



**USA**  
**TRIATHLON**<sup>®</sup>

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

TRAINING PLAN PROVIDED BY





## 10 Week 70.3 Plan - Beginner (10 weeks)

This program is designed for the athlete getting ready for his first 70.3 distance triathlon. Here you will find all details need to finish health and well at your first race. Total trading hours : 8 to 12 hours per week (including stretching, specific warm up and core).

## Week 1 (9:15)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>Cycling</b> Bike: Strength - 1,3,5,5,3,1 min. Warm up (20 min.): 10 min. easy spin keeping cadence at 75-85rpm 8 x 30s at highest cadence with 30s easy (Use NO resistance or easiest gear) 2 min. easy spin</p> <p>Main Set (24 min.) : 1,3,5,5,3,1 min. intervals at moderate /hard effort . * All with 1 min. easy pin * All on aero position or drops (if using road bike) * Cadence: 50-60rpm,</p> <p>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><b>Running</b> 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 :</p> <p>2 x 10 min. intervals where you build effort at every 2 min. (First 2' easy-Last 2' HARD) with 5 min. easy jog between intervals</p> <p>Cool down : 3 min. easy jog, 2 min. walk .</p> <p>Stretching : Focus on hamstring, hip flexors, quads and calves (in that order)</p> <p>Regeneration : See Myofascial release on "Videos"</p> <p>00h:30m</p>	<p><b>Warm up</b> Swim: Stretch Cords warm up BEFORE you swim This is not only a great warm up for the swim session but it will work on your technique by developing proper muscle memory.</p> <p>Make sure you focus on the catch motion, keeping elbow high and fingers pointed to the ground.</p> <p>00h:05m</p> <p>Videos: <a href="#">How to Maintain your swim fitness if you don't have a pool</a></p> <p><b>Swimming</b> Swim: Endurance Builder 70.3 Int. Warm up: (400m/yds) - 4 x 100 with 15s rest (no paddles or buoys). Very easy and relaxed, don't worry about form here.</p> <p>Main Set: 1,700yds/m (Use 10s rest for all intervals)</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) of stroke choice (no swim 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</p>	<p><b>Mobility and Flexibility</b> Before Run Myofascial Release to Prevent injuries Check this video to learn a quick and effective way to keep your lower leg healthy and warm up for a run or bike workout.</p> <p>00h:15m</p> <p>Videos: <a href="#">Myofascial Release - Lower leg w/ ball</a></p> <p><b>Running</b> Run: Strength + Speed 70.3 Int. 1 Warm up : 20 min. easy jog but focus on staying tall, short and light stride.</p> <p>Strength - 6 x 1 min. Hill Repeats (Run uphill) on road at 80% Effort with jogging down the hill recovery. (or use 5% grade and 1 min. easy recovery on flat, if Treadmill)</p> <p>Speed: 6 x 30s accelerations (run from 0-90% of max speed) with 30s very easy jog</p> <p>10 min. cool down (easy jog) 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><b>Warm up</b> Swim: Stretch Cords warm up BEFORE you swim This is not only a great warm up for the swim session but it will work on your technique by developing proper muscle memory.</p> <p>Make sure you focus on the catch motion, keeping elbow high and fingers pointed to the ground.</p> <p>00h:05m</p> <p>Videos: <a href="#">How to Maintain your swim fitness if you don't have a pool</a></p> <p><b>Swimming</b> 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 (600m/yds): 400 swim with stroke Choice + 4 x 50 as 25 Fast/25 Easy with 15s rest (no swim gear)</p> <p>Main Set (1,300m/yds): 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 : 200m/yds easy of a stroke choice</p> <p>Note : Make sure you use the X Terra Kraken paddles size S or M if you are a swimmer (Paddle can't be bigger than your hand). It's important NOT</p>	<p><b>Mobility and Flexibility</b> Before Run Myofascial Release to Prevent injuries Check this video to learn a quick and effective way to keep your lower leg healthy and warm up for a run or bike workout.</p> <p>00h:15m</p> <p>Videos: <a href="#">Myofascial Release - Lower leg w/ ball</a></p> <p><b>Running</b> Run: Endurance + Strength 70.3 You can do this run on treadmill, road or trails . Use a hilly terrain.</p> <p>* Easy to moderate effort but finish faster than you start (So start VERY EASY) * Run tall with light landing, "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:00m</p>	<p><b>Warm up</b> Swim: Stretch Cords warm up BEFORE you swim This is not only a great warm up for the swim session but it will work on your technique by developing proper muscle memory.</p> <p>Make sure you focus on the catch motion, keeping elbow high and fingers pointed to the ground.</p> <p>00h:05m</p> <p>Videos: <a href="#">How to Maintain your swim fitness if you don't have a pool</a></p> <p><b>Swimming</b> 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 increasing muscle endurance. Pull buoy and paddles helps to keep HR low while work upper body muscles.</p> <p>Warm up : 400 m (yds) as 75 free, 25 kick. All easy</p> <p>Speed (200m/yds) - 8 x 25 as 1 FAST, 1 Easy with 15s rest</p> <p>Strength/Endurance (900m/yds): 3 x 100, 3 x 50, 2 x 100, 2 x 50, 1 x 100, 1 x 50 (All easy with paddles and buoy use10-15s rest)</p> <p>Cooldown : 200m/yds of stroke choice</p> <p>Note : Make sure you use the X Terra Kraken paddles size S or M if you are a swimmer.</p>	<p><b>Cycling</b> Bike: Endurance Builder ("The" long ride) Endurance Bike : Long endurance Day</p> <p>This workout can be done on the trainer, Road Bike, MTB or even X Country Skiing/snow shoeing if you are in cold weather.</p> <p>Effort - Easy to moderate</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 ride on the trainer. * If X Country Skiing or Snow shoeing, make sure you go easy and build as you will be using different muscles.</p> <p>02h:15m</p>

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 X Terra Kraken Paddles size Small or Medium if you are experienced swimmer (Paddles should not be bigger than your hand). 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 ~ 2300 m

#### Core

5 min. CORE Anyone can do! After the mobility, core is the second most important part of being a healthy athletes. This quick and simple session done DAILY can help you improve on your swim, bike and run !

