

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
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 and buoys 4 x 50 with paddles and	Running Run: Strength + Speed 70.3 Int. 1 Warm up: 20 min. easy 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) 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!!!	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	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)	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	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.)	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
band. FOCUS on Technique 3 x 100 with paddles and buoys 4 x 50 with paddles , buoy and	Stretching : Focus on hamstring, hip flexors,quads and calves (in that order)	Flat out!) 8 x 50 w/ 20s rest (Every 3rd Flat out!) 4 x 50 w/ 25s rest (Every 2nd	Regeneration: Use Trigger Point or Foam roller/Ball after every workout. See videos at the tab "Trigger Point Videos"	kick. All easy Speed - 8 x 25 as 1 FAST, 1 Easy. No gear and 15s rest	* If you get good weather go outside and ride or limit to 90 min. easy on trainer. * If X Country Skiing or Snow	on engaging core 00h:54m
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 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	Regeneration: Use Trigger Point or Foam roller/Ball after every workout. See videos at the tab "Trigger Point Videos" below 00h:45m	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 to change your stroke rate and to "save" your shoulders as you will be doing a lot of swimming with paddles. 00h:38m Cycling Bike: Strength / Leg Smasher Warm up - 15 min.	below O1h:15m	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 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:38m	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.	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): 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)
to change your stroke rate and to "save" your shoulders as you will be doing a lot of swimming with paddles. 00h:45m		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				Regeneration: Trigger Point or Foam roller (soleus, calves, piriformis, hamstrings, quads and ITB, psoas and chest). See videos at www.tptherapy.com

Cooldown - 10 min.

00h:30m

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)

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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.

Monday

Main Set: 1,700yds/m (all with 10s rest)

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

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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:

 12×50 w/ 15s rest (Every 4th Flat out !) 8×50 w/ 20s rest (Every 3rd Flat out !) 4×50 w/ 25s rest (Every 2nd Flat out !) 2×50 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

Run: Endurance + Strength

Running

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

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

Warm up: 400 as 75 free, 25 kick. All easy

body muscles.

Speed - 8 x 25 as 1 FAST, 1 Easy. No gear and 15s rest

Strength/Endurance: 3×100 , 3×50 , 2×100 , 2×50 , 1×100 , 1×50 (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

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.

Saturday

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

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

Cvcling

- resistance or easiest gear. 2 min. easy spin Main Set: 1,3,5,5,3,1min. at 50-
- * All with 1 min. easy pin * All on aeroposition or drops is road bike 10 min. easy spin cooldown

60rpm, moderate /hard effort.

* 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): 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.

00h:45m

to change your stroke rate and to "save" your shoulders as you will be doing a lot of swimming with paddles.

00h:38m

Cvcling

Bike: Strength / Leg Smasher 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

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:38m

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:30m

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)

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

00h:30m

Week 3 (10:06)

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.

Monday

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

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

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

Wednesday

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.

Warm up: 400 Choice + 4 x 50 as 25 Fast/25 Easy w/ 15s rest (no gear)

Main Set:

Thursday

Running

terrain.

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

* 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

Friday

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.

Cycling

Bike: Long Endurance Endurance Bike: Long endurance Day

Saturday

ois workout can be done on

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

Sunday

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
- Main Set : 1,3,5,5,3,1,1,3,5,5,3, 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

Cooldown - 200m (or vds) 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 vou 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" vour shoulders as

you will be doing a lot of

swimming with paddles.

00h:51m

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

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" vour shoulders as vou will be doing a lot of swimming with paddles.

00h:45m

Cycling

Bike: Strength / Leg Smasher 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

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

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

* 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 vou control intensity, not letting be too arduous.

02h:30m

* 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 vou 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.tptherapy.com

00h:45m

Cycling

Week 4 (11:00)

Swimming Swim: Endurance 70.3 Int. 3

Warm up - 4 x 100m (or yds) with 15s rest (no paddles or

Monday

Running

Run: Strength + Speed 70.3 Int. 3 Warm up: 20 min. easy

Tuesday

Swimming

Swim: Strength + LT 70.3 Int. 2 This workout is a combination Speed/Strength and Lactate

Wednesday

Thursday

Running

Run: Endurance + Strength 70.3 You can do this run on

Friday

Swimming Swim: Speed + Recovery 70.3 Int. 2 Swim: This recovery session

Cycling

Bike: Long Endurance Endurance Bike: Long endurance Day

Saturday

Sunday

Bike: Strength - 1,3,5 min. - 2 Warm up: 10 min. easy spin keeping cadence at 75-85rpm 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 buov 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 vou 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 $+ 4 \times 50$ 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" vour 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

- * Make sure to keep intensity low as this is your endurance workout of the week.

