

OLYMPIC TRAINING PLAN FOR WOMEN'S SERIES



COACH SAMI

Coach Sami is a USA Triathlon Level III Certified Triathlon Coach who is passionate about the growth of this sport and the age group women who define it. She is a USA Cycling Level II Coach, TrainingPeaks Accredited Level II, USAT Youth/Jr. Road Runners Level I Coach and Swim Speed Secrets Certified. CEO and Head Coach of Fusion Endurance Coaching which strives for a passion for performance while integrating sport into your lifestyle. Sami works to empower athletes, instill confidence and provide support, structure and education to athletes of all levels.

Hosted Multiple Women's-Specific triathlon camps
Head Coach of Oakland Triathlon Club
Coached over 1000 athletes
Coach Mentor for USAT Level I Coaches
Certified USAT Race Director
Past Certified USAT Official
Xtri Accredited Coach
24 IRONMANS completed including Norseman
IRONMAN World Champion Qualifier and Completed
3x70.3 World Championships
Past representative of Team USA



WELCOME

Welcome to an exciting time in triathlon! So many new opportunities for growth, opportunities for women and opportunities to build community. USA Triathlon's Women's Series is designed for daring women. Women who wish to challenge themselves. Women who want to join this wonderful community. Women who want to race and chase their goals.

The USA Triathlon Women's Series features USA Triathlon Sanctioned events across the country. From beginner-friendly pool swims to Olympic-distance races, the Women's Series has a race for every level. Challenge yourself this training cycle to try a new approach, become a student of nutrition and learn more advanced metrics. The possibilities are endless.

Whether you will be crossing your first finish line or your fifth, we welcome you with open arms, high-fives and loud cheers. Please don't hesitate to reach out to Coach Sami at sami@fusionendurancecoaching.com

Onward and upward we go together!

OLYMPIC TRAINING PLAN



WEEK 1

DAY 1

Week 1

Welcome to training and welcome to a great adventure. Week 1 is for building consistency and finding your rhythm. Start focusing on good habits with nutrition, sleep, and hydration.

Believe

In order to succeed, we must first believe that we can.

Our First Swim!

100-200 WU (focus on form and long and strong)

Main Set:

16x25: If you feel strong then 12-16 Swim strong (take 10-15 sec RI)

Set your watch and swim 10 min. (if you need to rest and reset then swim 5 min). Get your distance on either.

DAY 2

Run 0:30:00

Our first run. Assuming you have some running fitness...

30 min durability runs. Durability runs are for form and focusing on posture, arm carriage and having fun. Z1/2

DAY 3

Bike "Open Up" Intervals 0:50:00 - 48 TSS

Open up the legs and let's get used to cycling. Overall this is an easy cycle, but a few "openers" for the legs.

4x3 min build for the WU
5x2 min strong efforts/5 min EZ Z1

Start getting comfortable in the saddle

DAY 4

Swim A short swim here 100-200 WU 50-100 kick with kick board 4x25 build to strong 15 sec RI

Main Set:
10x50 with 15 sec RI (stay steady on each 50).
(10x25 with needed to back down)

100 CD

DAY 5

Day Off Full day off Friday Freebie

DAY 6

Bike 60 min cycle

45-60 min nice and steady. Start where we are. Keeping cadence high (85+) and cruise.

Carry water and electrolytes if needed

Run 10 min run or walk OTB (off the bike)

10 min on your feet, run or walk OTB. Let's start creating that neuromuscular connection now!

DAY 7

Run 30-45 min Our first long run.

30-45 min long run. All Z2 and nice and steady

LEGEND

W/U – Warm Up

RI – Rest Interval (usually a time or distance to completely stop between intervals)

TSS – Training Stress Score – this refers to the level of stress your workout creates on your body. You can read more about TSS [here](#).

Zone 1 – Easy, Walking, swimming or riding very easy. All day effort.