00h:05m

Videos: [The "Secret" Core Workout!](#)

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

00h:38m ~ 2100 m

#### Cycling

Bike: Strength / Leg Smasher!! Warm up - 15 min. of easy spin building cadence from 75 to 95rpm

Main Set (30 min.) : 2 sets of 1,1,1,2,2,2 min. intervals with 1 min. easy spin recovery.

- \* Alternate standing, seated and Aero positions
- \* Keep Cadence at 40-50rpm during intervals
- \* Effort is Moderate/Hard

Cooldown - 10 min. easy spin keeping cadence 75-85rpm

Bike - Strength/LT

This workout combine two important components to improve your bike: Strength and Lactate Tolerance. High quality is needed here so focus on the effort and cadence asked.

\* Tip: When riding, make sure you keep upper body relaxed and core engaged.

00h:55m

(Paddles can't be bigger than your hand). 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 ~ 1700 m

#### Core

5 min. CORE Anyone can do! After the mobility, core is the second most important part of being a healthy athletes. This quick and simple session done DAILY can help you improve on your swim, bike and run !

00h:05m

Videos: [The "Secret" Core Workout!](#)

## Week 2 (9:52)

### Monday

#### Cycling

Bike: Strength - 1,3,5,5,3,1 min.  
Warm up (20 min.):  
10 min. easy spin keeping cadence at 75-85rpm  
8 x 30s at highest cadence with 30s easy (Use NO resistance or easiest gear)  
2 min. easy spin

### Tuesday

#### Warm up

Swim: Stretch Cords warm up BEFORE you swim  
This is not only a great warm up for the swim session but it will work on your technique by developing proper muscle memory.

Make sure you focus on the

### Wednesday

#### Mobility and Flexibility

Before Run Myofascial Release to Prevent injuries  
Check this video to learn a quick and effective way to keep your lower leg healthy and warm up for a run or bike workout.

00h:15m

### Thursday

#### Warm up

Swim: Stretch Cords warm up BEFORE you swim  
This is not only a great warm up for the swim session but it will work on your technique by developing proper muscle memory.

Make sure you focus on the

### Friday

#### Mobility and Flexibility

Before Run Myofascial Release to Prevent injuries  
Check this video to learn a quick and effective way to keep your lower leg healthy and warm up for a run or bike workout.

00h:15m

### Saturday

#### Warm up

Swim: Stretch Cords warm up BEFORE you swim  
This is not only a great warm up for the swim session but it will work on your technique by developing proper muscle memory.

Make sure you focus on the

### Sunday

#### Cycling

Bike: Endurance Builder ("The" long ride)  
Endurance  
Bike : Long endurance Day

This workout can be done on the trainer, Road Bike, MTB or even X Country Skiing/snow shoeing if you are in cold

Main Set (24 min.) :  
1,3,5,5,3,1 min. intervals at moderate /hard effort .  
\* All with 1 min. easy pin  
\* All on aero position or drops (if using road bike)  
\* Cadence: 50-60rpm,

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 :

2 x 10 min. intervals where you build effort at every 2 min. (First 2' easy-Last 2' HARD) with 5 min. easy jog between intervals

Cool down : 3 min. easy jog, 2 min. walk .

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

Regeneration : See Myofascial release on "Videos"

00h:30m

catch motion, keeping elbow high and fingers pointed to the ground.

00h:05m

Videos: [How to Maintain your swim fitness if you don't have a pool](#)

### Swimming

Swim: Endurance Builder 70.3 Int.

Warm up: (400m/yds) - 4 x 100 with 15s rest (no paddles or buoys). Very easy and relaxed, don't worry about form here.

Main Set: 1,700yds/m (Use 10s rest for all intervals)

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) of stroke choice (no swim 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 X Terra Kraken Paddles size Small or Medium if you are experienced swimmer (Paddles should not be bigger than your hand). 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.

Videos: [Myofascial Release - Lower leg w/ ball](#)

### 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

catch motion, keeping elbow high and fingers pointed to the ground.

00h:05m

Videos: [How to Maintain your swim fitness if you don't have a pool](#)

### 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 (600m/yds): 400 swim with stroke Choice + 4 x 50 as 25 Fast/25 Easy with 15s rest (no swim gear)

Main Set (1,300m/yds):

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 : 200m/yds easy of a stroke choice

Note : Make sure you use the X Terra Kraken paddles size S or M if you are a swimmer (Paddle can't be bigger than your hand). 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 ~ 2100 m

### Cycling

Bike: Strength / Leg Smasher!!

Warm up - 15 min. of easy spin building cadence from 75 to 95rpm

Main Set (30 min.) : 2 sets of 1,1,1,2,2,2 min. intervals with 1 min. easy spin recovery.

Videos: [Myofascial Release - Lower leg w/ ball](#)

### Running

Run: Endurance + Strength 70.3

You can do this run on treadmill, road or trails . Use a hilly terrain.