- min. easy on trainer.
- 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
- 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

moderate effort.

- * Keep Cadence between 75-85rpm
- * Alternate terrain (hills. rollers, flat, etc.)
- * If you get good weather go outside and ride or limit to 90
- * If X Country Skiing or Snow
- min. easy on trainer.
- * If X Country Skiing or Snow

- * 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 .

8 x 30s at highest cadence with

- * 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

30s easy.

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 vou 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.tptherapy.com

00h:45m

Week 5 (11:04)

Monday

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.

Main Set: 2,200yds/m (all with 10s rest)

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

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.

00h:55m

Tuesday

Running

Run: Strength + Speed 70.3 Int. 4

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)

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

00h:56m

Wednesday

Swimming

Swim: Strength + Lt 70.3 Int. 3 Warm Up - 3 x (100 Free + 100 Back + 100 Breaststroke)

Main Set:

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 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 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: 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

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:30m

Friday

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.

Warm up: 400 as 75 free, 25 kick. All easy

Speed - 14 x 25 as 1 FAST, 1 Easy. No gear and 15s rest

Strength/Endurance: 4×25 , 4×50 , 4×75 , 4×50 , 4×25 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:45m

Saturday

Cvcling

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

03h:00m

Sunday

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.
- * 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.tptherapy.com

quality is need it here so focus on the effort and cadence asked.		00h:45m
* When riding, make sure you keep upper body relaxed and core engaged. 01h:10m		

Week 6 (11:30)							
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
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. Main Set: 2,200yds/m (all with 10s rest) 4 x 100 with paddles and buoy 4 x 150 with paddles , buoy 4 x 150 with paddles , buoy 4 x 100 with paddles and buoy 4 x 150 with paddles and buoy 6 x 100 with paddles and buoy 7 x 100 with paddles and buoy 8 x 150 with paddles and buoy 9 x 150 with paddles and buoy 1 x 100 with paddles an	Running Run: Strength + Speed 70.3 Int. 4 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) Regeneration: Use Trigger Point or Foam roller/Ball after every workout. See videos at the tab "Trigger Point Videos" below 00h:56m	Swimming Swim: Strength + Lt 70.3 Int. 3 Warm Up - 3 x (100 Free + 100 Back + 100 Breaststroke) Main Set: 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	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:30m	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. Warm up: 400 as 75 free, 25 kick. All easy Speed - 14 x 25 as 1 FAST, 1 Easy. No gear and 15s rest 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. Cooldown: 200 choice Note: Make sure you use the TYR Catalyst (or similar) size XS	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.	Cycling Bike: Strength + LT 1 This session can be done on the trainer or road: 20' easy warm up. Cadence 80-90rpm Main Set: 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 10 min. easy spin recovery * ALL on Aero Bike - LT/Strength Short intervals will help to build power while working on your LT. Make sure you do 100% effort on these When riding, make sure you keep upper body relaxed, core engaged. Core: Lower back, obliques and lower ab. 3 sets of 20	
TYR Catalyst (or similar) size XS or even XXS (no bigger than your hand) or Strokermaker		Bike: TT Int (1') 70.3 Warm up - 10 to 15 min. easy spin with cadence 70-90rpm		or even XXS (no bigger than your hand) or Strokermaker size 0 or 0.5. It's important NOT	Comments - This is your endurance workout of the	repetitions of each 01h:18m	

size 0 or 0.5. It's important NOT to change your stroke rate and week. Preferably on the bike 18 x 1 min . HARD w/ 1 min. Running to change your stroke rate and to "save" your shoulders as (road or MTB) but it can be Run: Off the Bike 70.3 to "save" your shoulders as Easy you will be doing a lot of done while skiing (X Country you will be doing a lot of swimming with paddles. or Snow Shoeing). Make sure Run: This running session will swimming with paddles. 10 min. cooldown help you to build Lactate you control intensity, not 00h:45m letting be too arduous. Tolerance as you get fit. The * All on aeroposition fitter you get, the longer and 00h:55m 03h:30m faster vou will run. 01h:00m This session can be done on the road or treadmill (preferred): 3 x 12 min. build effort EACH interval at every 2 min. (First 2' easy-Last 2' HARD) with 5 min. easy iog 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.tptherapy.com 00h:51m