Zone 2 – Focused, but still very easy. Low heart rate and can hold a conversation. Sustainable for 2-5 hours.

Zone 3 – More focused on the effort.

Comfortably hard, conversations move to one sentence answers. Sustainable for 15-40 minutes.
Zone 4 – Strong effort that is sustainable for a limited period of time – typically 10-20 minutes. Conversation is limited to 1-2 word answers.

Zone 5 – Hardest effort, sustainable for 1-3 minutes – no conversations till the rest interval.

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WEEK 2

DAY 8

Week 2

In Week 2 we continue to build consistency and find our rhythm in training. Know that you are getting stronger every day.

Commitment

Intent reveals desire
Action reveals commitment

Swim - 1:15:00

100-300 WU depending on fitness
2x50 kick, 50 swim, 50 kick

Main Set

100-200 into 50 fast - 50-150 into 50 fast - 50-100 into 50 fast - 50 EZ into 50 fast
If time and fitness allow 8x25 strong with 10 sec RI
Short CD of choice

DAY 9

Run

Durability run +

30 min durability run and adding on 5 min at a stronger effort.

30 min EZ into 5 min steady build (think Z2-Z3+)

DAY 10

Bike

50 min cycle

10-15 min WU
10x1 min stronger efforts/1 min RI...so 1 min strong/1 min EZ (20min work)

15-20 min cruise to get 50 min here

DAY 11

Run

30 min

30 min run

Adding a second short run this week, as we build consistency.

30 min with 4-6x20 sec perfect form surges.

DAY 12

Day Off

Friday Freebie!

Friday is a great day for a reset day after a long week.

DAY 13

Bike

60 min cycle

Building our aerobic cycle.

45-60 min depending on fitness and how you feel.
Focus on a steady pedal stroke and comfort in the saddle.

DAY 14

Run

45 min

45 min steady aerobic long run

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WEEK 3

DAY 15

Week 3

Consistency

If you are persistent you will get it.

If you are consistent you will keep it.

Swim 200 WU

4x25: 15 sec RI. Adding a drill here as 25 kick on your side with fins (if no fins then kick with kick board)

6x50 20 sec RI (introducing drills)
Odds-25 right arm only (left in front), 25 swim
Even-25 left arm only, 25 catch up drill

Fins are OK for this

Main Set:
3x100 with Perfect form!
4x50 kick with fins.
R:20, 25 build, 25 hold that faster pace.
200 CD

DAY 16

Run

35 min run to start our week
35 min with 4-6x20 sec surges.

Think form and posture on the surges

DAY 17

Bike 55 min cycle

50 min cycle as:

20 min WU Z1/2
10 min Z3 and find your rhythm here (think tempo)
5 min. Z4 and push the effort here
20 min Z2 to finish the ride

Run 10 min run/walk OTB

10 min walk or run OTB
Find your rhythm and build the neuromuscular connection

DAY 18

Swim

Steady Sets
Starting to build some steady effortless swimming here.

100-300 Swim WU

3x7 min swims (if you need to shorten the 7min that is A-OK here).
7 min and then take 2min rest and repeat

6-8x50 and build each 50. 15 sec RI - CD of choice

DAY 19

Strength

Optional light yoga and/or mobility

Optional light yoga today.
Or mobility. A great day to reset and refresh

DAY 20

Bike

75 min cycle

Continuing to build our long ride. Find rolling terrain today and stay in Z1/2.
Short surges into Z3 are OK, but overall an EZ aerobic session

DAY 21

Run 60 min

Working up to 60 min long run.

If we need to start at 45min for another week that is OK. Go by how you feel.

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WEEK 4

DAY 22

Week 4

Week 4 is for maintaining our endurance and monitoring our fitness.

