

Coaching Abbreviations / Terminology

WU = warm-up | **MS** = main set | **CD** = cool-down | **X'** = X minutes, i.e. 3' | **X"** = X seconds, i.e. 30" | **Zn** = zone (heart rate or perceived effort), i.e. Zn1 = Zone 1 | **(brackets)** = time indication for rest in between intervals or tasks, i.e. 4 x 3' (2') | **RPM** = cadence (repetitions per minute) | **HR** = heart rate | **P-ups** = pick-ups. Short accelerations at 75-85% of your maximum sprint speed | **Alt** = alternate | **PE** = perceived exertion

WEEK 1

MON	Day Off: Walk and stretch
TUE	SWIM: Pace work, 1:15. WU: 400-800 including freestyle, drills and kick. MS: 20x100 (20-25"). CD: 200-300 freestyle and backstroke. BIKE: Threshold (LT) and speedwork, 2:00. WU: 20-30' mostly easy spin, but include 4-5 x 30" P-ups to "speedwork" pace. MS: LT - 4-5 x 3 miles (5' easy). Speedwork - 3-4 x 800m (2'). CD: 20-30' easy spin.
WED	RUN: Threshold (LT) and speedwork, 1:30. WU: 15-20' easy jog, 4-5 strides. MS: LT - 4-5 x 1.5K (3' easy jog). Speedwork - 3-4 x 800m (2' walk). CD: 10-15' easy jog.
THU	BIKE: Recovery ride, 1:00. RUN: Off the bike, 20 mins. Performance Pointer: It is good practice to pay attention to form and posture on recovery days.
FRI	SWIM: Threshold (LT) and speedwork, 1:15. WU: 400-800 including freestyle, drills and kick. MS: LT - 8x100 (30-40"). Speedwork - 10x50 (20-25"). CD: 200-300 freestyle and backstroke.
SAT	BIKE: Pace work, 3:00. WU: 20-30' easy, aerobic riding. MS: Pace work - 4 x 16-19K (10-15' easy). RUN: Off the bike, 1:30. MS: Pace work - 5x2K (1-2' walk). CD: 5' walk, 10' easy jog. Performance Pointer: Start your first run interval within 3 minutes of finishing the ride to simulate realistic running off the bike.
SUN	SWIM: Base endurance and open-water skills, 1:15. WU: 400-800 including freestyle, drills and kick. MS: Base endurance - 10 to 15' non-stop freestyle at an easy aerobic pace. Open water - 10 to 15' practising open-water skills in the pool (sighting, head-up freestyle, drafting, etc.). CD: 200-300 freestyle and backstroke. BIKE: Base endurance pace, 3:00 Performance Pointer: Early hydration and fueling are key during these late-week sessions. The goal is to finish with some energy left.

WEEK 2

MON	Day Off: Walk and stretch.
TUE	SWIM: Pace work, 1:15. WU: 400-800 including freestyle, drills and kick. MS: Pace work - 10x200 (25-30"). CD: 200-300 freestyle and backstroke. BIKE: Threshold (LT) and speedwork, 2:00. WU: 20-30' mostly easy spin, but include 4-5 x 30" P-ups to "speedwork" pace. MS: LT - 6-8K (5' easy). Speedwork - 3-4 x 800m (2'). CD: 20-30' easy spin.
WED	RUN: Threshold (LT) and speedwork, 1:30. WU: 15-20' easy jog, 4-5 strides. MS: LT - 8-10 x 800m (1.5' easy jog). Speed - 4-6 x 400m (1.5' walk). CD: 10-15' easy jog. Performance Pointer: Speedwork requires both power and the ability to be relaxed. Don't "force" it; find your natural fast movement.
THU	BIKE: Recovery ride, 1:00. RUN: Off the bike, 20 mins.
FRI	SWIM: Threshold (LT) and speedwork, 1:15. WU: 400-800 including freestyle, drills and kick. MS: LT - 16x50 (15-20"). Speedwork - 12x50 as 25 sprint, 25 easy (20-25"). CD: 200-300 freestyle and backstroke.
SAT	BIKE: Base endurance pace, 3:30. RUN: Off the bike, 1:15. MS: Pace work - 6x1.5K (1-2' walk). CD: 5' walk, 10' easy jog. Performance Pointer: Pace work off the bike is an excellent opportunity to adapt to the feeling of triathlon running. Be smart about the first interval, getting into pace and mentally adjusting to the feeling of running.
SUN	SWIM: Base endurance and open-water skills, 1:15. WU: 400-800 including freestyle, drills and kick. MS: Base endurance - 15 to 20' non-stop freestyle at an easy aerobic pace. Open water - 10 to 15' practising open-water skills in the pool. CD: 200-300 freestyle and backstroke. RUN: Base endurance pace, 2:00.