Monday Tuesday Wednesday Thursday Friday Saturday Sunday Running Cycling Cycling Swimming Swimming Running Swimming Swim: Strength + LT 70.3 Int. 4 Swim: Endurance 70.3 Int. 5 Run: Strength 70.3 Int. 1 Run: Endurance + Strength Swim: Speed + Recovery 70.3 Bike: Long Endurance Bike: Strength + LT 1 Warm up -4×100 m (or yds) Warm Up - 3 x (150 Swim, 50 This session can be done on Warm up: 20 min. easy Int. 4 Endurance with 15s rest (no paddles or Form) 200 Kick You can do this run on Swim: This recovery session Bike: Long endurance Day the trainer or road: buoys). Very easy and relaxed, Strength - 5 x 3' Hill Repeats on treadmill or outside on hilly will also help you to improve don't worry about form here. road at 80% Effort with jogging your technique through the 20' easy warm up. Cadence 80-Main Set 9 x 100: terrain. This workout can be done on down recovery. (or at 5% grade fast intervals (speed forces Road Bike or MTB or X Country 90rpm Main Set: 2,500yds/m (all with and 3' easy recovery on flat, if 5 x 100 (30s rest) Flat Out! Do * Easy to moderate effort but your body to be efficient to Skiing and or snow shoeing. Treadmill) finish faster than you start cover distance guicker). The Main Set: 10s rest) above race pace. 3 x 100 (40s) Flat Out! Do above * Run tall, Keep knee high by Strength/Endurance was 90 to 150 min. easy to focusing on heel-butt 5 x 100, 5 x 200 + 2 x 500 with 10 min. cooldown easy but designed with short intervals 4,3,2,1 min. at 40rpm HARD race pace. moderate effort. STILL focus on form, don't get movement, "Tap" the ground of 50 and 100's not to tax your paddles and buoy 1 x 100 (50s) Flat Out! Do above Effort w/ 2 min. easy rest to all while keeping stride rate at 96 sluggish!!! race pace. cardiovascular system while * Make sure to keep intensity intervals Cooldown - 200m (or yds) per leg per minute. increase muscle endurance. low as this is your endurance 1,2,3,4,5 min. at 70rpm HARD choice no gear Stretching: Focus on Cooldown: 200 Easy choice Pull buoy and paddles helps to workout of the week. Effort w/ 1,2,3,4,5 min. easy hamstring, hip flexors, quads Stretching: Focus on keep HR low while work upper * Keep Cadence between 75and calves (in that order) 00h:45m hamstring, hip flexors, quads body muscles. 10 min. easy spin recovery Swim: This session will increase 85rpm your endurance and strength and calves (in that order) * Alternate terrain (hills, Cycling Warm up: 400 as 75 free, 25 * ALL on Aero while working on your swim Regeneration: Use Trigger rollers, flat, etc.) technique (the use of the ankle Point or Foam roller/Ball after Bike: TT Int (1') 70.3 Regeneration: Use Trigger kick. All easy * If you get good weather go Warm up - 10 to 15 min. easy band will force you to have every workout. See videos at Point or Foam roller/Ball after outside and ride or limit to 90 Bike - LT/Strength proper catch and to keep head the tab "Trigger Point Videos" spin with cadence 70-90rpm every workout. See videos at Speed - 18 x 25 as 1 FAST, 1 min. easy on trainer.

Week 7 (12:14)

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. O1h:00m	01h:00m	20 x 1 min . HARD w/ 1 min. Easy 10 min. cooldown * All on aeroposition 01h:05m	below 01h:45m	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. 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. O1h:00m	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:30m	build power while working on your LT. Make sure you do !00% effort on these When riding, make sure you keep upper body relaxed, core engaged. Core: Lower back, obliques and lower ab. 3 sets of 20 repetitions of each 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 12 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
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Week 8 (12:49)							
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Swimming	Running	Swimming	Running	Swimming	Cycling	Cycling	
Swim: Endurance 70.3 Int. 6	Run: Strength 70.3 Int. 1	Swim: Strength + LT 70.3 Int. 4	Run: Endurance + Strength	Swim: Speed + Recovery 70.3	Bike: Long Endurance	Bike: Strength + LT 1	
Warm up - 4 x 100m (or yds)	Warm up : 20 min. easy	Warm Up - 3 x (150 Swim, 50	70.3	Int. 4	Endurance	This session can be done on	
with 15s rest (no paddles or		Form) 200 Kick	You can do this run on	Swim: This recovery session	Bike : Long endurance Day	the trainer or road :	
buoys). Very easy and relaxed,	Strength - 5 x 3' Hill Repeats on		treadmill or outside on hilly	will also help you to improve			
don't worry about form here.	road at 80% Effort with jogging	Main Set 9 x 100:	terrain.	your technique through the	This workout can be done on	20' easy warm up. Cadence 80-	
	down recovery. (or at 5% grade			fast intervals (speed forces	Road Bike or MTB or X Country	90rpm	
Main Set: 2,500yds/m (all with	and 3' easy recovery on flat, if	5 x 100 (30s rest) Flat Out! Do	* Easy to moderate effort but	your body to be efficient to	Skiing and or snow shoeing.		