Don't Wait

"Do not wait, the time will never be just right. Start where you stand, and work with whatever tools you may have at your command, and better tools will be found as you go along". George Herbert

Swim - 1:00:00 - 1550 yds - 0 TSS

Warm Up: 450- 50 swim/25 kick with board x6 -
Try to think about finding a steady kick on the kick portion and carrying it over to the swim

Main Set: 3x100- 75 FAST/ 25 EASY
1:00 break 3x100 - 50 FAST/ 50EASY
1:00 break 300 nice and steady

200 choice cool down

DAY 23

Run 45 min durability run

45 min durability run.
Increasing our weekday run.

Strength Core

Adding core of choice!
Building a strong core is key for handling longer distances.

DAY 24

Bike

Bike 1hr (25min Set):
46 TSS

WU 10min + 5x1min 70-90% effort, 1 min rec Spin easy to 25 min then

3 min @ 75% Effort - 30sec easy
30 sec MAX EFFORT - 1min easy
Repeat this 5x for 25mins

So the goal is 3min steady with a slightly bigger gear, 30sec easy, 30 sec MAX selected best gear likely higher 1min recovery - a mix of strength and high end here!

CD final 10min

DAY 25

Run

Interval Run

Working on getting some speed here

10-15 min run WU or longer if needed (run/walk is OK here)

4x3 min and building by the 1 min, so 1 min EZ, 1 min moderate, 1 min strong. Take 2 min walk or light jog

10 min run steady here and find your rhythm

5 min CD and save time for stretching here

DAY 26

Day Off

Friday Freebie

DAY 27

Bike

60 min cycle
60 min cycle as

20 min EZ (Z1/2)
20 min moderate and every 4 min
do a 30 sec sprint (Z3)
20 min steady

Run

30 min run
30 min run OTB

A chance to test your fitness. Find your rhythm and then hold steady. Build the last 5min of the run to strong

DAY 28

Swim

Nice long and steady swim

Today would be a great day if you can get to OW or in the pool is fine.

4x10 min swims. Swim 10 min nice and steady. Stop as needed, but swim as much as you can for each 10 min efforts.

Strength

Yoga and/or pilates and/or Mobility

To finish our week off perfectly!

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WEEK 5

DAY 29

Week 5

Promise of a new day

"I have always been delighted by the prospect of a new day, a fresh try, one more start.....With perhaps a bit of MAGIC waiting somewhere behind the morning". -J. B. Priestly

Swim

Steady Swim

Simple and effective here today and let's see how this goes

3x300 Swim (WU, EZ, steady)
3x200 Swim (EZ, steady, strong)
3x100 Swim (strong, FAST, Let's go)
200 CD

DAY 30

Run 45 min durability run

45 min durability run.
Increasing our weekday run.

Strength Core

Adding core of choice!
Building a strong core is key for handling longer distances.

DAY 31

Bike Cycle (LT ride)

62 TSS
This can be done outside on some flat ground or inside on a spin bike for optimal performance

10-15 min WU
5x30 sec ramps/30 sec RI

Main Set:

1 min on/1 min off
2 min on/2 min off
3 min on/3 min off
4 min on/4 min off
3 min on/3 min off
2 min on/2 min off
1 min on/1 min off
10 min CD

DAY 32

Bike 20 min WU cycle 20 min WU cycle

Spin out the legs and focus on form

Strength Strength day! Mixing in something different and 100% necessary.

Let's don't forget strength sessions and how important they are.

You may have your own strength that you do and that is perfect here.

Run 1 mile run 1.00 mi

1 mile after strength to shake out the legs

DAY 33

Day Off

A Friday Freebie and a full day to reset, refine and refresh the mind and the body

DAY 34

Bike 90 min cycle 90 min cycle with a STRONG finish

Ride the first 60 min Z2 with a nice WU.
Ride 15min strong and finish strong.

Spin into transition to finish the ride

DAY 35

Run 75 min 60-75 min run

This week and next week will be our longest runs, but always moderate for where you are and how you feel.

