warm up. Cadence 80-90rpm</p> <p>Main Set :</p> <p>4,3,2,1 min. at 40rpm HARD Effort w/ 2 min. easy rest to all intervals 1,2,3,4,5 min. at 70rpm HARD Effort w/ 1,2,3,4,5 min. easy</p> <p>10 min. easy spin recovery</p> <p>* ALL on Aero</p> <p>Bike - LT/Strength</p>

<p>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.</p> <p>Note : Make sure you use the TYR Catalyst (or similar) size XS or even XXS (no bigger than your hand) or Strokermaker size 0 or 0.5. It's important NOT to change your stroke rate and to "save" your shoulders as you will be doing a lot of swimming with paddles.</p> <p>01h:00m</p>	<p>below</p> <p>01h:00m</p>	<p>20 x 1 min . HARD w/ 1 min. Easy</p> <p>10 min. cooldown</p> <p>* All on aeroposition</p> <p>01h:05m</p>	<p>the tab "Trigger Point Videos" below</p> <p>01h:45m</p>	<p>Easy. No gear and 15s rest</p> <p>Strength/Endurance: 4 x 25, 4 x 50, 4 x 75, 4 x 100, 4 x 75, 4 x 50, 4 x 25 All easy with paddles and buoy and 10-15s rest.</p> <p>Cooldown : 200 choice</p> <p>Note : Make sure you use the TYR Catalyst (or similar) size XS or even XXS (no bigger than your hand) or Strokermaker size 0 or 0.5. It's important NOT to change your stroke rate and to "save" your shoulders as you will be doing a lot of swimming with paddles.</p> <p>01h:00m</p>	<p>* If X Country Skiing or Snow shoeing, make sure you go easy and build as you will be using different muscles.</p> <p>* If you get good weather go outside and ride or limit to 90 min. easy on trainer.</p> <p>* If X Country Skiing or Snow shoeing, make sure you go easy and build as you will be using different muscles.</p> <p>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.</p> <p>03h:30m</p>	<p>Short intervals will help to build power while working on your LT. Make sure you do !00% effort on these</p> <p>When riding, make sure you keep upper body relaxed, core engaged.</p> <p>Core : Lower back , obliques and lower ab. 3 sets of 20 repetitions of each</p> <p>01h:18m</p> <p>Running Run: Off the Bike 70.3 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.</p> <p>This session can be done on the road or treadmill (preferred) :</p> <p>3 x 12 min. build effort EACH interval at every 2 min. (First 2' easy-Last 2' HARD) with 5 min. easy jog between intervals</p> <p>3 min. easy jog, 2 min. walk .</p> <p>Stretching : Focus on hamstring, hip flexors,quads and calves (in that order)</p> <p>Regeneration : Trigger Point or Foam roller (soleus, calves, piriformis, hamstrings, quads and ITB, psoas and chest). See videos at www.tptherapy.com</p> <p>00h:51m</p>
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Week 8 (12:49)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Swimming Swim: Endurance 70.3 Int. 6 Warm up - 4 x 100m (or yds) with 15s rest (no paddles or buoys). Very easy and relaxed, don't worry about form here.</p> <p>Main Set: 2,500yds/m (all with</p>	<p>Running Run: Strength 70.3 Int. 1 Warm up : 20 min. easy</p> <p>Strength - 5 x 3' Hill Repeats on road at 80% Effort with jogging down recovery. (or at 5% grade and 3' easy recovery on flat, if</p>	<p>Swimming Swim: Strength + LT 70.3 Int. 4 Warm Up - 3 x (150 Swim, 50 Form) 200 Kick</p> <p>Main Set 9 x 100:</p> <p>5 x 100 (30s rest) Flat Out! Do</p>	<p>Running Run: Endurance + Strength 70.3 You can do this run on treadmill or outside on hilly terrain.</p> <p>* Easy to moderate effort but</p>	<p>Swimming Swim: Speed + Recovery 70.3 Int. 4 Swim : This recovery session will also help you to improve your technique through the fast intervals (speed forces your body to be efficient to</p>	<p>Cycling Bike: Long Endurance Endurance Bike : Long endurance Day</p> <p>This workout can be done on Road Bike or MTB or X Country Skiing and or snow shoeing.</p>	<p>Cycling Bike: Strength + LT 1 This session can be done on the trainer or road :</p> <p>20' easy warm up. Cadence 80-90rpm</p>