10s rest)

100.200.300.400 + 5 x 300 with paddles and buoy

Cooldown - 200m (or vds) 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 vour hand) or Strokermaker size 0 or 0.5. It's important NOT to change your stroke rate and to "save" your shoulders as vou will be doing a lot of swimming with paddles.

01h:05m

Treadmill)

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

01h:00m

3 x 100 (40s) Flat Out! Do above race pace. 1 x 100 (50s) Flat Out! Do above race pace.

above race pace.

Cooldown: 200 Easy choice

00h:45m

Cvcling

Bike: TT Int (1') 70.3 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:05m

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:45m

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 - 18 x 25 as 1 FAST. 1 Easy. No gear and 15s rest

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.

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.

01h:00m

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.

04h:00m

intervals 1.2.3.4.5 min. at 70rpm HARD Effort w/ 1.2.3.4.5 min. easy

Main Set:

10 min. easy spin recovery

4,3,2,1 min. at 40rpm HARD

Effort w/ 2 min. easy rest to all

* ALL on Aero

Bike - LT/Strength

Short intervals will help to build power while working on vour LT. Make sure vou do !00% effort on these

When riding, make sure you keep upper body relaxed. core engaged.

Core: Lower back, obliques and lower ab. 3 sets of 20 repetitions of each

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 12 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.tptherapy.com

00h:51m

Week 9 (12:49)

Monday Tuesday Wednesday Thursday Friday Saturday	Sunday
Swimming Swimming Swimming Warm Lip - J x 100 (my ryl) with 15 rest for pedidisc or tuory), Very easy and relaxed, with 15 rest for pedidisc or tuory), Very easy and relaxed, with 15 rest for pedidisc or tuory), Very easy and relaxed, with 15 rest for pedidisc or tuory), Very easy and relaxed, with 15 rest for pedidic or tuory), Very easy and relaxed, with 15 rest for pedidisc or tuory), Very easy and relaxed, with 15 rest for pedidisc or tuory), Very easy and relaxed, with 15 rest for pedidisc or tuory), Very easy and relaxed, with 15 rest for pedidisc or tuory), Very easy and relaxed, with 15 rest for pedidisc or tuory), Very easy and relaxed, with 15 rest for pedidisc or tuory), Very easy and relaxed, with 15 rest for pedidisc or tuory), Very easy and relaxed and 3 easy receivery on flut, if 17 rest for tuory), Very easy and relaxed and 3 easy receivery on flut, if 17 rest family 18 rest for tuory). Very easy and relaxed and 3 easy receivery on flut, if 17 rest family 18 rest fa	Cycling Bike: Strength + LT 1 This session can be done on the trainer or road: 20' easy warm up. Cadence 80 90rpm Main Set: 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 10 min. easy spin recovery * ALL on Aero Bike - LT/Strength Short intervals will help to build power while working on your LT. Make sure you do !00% effort on these When riding, make sure you keep upper body relaxed, core engaged. Core: Lower back, obliques and lower ab. 3 sets of 20 repetitions of each 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 12 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.tptherapy.com
			00h:51m

Week 10 (8:55)								
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
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. 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 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:50m	Running Run: Taper 70.3 Very Easy 20 min. jog as warm up 4 accelerations of 70m long w/ 20s walking recovery 8 min. easy cooldown 00h:30m	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 00h:55m	Running Run: Taper 70.3 Very Easy 20 min. jog as warm up 4 accelerations of 70m long w/ 20s walking recovery 8 min. easy cooldown 00h:30m	Race Taper - Day Off Taper - Day Off Day Off! 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. 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!	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 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) Make sure you organize your bags as indicated by race organizers. 00h:40m	Race Race: Good Luck and Have fun! You are now ready to shine! 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. 05h:30m		