Steady effort focused on form and fueling appropriately

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WEEK 6

DAY 36

Week 6

Week 6 is a high volume week focused on race preparation. Dial into each segment and focus on the task at hand. Ensure you focus on the extras (sleep, hydration and fueling)

Respect the training
Honor the commitment
Cherish the results

Swim Swim Pacing

Warm Up:

100 Swim into 50 kick with kickboard (3x)

Main Set: 3 rounds

150 with 50 FAST (Z4) into 100 smooth: RI
15 sec
100 with 50 FAST into
50 cruise: RI 10 sec
50 steady
1 min RI

300 with paddles/buoy or 300 smooth
150 with 100 cruise into
50 FAST RI 15 sec
100 with 50 cruise into
50 FAST: RI 10 sec
50 steady

300 with paddles/buoy or
300 Smooth

Cool Down (yardage of choice)

DAY 37

Run

45 min durability run
Durability runs are for focusing on form, rhythm and time with friends!

DAY 38

Bike

Starting Strong and settling into Oly effort
1:07:00
69 TSS

A great workout right before an Olympic.

Progressive WU with 3min at each effort
(60, 70, 80, 90%)

5 min EZ

Main Set:

90 sec Sprint into 1 min Z4
3 min EZ
90 sec Sprint into 90 sec Z4
3 min EZ
90 sec Sprint into 2 min Z4
3 min EZ
90 sec Sprint into 3 min Z4

The zone 4 should feel like Oly race pace and they each start with 90 seconds just over that pace.

Make use of the recovery

Run

10 min form run OTB
0:10:00
10 min form run.

Find your rhythm.
Think smooth, think steady,
think easy

DAY 39

Swim

Warm-up 300 (alternating 100 free/50 non-free)
6 x 50 with 15 sec. rest (25 and sight every 6 strokes, practicing for OW and the 25 swim)

Main set

2 x 50 fast with 10 sec. rest
100 breathing every 3 strokes
4 x 50 all fast with 10 sec. rest

200 swim steady and optional
buoy is great
6 x 50 all fast with 10 sec. rest

300 and swim at Oly effort
8x25 FAST with 10 sec RI

Cooldown
200 easy

DAY 40

Day Off

A Friday Freebie and a full day to reset,
refine and refresh the mind and the body

DAY 41

Bike

2 hour cycle
2 hour endurance cycle

All Z2 work here. This is a classic endurance workout where we are building aerobic endurance. Our longest volume day.

When we increase our volume we produce more mitochondria, the powerhouse of cells and build more capillaries in the muscles which improves blood supply. These lower intensity sessions also use fat as fuel; HOWEVER, in the heat of our summers we are metabolic machines and need fuel and extra hydration.

DAY 42

Run

75 min

A range here depending on where you are.

60-75 min depending on where you are. All steady and time to focus on nutrition during the long runs. Since we are over 60min, we'll need fuel.

4 strides to finish the run.

Custom

Strides (Video) Copy

<https://www.youtube.com/watch?v=leZS646X44M>

I talk about strides (often) or I use perfect form pick ups.
Enjoy the video.

OLYMPIC TRAINING PLAN



WEEK 7

DAY 43

Week 7

Week 7 is about a final tune for our race nextweekend. Coming downin volume a bit, butkeeping intensity.

Live Your Life

Be bold enough to use your voice, brave enough to listen to your heart, and strong enough to live the life you've always imagined.

Swim

Leader of the Pack (4x50)
1:00:00 - 40 TSS
Our Focus is short, faster swims where you need to surge.

Warm up:

300 choice with 100 kick
200 kick with 100 streamline kick on back
4x100 with RI: 10 sec
-50 catch up
- 25 6 kick 3 stroke, 6 kick
- 25 perfect swim

Main Set:

3 rounds (4x50 with 10sec RI)
-#1=Hold Best Pace
-#2=Hold Best Pace
-#3=easy BUT Breathe 5 strokes
-#4=FAST!

100 Pull withPB/paddles

200 choice cool down.

DAY 44

Run

45 min durability run

45 min run on rolling terrain. Focus on form on the inclines and controlled and easy running on the downs.