<p>10s rest)</p> <p>100,200,300,400 + 5 x 300 with paddles and buoy</p> <p>Cooldown - 200m (or yds) choice no gear</p> <p>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.</p> <p>Note : Make sure you use the TYR Catalyst (or similar) size XS or even XXS (no bigger than your hand) or Strokermaker size 0 or 0.5. It's important NOT to change your stroke rate and to "save" your shoulders as you will be doing a lot of swimming with paddles.</p> <p>01h:05m</p>	<p>Treadmill)</p> <p>10 min. cooldown easy but STILL focus on form, don't get sluggish!!!</p> <p>Stretching : Focus on hamstring, hip flexors,quads and calves (in that order)</p> <p>Regeneration : Use Trigger Point or Foam roller/Ball after every workout. See videos at the tab "Trigger Point Videos" below</p> <p>01h:00m</p>	<p>above race pace. 3 x 100 (40s) Flat Out! Do above race pace. 1 x 100 (50s) Flat Out! Do above race pace.</p> <p>Cooldown : 200 Easy choice</p> <p>00h:45m</p> <hr/> <p>Cycling Bike: TT Int (1') 70.3 Warm up - 10 to 15 min. easy spin with cadence 70-90rpm</p> <p>20 x 1 min . HARD w/ 1 min. Easy</p> <p>10 min. cooldown</p> <p>* All on aeroposition</p> <p>01h:05m</p>	<p>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.</p> <p>Stretching : Focus on hamstring, hip flexors,quads and calves (in that order)</p> <p>Regeneration : Use Trigger Point or Foam roller/Ball after every workout. See videos at the tab "Trigger Point Videos" below</p> <p>01h:45m</p>	<p>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.</p> <p>Warm up : 400 as 75 free, 25 kick. All easy</p> <p>Speed - 18 x 25 as 1 FAST, 1 Easy. No gear and 15s rest</p> <p>Strength/Endurance: 4 x 25, 4 x 50, 4 x 75, 4 x 100, 4 x 75, 4 x 50, 4 x 25 All easy with paddles and buoy and 10-15s rest.</p> <p>Cooldown : 200 choice</p> <p>Note : Make sure you use the TYR Catalyst (or similar) size XS or even XXS (no bigger than your hand) or Strokermaker size 0 or 0.5. It's important NOT to change your stroke rate and to "save" your shoulders as you will be doing a lot of swimming with paddles.</p> <p>01h:00m</p>	<p>90 to 150 min. easy to moderate effort.</p> <p>* 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.</p> <p>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.</p> <p>04h:00m</p>	<p>Main Set :</p> <p>4,3,2,1 min. at 40rpm HARD Effort w/ 2 min. easy rest to all intervals 1,2,3,4,5 min. at 70rpm HARD Effort w/ 1,2,3,4,5 min. easy</p> <p>10 min. easy spin recovery</p> <p>* ALL on Aero</p> <p>Bike - LT/Strength</p> <p>Short intervals will help to build power while working on your LT. Make sure you do !00% effort on these</p> <p>When riding, make sure you keep upper body relaxed, core engaged.</p> <p>Core : Lower back , obliques and lower ab. 3 sets of 20 repetitions of each</p> <p>01h:18m</p> <hr/> <p>Running Run: Off the Bike 70.3 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.</p> <p>This session can be done on the road or treadmill (preferred) :</p> <p>3 x 12 min. build effort EACH interval at every 2 min. (First 2' easy-Last 2' HARD) with 5 min. easy jog between intervals</p> <p>3 min. easy jog, 2 min. walk .</p> <p>Stretching : Focus on hamstring, hip flexors,quads and calves (in that order)</p> <p>Regeneration : Trigger Point or Foam roller (soleus, calves, piriformis, hamstrings, quads and ITB, psoas and chest). See videos at www.tptherapy.com</p> <p>00h:51m</p>
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Week 9 (12:49)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Swimming Swim: Endurance 70.3 Int. 7 Warm up - 4 x 100m (or yds) with 15s rest (no paddles or buoys). Very easy and relaxed, don't worry about form here.</p> <p>Main Set: 2,500yds/m (all with 10s rest)</p> <p>25 x 100 with paddles and buoy</p> <p>Cooldown - 200m (or yds) choice no gear</p> <p>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.</p> <p>Note : Make sure you use the TYR Catalyst (or similar) size XS or even XXS (no bigger than your hand) or Strokermaker size 0 or 0.5. It's important NOT to change your stroke rate and to "save" your shoulders as you will be doing a lot of swimming with paddles.</p> <p>01h:05m</p>	<p>Running Run: Strength 70.3 Int. 1 Warm up : 20 min. easy</p> <p>Strength - 5 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)</p> <p>10 min. cooldown easy but STILL focus on form, don't get sluggish!!!</p> <p>Stretching : Focus on hamstring, hip flexors,quads and calves (in that order)</p> <p>Regeneration : Use Trigger Point or Foam roller/Ball after every workout. See videos at the tab "Trigger Point Videos" below</p> <p>01h:00m</p>	<p>Swimming Swim: Strength + LT 70.3 Int. 4 Warm Up - 3 x (150 Swim, 50 Form) 200 Kick</p> <p>Main Set 9 x 100:</p> <p>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.</p> <p>Cooldown : 200 Easy choice</p> <p>00h:45m</p> <p>Cycling Bike: TT Int (1') 70.3 Warm up - 10 to 15 min. easy spin with cadence 70-90rpm</p> <p>20 x 1 min . HARD w/ 1 min. Easy</p> <p>10 min. cooldown</p> <p>* All on aeroposition</p> <p>01h:05m</p>	<p>Running Run: Endurance + Strength 70.3 You can do this run on treadmill or outside on hilly terrain.</p> <p>* 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.</p> <p>Stretching : Focus on hamstring, hip flexors,quads and calves (in that order)</p> <p>Regeneration : Use Trigger Point or Foam roller/Ball after every workout. See videos at the tab "Trigger Point Videos" below</p> <p>01h:45m</p>	<p>Swimming Swim: Speed + Recovery 70.3 Int. 4 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.</p> <p>Warm up : 400 as 75 free, 25 kick. All easy</p> <p>Speed - 18 x 25 as 1 FAST, 1 Easy. No gear and 15s rest</p> <p>Strength/Endurance: 4 x 25, 4 x 50, 4 x 75, 4 x 100, 4 x 75, 4 x 50, 4 x 25 All easy with paddles and buoy and 10-15s rest.</p> <p>Cooldown : 200 choice</p> <p>Note : Make sure you use the TYR Catalyst (or similar) size XS or even XXS (no bigger than your hand) or Strokermaker size 0 or 0.5. It's important NOT to change your stroke rate and to "save" your shoulders as you will be doing a lot of swimming with paddles.</p> <p>01h:00m</p>	<p>Cycling Bike: Long Endurance Endurance Bike : Long endurance Day</p> <p>This workout can be done on Road Bike or MTB or X Country Skiing and or snow shoeing.</p> <p>90 to 150 min. easy to moderate effort.</p> <p>* 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.</p> <p>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.</p> <p>04h:00m</p>	<p>Cycling Bike: Strength + LT 1 This session can be done on the trainer or road :</p> <p>20' easy warm up. Cadence 80-90rpm</p> <p>Main Set :</p> <p>4,3,2,1 min. at 40rpm HARD Effort w/ 2 min. easy rest to all intervals 1,2,3,4,5 min. at 70rpm HARD Effort w/ 1,2,3,4,5 min. easy</p> <p>10 min. easy spin recovery</p> <p>* ALL on Aero</p> <p>Bike - LT/Strength</p> <p>Short intervals will help to build power while working on your LT. Make sure you do !00% effort on these</p> <p>When riding, make sure you keep upper body relaxed, core engaged.</p> <p>Core : Lower back , obliques and lower ab. 3 sets of 20 repetitions of each</p> <p>01h:18m</p> <p>Running Run: Off the Bike 70.3 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.</p> <p>This session can be done on the road or treadmill (preferred) :</p> <p>3 x 12 min. build effort EACH interval at every 2 min. (First 2' easy-Last 2' HARD) with 5 min. easy jog between intervals</p> <p>3 min. easy jog, 2 min. walk .</p>