\* Easy to moderate effort but finish faster than you start (So start VERY EASY)  
\* Run tall with light landing, "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

catch motion, keeping elbow high and fingers pointed to the ground.

00h:05m

Videos: [How to Maintain your swim fitness if you don't have a pool](#)

### 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 increasing muscle endurance. Pull buoy and paddles helps to keep HR low while work upper body muscles.

Warm up : 400 m (yds) as 75 free, 25 kick. All easy

Speed (200m/yds) - 8 x 25 as 1 FAST, 1 Easy with 15s rest

Strength/Endurance (900m/yds): 3 x 100, 3 x 50, 2 x 100, 2 x 50, 1 x 100, 1 x 50 (All easy with paddles and buoy use10-15s rest)

Cooldown : 200m/yds of stroke choice

Note : Make sure you use the X Terra Kraken paddles size S or M if you are a swimmer. (Paddles can't be bigger than your hand). 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 ~ 1700 m

### Core

5 min. CORE Anyone can do! After the mobility, core is the second most important part of being a healthy athletes. This quick and simple session done DAILY can help you improve

weather.

Effort - Easy to moderate

\* 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 ride on the trainer.  
\* If X Country Skiing or Snow shoeing, make sure you go easy and build as you will be using different muscles.

02h:30m

	<p>00h:45m ~ 2300 m</p> <p><b>Core</b> 5 min. CORE Anyone can do! After the mobility, core is the second most important part of being a healthy athletes. This quick and simple session done DAILY can help you improve on your swim, bike and run !</p> <p>00h:05m Videos: <a href="#">The "Secret" Core Workout!</a></p>		<p>* Alternate standing, seated and Aero positions * Keep Cadence at 40-50rpm during intervals * Effort is Moderate/Hard</p> <p>Cooldown - 10 min. easy spin keeping cadence 75-85rpm</p> <p>Bike - Strength/LT</p> <p>This workout combine two important components to improve your bike: Strength and Lactate Tolerance. High quality is needed here so focus on the effort and cadence asked.</p> <p>* Tip: When riding, make sure you keep upper body relaxed and core engaged.</p> <p>00h:55m</p>		<p>on your swim, bike and run !</p> <p>00h:05m Videos: <a href="#">The "Secret" Core Workout!</a></p>	
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**Week 3 (10:46)**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<p><b>Cycling</b> Bike: Strength - 1,3,5,5,3,1 min. - 2 Sets Warm up (20 min.): 10 min. easy spin keeping cadence at 75-85rpm *8 x 30s at highest cadence with 30s easy. 2 min. easy spin</p> <p>* Make sure you use NO resistance / easiest gear.</p>	<p><b>Warm up</b> Swim: Stretch Cords warm up BEFORE you swim This is not only a great warm up for the swim session but it will work on your technique by developing proper muscle memory.</p> <p>Make sure you focus on the catch motion, keeping elbow high and fingers pointed to the ground.</p>	<p><b>Mobility and Flexibility</b> Before Run Myofascial Release to Prevent injuries Check this video to learn a quick and effective way to keep your lower leg healthy and warm up for a run or bike workout.</p> <p>00h:15m Videos: <a href="#">Myofascial Release - Lower leg w/ ball</a></p>	<p><b>Warm up</b> Swim: Stretch Cords warm up BEFORE you swim This is not only a great warm up for the swim session but it will work on your technique by developing proper muscle memory.</p> <p>Make sure you focus on the catch motion, keeping elbow high and fingers pointed to the ground.</p>	<p><b>Mobility and Flexibility</b> Before Run Myofascial Release to Prevent injuries Check this video to learn a quick and effective way to keep your lower leg healthy and warm up for a run or bike workout.</p> <p>00h:15m Videos: <a href="#">Myofascial Release - Lower leg w/ ball</a></p>	<p><b>Warm up</b> Swim: Stretch Cords warm up BEFORE you swim This is not only a great warm up for the swim session but it will work on your technique by developing proper muscle memory.</p> <p>Make sure you focus on the catch motion, keeping elbow high and fingers pointed to the ground.</p>	<p><b>Cycling</b> Bike: Endurance Builder ("The" long ride) Endurance Bike : Long endurance Day</p> <p>This workout can be done on the trainer, Road Bike, MTB or even X Country Skiing/snow shoeing if you are in cold weather.</p> <p>Effort - Easy to moderate</p>

Main Set (48 min.) : 2 Sets of 1,3,5,5,3,1 min. w/ 50-60rpm cadence, moderate /hard effort .

- \* All with 1 min. easy spin recovery
- \* All on aero position or drops if on 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 Int. 2  
Run : This running session, besides getting your body used to running off the bike, 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) :

Main Set (40 min) :  
3 Sets of 10 min. build effort WITHIN interval at every 2 min. (First 2' easy-Last 2' HARD) with 5 min. easy jog between sets

3 min. easy jog, 2 min. walk .

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

Regeneration : Self massage with Foam roller (soleus, calves, piriformis, hamstrings, quads and ITB, psoas and chest). You can find videos on the app/site of my youtube channel.

00h:45m

00h:05m

Videos: [How to Maintain your swim fitness if you don't have a pool](#)

### Swimming

Swim: Endurance Builder 70.3 Int. 2  
Warm up (400m/yds) - 4 x 100 with 15s rest (no paddles or buoys). Very easy and relaxed, don't worry about form here.