Anywhere within this run:

4-6x20 sec perfect form surges. Think Z4-Z5 for 20 sec (include these anywhere within the run)

DAY 45

Bike

50 min cycle (Sprint Settle Surge)
39 TSS

**this session is listed by effort and then built in TP by power. Your choice
Sprint/Settle/Surge

10 min WU5 min and build theeffort by each minute, allow the legs to openup

20 sec SPRINT/4 min steady/1 min surge toOly effort(Sprint, settle, surge)2 min RI - Repeat 3x - CD

Swim

10 min WU and work through different strokes and find your rhythm
8x25 build to strong 15sec RI

Main Set:

3x300: Each 300 is Z2 and steady effort. Think form and hand entry focus (30 sec RI)
3x200: Each 200 is Oly RP. Focus on cadence and quick breath. (20sec RI)
3x100: FAST and strong. 10 sec RI -

5-10 min CD

DAY 46

Run

55-min Build Run

WARM UP:

10 min easy jogging

PRE-MAIN SET:

8 min build pace by 2min to Z3/Z4 2-3 min rest

MAIN SET:

2-3x 10 min Z3+ with 4min Z2 between

5 min CD

Save time for stretching and ensure you refuel appropriately

DAY 47

Strength

Yoga/Pilates/Core or Choice
Today is a reset, refresh and refine day.

Light yoga (not hot yoga), pilates or core of choice.

A feel good day

DAY 48

Bike

55 min cycle

10-15 min WU (Z1)
10 min steady effort Z2 4x4 min at Z4 with higher cadence (85+)/2 min RI (24 min work) 5 min steady Z2 into Transition

Transition quickly

Run

15 min OTB run
0:15:00
15 min OTB

5 min find your rhythm
5 min build to Z4 or RP effort
5 min CD

DAY 49

Run

45 min run

45 min aerobic form run. Focus on posture, arm carriage and where your foot is landing in relation to your body.

Think strong, smooth and steady

OLYMPIC TRAINING PLAN



WEEK 8

DAY 50

It's Race Week. You maybe feeling a bit nervous, but that is OK. That means you are excited to race. Our goals this week are to stay loose, get plenty of sleep and hydrate and fuel appropriately. Pack and organize your gear and visualize yourself having a fantastic day!

Every Day Opportunities

Every day is another chance to get stronger, eat better, live healthier and to be the best version of yourself.

Day Off

**Full day off
It's Race Week!**

****Start getting your gear organized**

DAY 51

Bike Cycle

45 min cycle.

Full WU in the saddle and then: 5x2 min surges to Z4 with the final 10 sec sprint. Keeping a higher cadence and spinning out the legs. 1-2 min RICD and get in 40-45 min

Run

OTB Run
0:15:00

15 min OTB run. This run is about finding our rhythm and then 3-4x20 sec surges to Z4 and strong. Anywhere within the 15 min.

Short CD to finish the 15 min

DAY 52

Swim

50-min Swim (Tune Up Swim)...
Pre Race

300 WU
4 X 100 (50 Catch Up/50 Swim)
100 Kick

4 X 100 Best Pace with 40sec rest
2 X 50 Easy with 20 sec. rest (Z1/2)
4 X 100 Best Pace with 50sec rest
2 X 50 Easy with 20 sec. rest (Z1/2)

8x25 FAST (Z4) to gear up! 20 sec RI

Let's go race!!

DAY 53

Day Off

Go through your gear, pack your bag, get mentally set to race and enjoy the journey

DAY 54

Brick

Race Prep
0:45:00

Bike/Gear Check - go through all gears, and ride 20-30min smooth keeping steady cadence, But add a few pickups to RP.

then off the bike for 10min (negative split!). Find your rhythm

DAY 55

Sprint/Olympic

DAY 56

Day Off

Full day off for Rockstars!

Enjoy today and celebrate what you have accomplished.