Stretching : Focus on hamstring, hip flexors, quads and calves (in that order)

Regeneration : Trigger Point or Foam roller (soleus, calves, piriformis, hamstrings, quads and ITB, psoas and chest). See videos at www.tptherapy.com

00h:51m

Week 10 (8:55)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Swimming Swim: Endurance 70.3 Int. 8 Warm up - 4 x 100m (or yds) with 15s rest (no paddles or buoys). Very easy and relaxed, don't worry about form here.</p> <p>Main Set: 1,800yds/m (all with 10s rest)</p> <p>18 x 100 with paddles and buoy</p> <p>Cooldown - 200m (or yds) choice no gear</p> <p>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.</p> <p>Note : Make sure you use the TYR Catalyst (or similar) size XS or even XXS (no bigger than your hand) or Strokermaker size 0 or 0.5. It's important NOT to change your stroke rate and to "save" your shoulders as you will be doing a lot of swimming with paddles.</p> <p>00h:50m</p>	<p>Running Run: Taper 70.3 Very Easy 20 min. jog as warm up</p> <p>4 accelerations of 70m long w/ 20s walking recovery</p> <p>8 min. easy cooldown</p> <p>00h:30m</p>	<p>Cycling Bike: Taper - Spin 70.3 Int. Easy 30 minutes warm up, 15' at moderate effort on big gear and cadence between 50-60rpm, 10' easy son cooldown</p> <p>00h:55m</p>	<p>Running Run: Taper 70.3 Very Easy 20 min. jog as warm up</p> <p>4 accelerations of 70m long w/ 20s walking recovery</p> <p>8 min. easy cooldown</p> <p>00h:30m</p>	<p>Race Taper - Day Off Taper - Day Off Day Off !</p> <p>This is the day 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.</p> <p>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 !</p>	<p>Race Taper - Day Before Taper - Day Before Swim - 10 min. easy on course with wetsuit (if course allows you). Make sure you visualize the buoys and try to understand course fully</p> <p>Bike - 30 to 40 min. of VERY easy spin to check equipment before checking in. Make sure all is working and any nutrition or hydration gadgets is secure (not fall during race)</p> <p>Make sure you organize your bags as indicated by race organizers.</p> <p>00h:40m</p>	<p>Race Race: Good Luck and Have fun ! You are now ready to shine !</p> <p>Most important is to have fun and enjoy the experience. Make sure you BUILD effort during all 3 (swim,bike and run). Hydrate well during the bike and make sure you get between 200 (women) and 300 (men) calories per hour during the entire race. Eat normal breakfast and take a gel or eat a banana before the race so you keep your blood sugar levels high.</p> <p>05h:30m</p>