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

10 x 50 Easy (No gear)  
5 x 100 with paddles and buoy  
10 x 50 Easy (No gear)  
5 x 100 with paddles and buoy

Cooldown (200m/yds) - 200 your stroke choice

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 X Terra Kraken Paddles size Small or Medium if you are experienced swimmer (Paddles should not be bigger than your hand). 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:51m ~ 2600 m

### Core

5 min. CORE Anyone can do! After the mobility, core is the second most important part of being a healthy athletes. This quick and simple session done DAILY can help you improve on your swim, bike and run !

00h:05m

### 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

00h:05m

Videos: [How to Maintain your swim fitness if you don't have a pool](#)

### Swimming

Swim: Strength + LT 70.3 Int. 2  
This workout is a combination Speed/Strength and Lactate tolerance that will 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 (600m/yds) - 400 Choice + 4 x 50 as 25 Fast/25 Easy w/ 15s rest (no gear)

Main Set (1,200m/yds) - 3 Sets of:

4 x 50 FAST with paddles AND fins (20s rest)  
2 x 100 Easy w/ paddles and buoy (15s rest)

Cooldown (200m/yds) : 200 stroke of your Choice

Note : Make sure you use the X Terra Kraken paddles size S or M if you are a swimmer (Paddle can't be bigger than your hand). 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 ~ 2000 m

### Cycling

Bike: Strength / Leg Smasher!!  
Warm up - 15 min. of easy spin building cadence from 75 to 95rpm

Main Set (30 min.) : 2 sets of 1,1,1,2,2,2 min. intervals with 1 min. easy spin recovery.

- \* Alternate standing, seated and Aero positions
- \* Keep Cadence at 40-50rpm during intervals
- \* Effort is Moderate/Hard

### Running

Run: Endurance + Strength 70.3

You can do this run on treadmill, road or trails . Use a hilly terrain.

- \* Easy to moderate effort but finish faster than you start (So start VERY EASY)
- \* Run tall with light landing, "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

00h:05m

Videos: [How to Maintain your swim fitness if you don't have a pool](#)

### 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.

Warm up (400m/yds) - 4 x (75 free, 25 kick) All easy

Speed (300m/yds) - 12 x 25 as 1 FAST, 1 Easy w/ 15s rest . Do not use any gear

Strength/Endurance (900m/yds) : 2 Sets of 450 broken as 50,100,150,100,50 All easy with paddles and buoy and 10-15s rest.

Cooldown (200m/yds) - 200 choice

Note : Make sure you use the X Terra Kraken paddles size S or M if you are a swimmer. (Paddles can't be bigger than your hand). 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 ~ 1800 m

### Core

5 min. CORE Anyone can do! After the mobility, core is the second most important part of being a healthy athletes. This quick and simple session done DAILY can help you improve on your swim, bike and run !

- \* 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 ride on the trainer.
- \* If X Country Skiing or Snow shoeing, make sure you go easy and build as you will be using different muscles.

02h:30m



Videos: [The "Secret" Core Workout!](#)

Cooldown - 10 min. easy spin keeping cadence 75-85rpm

Bike - Strength/LT

This workout combine two important components to improve your bike: Strength and Lactate Tolerance. High quality is needed here so focus on the effort and cadence asked.

\* Tip: When riding, make sure you keep upper body relaxed and core engaged.

00h:55m

00h:05m

Videos: [The "Secret" Core Workout!](#)

## Week 4 (11:40)

### Monday

#### Cycling

Bike: Strength - 1,3,5,5,3,1 min. - 2 Sets  
Warm up (20 min.):  
10 min. easy spin keeping cadence at 75-85rpm  
\*8 x 30s at highest cadence with 30s easy.  
2 min. easy spin

\* Make sure you use NO resistance / easiest gear.

Main Set (48 min.) : 2 Sets of 1,3,5,5,3,1 min. w/ 50-60rpm cadence, moderate /hard effort .

\* All with 1 min. easy spin recovery  
\* All on aero position or drops if on road bike

10 min. easy spin cooldown

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

01h:18m

### Tuesday

#### Warm up

Swim: Stretch Cords warm up BEFORE you swim  
This is not only a great warm up for the swim session but it will work on your technique by developing proper muscle memory.

Make sure you focus on the catch motion, keeping elbow high and fingers pointed to the ground.

00h:05m

Videos: [How to Maintain your swim fitness if you don't have a pool](#)

#### Swimming

Swim: Endurance Builder 70.3 Int. 3  
Warm up (400m/yds) - 4 x 100 with 15s rest. Very easy and relaxed, don't worry about form here.

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

8 x 50 Easy (No gear)

### Wednesday

#### Mobility and Flexibility

Before Run Myofascial Release to Prevent injuries  
Check this video to learn a quick and effective way to keep your lower leg healthy and warm up for a run or bike workout.

00h:15m

Videos: [Myofascial Release - Lower leg w/ ball](#)

#### Running

Run: Strength + Speed 70.3 Beg/Int. 3  
Warm up (20 min.) : 20' Easy jog

Strength (16 min.):

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 done on Treadmill)

Speed (6 min.) : 6 x 30s accelerations (Going from 0-90% of max speed) with 30s very easy jog

### Thursday

#### Warm up

Swim: Stretch Cords warm up BEFORE you swim  
This is not only a great warm up for the swim session but it will work on your technique by developing proper muscle memory.

Make sure you focus on the catch motion, keeping elbow high and fingers pointed to the ground.

00h:05m

Videos: [How to Maintain your swim fitness if you don't have a pool](#)

#### Swimming

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

### Friday

#### Mobility and Flexibility

Before Run Myofascial Release to Prevent injuries  
Check this video to learn a quick and effective way to keep your lower leg healthy and warm up for a run or bike workout.

00h:15m

Videos: [Myofascial Release - Lower leg w/ ball](#)

#### Running

Run: Endurance Builder + Strength 70.3  
You can do this run on treadmill, road or trails . Use a hilly terrain.

\* Easy to moderate effort but finish faster than you start (So start VERY EASY)  
\* Run tall with light landing, "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)

### Saturday

#### Warm up

Swim: Stretch Cords warm up BEFORE you swim  
This is not only a great warm up for the swim session but it will work on your technique by developing proper muscle memory.

Make sure you focus on the catch motion, keeping elbow high and fingers pointed to the ground.

00h:05m

Videos: [How to Maintain your swim fitness if you don't have a pool](#)

#### 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

### Sunday

#### Cycling

Bike: Endurance Builder ("The" long ride)  
Endurance  
Bike : Long endurance Day

This workout can be done on the trainer, Road Bike, MTB or even X Country Skiing/snow shoeing if you are in cold weather.

Effort - Easy to moderate

\* 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 ride on the trainer.  
\* If X Country Skiing or Snow shoeing, make sure you go easy and build as you will be using different muscles.

03h:00m



## Running

Run: Off the Bike 70.3 Int. 2

Run : This running session, besides getting your body used to running off the bike, 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) :

Main Set (40 min) :  
3 Sets of 10 min. build effort WITHIN interval at every 2 min. (First 2' easy-Last 2' HARD) with 5 min. easy jog between sets

3 min. easy jog, 2 min. walk .

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

Regeneration : Self massage with Foam roller (soleus, calves, piriformis, hamstrings, quads and ITB, psoas and chest). You can find videos on the app/site of my youtube channel.

00h:45m

6 x 100 with paddles and buoy  
8 x 50 Easy (No gear)  
6 x 100 with paddles and buoy

Cooldown (200m/yds) - 200 choice of stroke

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 X Terra Kraken Paddles size Small or Medium if you are experienced swimmer (Paddles should not be bigger than your hand). 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 ~ 2600 m

## Core

5 min. CORE Anyone can do! After the mobility, core is the second most important part of being a healthy athletes. This quick and simple session done DAILY can help you improve on your swim, bike and run !

00h:05m

Videos: [The "Secret" Core Workout!](#)

10 min. easy cooldown but STILL focus on form, don't get sluggish!!!

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

Regeneration : Self massage using Foam roller/Ball after every workout. See videos at the app, site or my youtube channel.

00h:52m

Warm up (600m/yds) - 400 Choice + 4 x 50 as 25 Fast/25 Easy w/ 15s rest (no gear)

Main Set (1,200m/yds) - 3 Sets of:

4 x 50 FAST with paddles AND fins (20s rest)  
2 x 100 Easy w/ paddles and buoy (15s rest)

Cooldown (200m/yds) : 200 stroke of your Choice

Note : Make sure you use the X Terra Kraken paddles size S or M if you are a swimmer (Paddle can't be bigger than your hand). 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 ~ 2000 m

## Cycling

Bike: Strength / Leg Smasher - 3 Sets

Warm up - 15 min. of easy spin building cadence from 75 to 95rpm

Main Set (45 min.) :

3 sets of 1,1,1,2,2,2 min. intervals with 1 min. easy spin recovery.

\* Alternate standing, seated and Aero position each interval  
\* Keep Cadence at 40-50rpm during intervals  
\* Effort is Moderate/Hard

Cooldown - 10 min. easy spin keeping cadence 75-85rpm

Bike - Strength/LT

This workout combine two important components to improve your bike: Strength and Lactate Tolerance. High quality is needed here so focus on the effort and cadence asked.

\* Tip: When riding, make sure you keep upper body relaxed

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

01h:30m

cardiovascular system while increase muscle endurance. Pull buoy and paddles helps to keep HR low while work upper body muscles.

Warm up (400m/yds) - 4 x (75 free, 25 kick) All easy

Speed (300m/yds) - 12 x 25 as 1 FAST, 1 Easy w/ 15s rest . Do not use any gear

Strength/Endurance (900m/yds) : 2 Sets of 450 broken as 50,100,150,100,50 All easy with paddles and buoy and 10-15s rest.

Cooldown (200m/yds) - 200 choice

Note : Make sure you use the X Terra Kraken paddles size S or M if you are a swimmer. (Paddles can't be bigger than your hand). 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 ~ 1800 m

## Core

5 min. CORE Anyone can do! After the mobility, core is the second most important part of being a healthy athletes. This quick and simple session done DAILY can help you improve on your swim, bike and run !

00h:05m

Videos: [The "Secret" Core Workout!](#)

and core engaged.

01h:10m

### Week 5 (12:29)

#### Monday

##### 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)

#### Tuesday

##### Warm up

Swim: Stretch Cords warm up BEFORE you swim  
 This is not only a great warm up for the swim session but it will work on your technique by developing proper muscle memory.

Make sure you focus on the catch motion, keeping elbow high and fingers pointed to the ground.

00h:05m

Videos: [How to Maintain your swim fitness if you don't have a pool](#)

##### 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

#### Wednesday

##### Mobility and Flexibility

Before Run Myofascial Release to Prevent injuries  
 Check this video to learn a quick and effective way to keep your lower leg healthy and warm up for a run or bike workout.

00h:15m

Videos: [Myofascial Release - Lower leg w/ ball](#)

##### 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

#### Thursday

##### Warm up

Swim: Stretch Cords warm up BEFORE you swim  
 This is not only a great warm up for the swim session but it will work on your technique by developing proper muscle memory.

Make sure you focus on the catch motion, keeping elbow high and fingers pointed to the ground.

00h:05m

Videos: [How to Maintain your swim fitness if you don't have a pool](#)

##### 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

#### Friday

##### Mobility and Flexibility

Before Run Myofascial Release to Prevent injuries  
 Check this video to learn a quick and effective way to keep your lower leg healthy and warm up for a run or bike workout.

00h:15m

Videos: [Myofascial Release - Lower leg w/ ball](#)

##### 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

#### Saturday

##### Warm up

Swim: Stretch Cords warm up BEFORE you swim  
 This is not only a great warm up for the swim session but it will work on your technique by developing proper muscle memory.

Make sure you focus on the catch motion, keeping elbow high and fingers pointed to the ground.

00h:05m

Videos: [How to Maintain your swim fitness if you don't have a pool](#)

##### 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

#### Sunday

##### Cycling

Bike: Long Endurance Endurance  
 Bike : Long endurance Day

This workout can be done on Road Bike or MTB or X Country Skiing and or snow shoeing.

90 to 150 min. easy to moderate effort.

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

\* Keep Cadence between 75-85rpm

\* Alternate terrain (hills, rollers, flat, etc.)

\* If you get good weather go outside and ride or limit to 90 min. easy on trainer.

\* If X Country Skiing or Snow shoeing, make sure you go easy and build as you will be using different muscles.

\* If you get good weather go outside and ride or limit to 90 min. easy on trainer.

\* If X Country Skiing or Snow shoeing, make sure you go easy and build as you will be using different muscles.

Comments - This is your endurance workout of the week. Preferably on the bike (road or MTB) but it can be done while skiing (X Country or Snow Shoeing). Make sure you control intensity, not letting be too arduous.

03h:30m

<p>Regeneration : Trigger Point or Foam roller (soleus, calves, piriformis, hamstrings, quads and ITB, psoas and chest). See videos at <a href="http://www.tptherapy.com">www.tptherapy.com</a></p> <p>00h:45m</p>	<p>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><b>Core</b> 5 min. CORE Anyone can do! After the mobility, core is the second most important part of being a healthy athletes. This quick and simple session done DAILY can help you improve on your swim, bike and run !</p> <p>00h:05m Videos: <a href="#">The "Secret" Core Workout!</a></p>		<p>Cooldown - 200 easy choice</p> <p>00h:45m</p> <p><b>Cycling</b> 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 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>01h:10m</p>		<p>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><b>Core</b> 5 min. CORE Anyone can do! After the mobility, core is the second most important part of being a healthy athletes. This quick and simple session done DAILY can help you improve on your swim, bike and run !</p> <p>00h:05m Videos: <a href="#">The "Secret" Core Workout!</a></p>	
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## Week 6 (12:25)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>Cycling</b> 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</p>	<p><b>Warm up</b> Swim: Stretch Cords warm up BEFORE you swim This is not only a great warm up for the swim session but it will work on your technique by developing proper muscle memory.</p> <p>Make sure you focus on the catch motion, keeping elbow high and fingers pointed to the ground.</p>	<p><b>Mobility and Flexibility</b> Before Run Myofascial Release to Prevent injuries Check this video to learn a quick and effective way to keep your lower leg healthy and warm up for a run or bike workout.</p> <p>00h:15m Videos: <a href="#">Myofascial Release - Lower leg w/ ball</a></p>	<p><b>Warm up</b> Swim: Stretch Cords warm up BEFORE you swim This is not only a great warm up for the swim session but it will work on your technique by developing proper muscle memory.</p> <p>Make sure you focus on the catch motion, keeping elbow high and fingers pointed to the ground.</p>	<p><b>Mobility and Flexibility</b> Before Run Myofascial Release to Prevent injuries Check this video to learn a quick and effective way to keep your lower leg healthy and warm up for a run or bike workout.</p> <p>00h:15m Videos: <a href="#">Myofascial Release - Lower leg w/ ball</a></p>	<p><b>Warm up</b> Swim: Stretch Cords warm up BEFORE you swim This is not only a great warm up for the swim session but it will work on your technique by developing proper muscle memory.</p> <p>Make sure you focus on the catch motion, keeping elbow high and fingers pointed to the ground.</p>	<p><b>Cycling</b> 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</p>

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](http://www.tptherapy.com)

00h:51m

00h:05m

Videos: [How to Maintain your swim fitness if you don't have a pool](#)

### 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

### Core

5 min. CORE Anyone can do! After the mobility, core is the second most important part of being a healthy athletes. This quick and simple session done DAILY can help you improve on your swim, bike and run !

00h:05m

Videos: [The "Secret" Core](#)

### 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

00h:05m

Videos: [How to Maintain your swim fitness if you don't have a pool](#)

### 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

00h:45m

### Cycling

Bike: TT Int (1') 70.3

Warm up - 10 to 15 min. easy spin with cadence 70-90rpm

18 x 1 min . HARD w/ 1 min. Easy

10 min. cooldown

\* All on aeroposition

01h:00m

### 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

00h:05m

Videos: [How to Maintain your swim fitness if you don't have a pool](#)

### 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 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

### Core

5 min. CORE Anyone can do! After the mobility, core is the second most important part of being a healthy athletes. This quick and simple session done DAILY can help you improve on your swim, bike and run !

00h:05m

Videos: [The "Secret" Core Workout!](#)

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:30m

**Week 7 (13:39)****Monday****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 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) :

**Tuesday****Warm up**

Swim: Stretch Cords warm up BEFORE you swim  
This is not only a great warm up for the swim session but it will work on your technique by developing proper muscle memory.

Make sure you focus on the catch motion, keeping elbow high and fingers pointed to the ground.

00h:05m

Videos: [How to Maintain your swim fitness if you don't have a pool](#)

**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.

Main Set: 2,500yds/m (all with 10s rest)

5 x 100, 5 x 200 + 2 x 500 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

**Wednesday****Mobility and Flexibility**

Before Run Myofascial Release to Prevent injuries  
Check this video to learn a quick and effective way to keep your lower leg healthy and warm up for a run or bike workout.

00h:15m

Videos: [Myofascial Release - Lower leg w/ ball](#)

**Running**

Run: Strength 70.3 Int. 1  
Warm up : 20 min. easy

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)

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

**Thursday****Warm up**

Swim: Stretch Cords warm up BEFORE you swim  
This is not only a great warm up for the swim session but it will work on your technique by developing proper muscle memory.

Make sure you focus on the catch motion, keeping elbow high and fingers pointed to the ground.

00h:05m

Videos: [How to Maintain your swim fitness if you don't have a pool](#)

**Swimming**

Swim: Strength + LT 70.3 Int. 4  
Warm Up - 3 x (150 Swim, 50 Form) 200 Kick

Main Set 9 x 100:

5 x 100 (30s rest) Flat Out! Do above race pace.  
3 x 100 (40s) Flat Out! Do above race pace.  
1 x 100 (50s) Flat Out! Do above race pace.

Cooldown : 200 Easy choice

00h:45m

**Cycling**

Bike: 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

**Friday****Mobility and Flexibility**

Before Run Myofascial Release to Prevent injuries  
Check this video to learn a quick and effective way to keep your lower leg healthy and warm up for a run or bike workout.

00h:15m

Videos: [Myofascial Release - Lower leg w/ ball](#)

**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:45m

**Saturday****Warm up**

Swim: Stretch Cords warm up BEFORE you swim  
This is not only a great warm up for the swim session but it will work on your technique by developing proper muscle memory.

Make sure you focus on the catch motion, keeping elbow high and fingers pointed to the ground.

00h:05m

Videos: [How to Maintain your swim fitness if you don't have a pool](#)

**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.

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.

**Sunday****Cycling**

Bike: Long Endurance  
Endurance  
Bike : Long endurance Day

This workout can be done on Road Bike or MTB or X Country Skiing and or snow shoeing.

90 to 150 min. easy to moderate effort.

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

\* Keep Cadence between 75-85rpm

\* Alternate terrain (hills, rollers, flat, etc.)

\* If you get good weather go outside and ride or limit to 90 min. easy on trainer.

\* If X Country Skiing or Snow shoeing, make sure you go easy and build as you will be using different muscles.

\* If you get good weather go outside and ride or limit to 90 min. easy on trainer.

\* If X Country Skiing or Snow shoeing, make sure you go easy and build as you will be using different muscles.

Comments - This is your endurance workout of the week. Preferably on the bike (road or MTB) but it can be done while skiing (X Country or Snow Shoeing). Make sure you control intensity, not letting be too arduous.

04h:00m

<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 <a href="http://www.tptherapy.com">www.tptherapy.com</a></p> <p>00h:51m</p>	<p>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><b>Core</b> 5 min. CORE Anyone can do! After the mobility, core is the second most important part of being a healthy athletes. This quick and simple session done DAILY can help you improve on your swim, bike and run !</p> <p>00h:05m</p> <p>Videos: <a href="#">The "Secret" Core Workout!</a></p>		<p>01h:05m</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><b>Core</b> 5 min. CORE Anyone can do! After the mobility, core is the second most important part of being a healthy athletes. This quick and simple session done DAILY can help you improve on your swim, bike and run !</p> <p>00h:05m</p> <p>Videos: <a href="#">The "Secret" Core Workout!</a></p>	
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**Week 8 (13:44)**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<p><b>Cycling</b> 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</p>	<p><b>Warm up</b> Swim: Stretch Cords warm up BEFORE you swim This is not only a great warm up for the swim session but it will work on your technique by developing proper muscle memory.</p> <p>Make sure you focus on the catch motion, keeping elbow high and fingers pointed to the ground.</p>	<p><b>Mobility and Flexibility</b> Before Run Myofascial Release to Prevent injuries Check this video to learn a quick and effective way to keep your lower leg healthy and warm up for a run or bike workout.</p> <p>00h:15m</p> <p>Videos: <a href="#">Myofascial Release - Lower leg w/ ball</a></p>	<p><b>Warm up</b> Swim: Stretch Cords warm up BEFORE you swim This is not only a great warm up for the swim session but it will work on your technique by developing proper muscle memory.</p> <p>Make sure you focus on the catch motion, keeping elbow high and fingers pointed to the ground.</p>	<p><b>Mobility and Flexibility</b> Before Run Myofascial Release to Prevent injuries Check this video to learn a quick and effective way to keep your lower leg healthy and warm up for a run or bike workout.</p> <p>00h:15m</p> <p>Videos: <a href="#">Myofascial Release - Lower leg w/ ball</a></p>	<p><b>Warm up</b> Swim: Stretch Cords warm up BEFORE you swim This is not only a great warm up for the swim session but it will work on your technique by developing proper muscle memory.</p> <p>Make sure you focus on the catch motion, keeping elbow high and fingers pointed to the ground.</p>	<p><b>Cycling</b> 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</p>



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](http://www.tptherapy.com)

00h:51m

00h:05m

Videos: [How to Maintain your swim fitness if you don't have a pool](#)

### 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.

Main Set: 2,500yds/m (all with 10s rest)

100,200,300,400 + 5 x 300 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:05m

### Core

5 min. CORE Anyone can do! After the mobility, core is the second most important part of being a healthy athletes. This quick and simple session done DAILY can help you improve on your swim, bike and run !

00h:05m

Videos: [The "Secret" Core Workout!](#)

### Running

Run: Strength 70.3 Int. 1

Warm up : 20 min. easy

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)

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

00h:05m

Videos: [How to Maintain your swim fitness if you don't have a pool](#)

### Swimming

Swim: Strength + LT 70.3 Int. 4 Warm Up - 3 x (150 Swim, 50 Form) 200 Kick

Main Set 9 x 100:

5 x 100 (30s rest) Flat Out! Do above race pace.  
3 x 100 (40s) Flat Out! Do above race pace.  
1 x 100 (50s) Flat Out! Do above race pace.

Cooldown : 200 Easy choice

00h:45m

### Cycling

Bike: 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

### 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:45m

00h:05m

Videos: [How to Maintain your swim fitness if you don't have a pool](#)

### 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.

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

### Core

5 min. CORE Anyone can do! After the mobility, core is the second most important part of being a healthy athletes. This quick and simple session done DAILY can help you improve on your swim, bike and run !

00h:05m

Videos: [The "Secret" Core Workout!](#)

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



## Week 9 (12:29)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>Cycling</b> 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><b>Running</b> 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><b>Warm up</b> Swim: Stretch Cords warm up BEFORE you swim This is not only a great warm up for the swim session but it will work on your technique by developing proper muscle memory.</p> <p>Make sure you focus on the catch motion, keeping elbow high and fingers pointed to the ground.</p> <p>00h:05m</p> <p>Videos: <a href="#">How to Maintain your swim fitness if you don't have a pool</a></p> <p><b>Swimming</b> 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 Strokemaker size 0 or 0.5. It's important NOT to change your stroke rate and</p>	<p><b>Mobility and Flexibility</b> Before Run Myofascial Release to Prevent injuries Check this video to learn a quick and effective way to keep your lower leg healthy and warm up for a run or bike workout.</p> <p>00h:15m</p> <p>Videos: <a href="#">Myofascial Release - Lower leg w/ ball</a></p> <p><b>Running</b> 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><b>Warm up</b> Swim: Stretch Cords warm up BEFORE you swim This is not only a great warm up for the swim session but it will work on your technique by developing proper muscle memory.</p> <p>Make sure you focus on the catch motion, keeping elbow high and fingers pointed to the ground.</p> <p>00h:05m</p> <p>Videos: <a href="#">How to Maintain your swim fitness if you don't have a pool</a></p> <p><b>Swimming</b> 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><b>Cycling</b> 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><b>Mobility and Flexibility</b> Before Run Myofascial Release to Prevent injuries Check this video to learn a quick and effective way to keep your lower leg healthy and warm up for a run or bike workout.</p> <p>00h:15m</p> <p>Videos: <a href="#">Myofascial Release - Lower leg w/ ball</a></p> <p><b>Running</b> 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><b>Warm up</b> Swim: Stretch Cords warm up BEFORE you swim This is not only a great warm up for the swim session but it will work on your technique by developing proper muscle memory.</p> <p>Make sure you focus on the catch motion, keeping elbow high and fingers pointed to the ground.</p> <p>00h:05m</p> <p>Videos: <a href="#">How to Maintain your swim fitness if you don't have a pool</a></p> <p><b>Swimming</b> 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</p>	<p><b>Cycling</b> 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>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 <a href="http://www.tptherapy.com">www.tptherapy.com</a></p> <p>00h:51m</p>	<p>to "save" your shoulders as you will be doing a lot of swimming with paddles.</p> <p>01h:05m</p> <hr/> <p><b>Core</b> 5 min. CORE Anyone can do! After the mobility, core is the second most important part of being a healthy athletes. This quick and simple session done DAILY can help you improve on your swim, bike and run !</p> <p>00h:05m</p> <p>Videos: <a href="#">The "Secret" Core Workout!</a></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>01h:00m</p> <hr/> <p><b>Core</b> 5 min. CORE Anyone can do! After the mobility, core is the second most important part of being a healthy athletes. This quick and simple session done DAILY can help you improve on your swim, bike and run !</p> <p>00h:05m</p> <p>Videos: <a href="#">The "Secret" Core Workout!</a></p>	
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**Week 10 (9:30)**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<p><b>Mobility and Flexibility</b> Before Run Myofascial Release to Prevent injuries Check this video to learn a quick and effective way to keep your lower leg healthy and warm up for a run or bike workout.</p> <p>00h:15m</p> <p>Videos: <a href="#">Myofascial Release - Lower leg w/ ball</a></p> <p><b>Running</b> 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><b>Swimming</b> 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</p>	<p><b>Mobility and Flexibility</b> Before Run Myofascial Release to Prevent injuries Check this video to learn a quick and effective way to keep your lower leg healthy and warm up for a run or bike workout.</p> <p>00h:15m</p> <p>Videos: <a href="#">Myofascial Release - Lower leg w/ ball</a></p> <p><b>Running</b> 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><b>Cycling</b> 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><b>Taper</b> 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><b>Taper</b> 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><b>Race</b> 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>

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

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**Warm up**

Swim: Stretch Cords warm up BEFORE you swim

This is not only a great warm up for the swim session but it will work on your technique by developing proper muscle memory.

Make sure you focus on the catch motion, keeping elbow high and fingers pointed to the ground.

00h:05m

Videos: [How to Maintain your swim fitness if you don't have a pool](#)