WEEK 3—RECOVERY WEEK

MON	Day Off: Walk and stretch.
TUE	SWIM: Pace work, 45 mins. WU: 400-800 including freestyle, drills and kick. MS: Pace work - 5x200 (25-30"). CD: 200-300 freestyle and backstroke.
WED	BIKE: Recovery ride, 1:00. RUN: Off the bike, 20 mins. Performance Pointer: Spin smoothly with a high cadence to promote recovery.
THU	Day Off: Walk and stretch.
FRI	SWIM: 45 mins. WU: 400-800 including freestyle, drills and kick. MS: LT - 10x100 (20-25"). CD: 200-300 freestyle and backstroke. Performance Pointer: Between each interval, relax and regroup. Head into the next 100 with determination and positive attitude.
SAT	BIKE: Base endurance pace, 2:30.
SUN	RUN: Base endurance pace, 1:30. Performance Pointer: It's common to feel sluggish on recovery weeks. Wait for next week when you'll be ready to train to a new level.

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WEEK 4

MON	Day Off: Walk and stretch.
TUE	SWIM: Pace work, 1:15. WU: 400–800 including freestyle, drills and kick. MS: 7x300 (20–25"). CD: 200–300 freestyle and backstroke. BIKE: Threshold (LT) and speedwork, 2:00. WU: 20–30' mostly easy spin, but include 4–5 x 30" P-ups to "speedwork" pace. MS: LT - 3–4 x 5K (5' easy). Speedwork - 4–5 x 800m (2'). CD: 20–30' easy spin. Performance Pointer: Test yourself in the speed sets. Can you push a higher gear, go faster and maintain an efficient cadence?
WED	RUN: Threshold (LT) and speedwork, 1:30. WU: 15–20' easy jog. 4–5 strides. MS: LT - 3–4 x 1.5K (3' easy jog). Speedwork - 4–5 x 800m (2' walk). CD: 10–15' easy jog.
THU	BIKE: Recovery ride, 1:00. RUN: Off the bike, 20 mins.
FRI	SWIM: Threshold (LT) and speedwork, 1:15. WU: 400–800 including freestyle, drills and kick. MS: LT - 8x100 (30–40"). Speedwork - 10x50 (20–25"). CD: 200–300 freestyle and backstroke. Performance Pointer: Be patient and do drills slowly and deliberately, aiming for "water feel," not speed.
SAT	BIKE: Pace work, 3:30. WU: 20–30' easy, aerobic riding. MS: Pace work - 4 x 19–24K (10–15' easy). Run immediately following the last interval. RUN: Off the bike, 2:00. MS: Pace work - 5x3K (1–2' walk). CD: 5' walk, 10' easy jog.
SUN	SWIM: Base endurance and open-water skills, 1:15. WU: 400–800 including freestyle, drills and kick. MS: Base endurance - 25 to 30' non-stop freestyle at an easy aerobic pace. Open water - 10 to 15' practising open-water skills in the pool. CD: 200–300 freestyle and backstroke. BIKE: Base endurance pace, 3:30.

WEEK 5

MON	Day Off: Walk and stretch.
TUE	SWIM: Pace work, 1:15. WU: 400–800 including freestyle, drills and kick. MS: 10x200 (25–30"). CD: 200–300 freestyle and backstroke. BIKE: Threshold (LT) and speedwork, 2:00. WU: 20–30' mostly easy spin, but include 4–5 x 30" P-ups to "speedwork" pace. MS: LT - 2–3 x 8K (5' easy). Speedwork - 4–6 x 800m (2'). CD: 20–30' easy spin.
WED	RUN: Threshold (LT) and speedwork, 1:30. WU: 15–20' easy jog. 4–5 strides. MS: LT - 6–8 x 800m (1.5' easy jog). Speedwork - 6–8 x 400m (1.5' walk). CD: 10–15' easy jog. Performance Pointer: This workout is a final chance to lay down excellent run strength and speed. Prepare well mentally for this workout, and decide to make it a success!
THU	BIKE: Recovery ride, 1:00. RUN: Off the bike, 20 mins.
FRI	SWIM: Threshold (LT) and speedwork, 1:15. WU: 400–800 including freestyle, drills and kick. MS: LT - 16x50 (15–20"). Speedwork - 12x50 as 25 sprint, 25 easy (20–25"). CD: 200–300 freestyle and backstroke.
SAT	BIKE: Base endurance pace, 3:00. RUN: Off the bike, 1:45. MS: Pace work - 14–16K nonstop. CD: 5' walk, 10' easy jog. Performance Pointer: This transition workout is a pre-race opportunity to be mentally "on task" and positive. Make it your final ideal psychological run-through—after this you are in taper mode!
SUN	SWIM: Base endurance and open-water skills, 1:15. WU: 400–800 including freestyle, drills and kick. MS: Base endurance - 30 to 35' non-stop freestyle at an easy aerobic pace. Open water - 10 to 15' practising open-water skills in the pool. CD: 200–300 freestyle and backstroke. RUN: Base endurance pace, 1:30.

WEEKS 6-7 (2-WEEK TAPER)

Taper Notes	After completing this five-week programme, start your race taper. For an A-race, a two-week taper is appropriate. The taper programme starts with three to four days of aerobic recovery sessions and/or days completely off. Follow this with a couple of days of final training sessions at threshold, but do 50 per cent of the volume of intervals that you do in regular training sessions. Do shorter aerobic base endurance workouts the weekend before your race, approximately 50–60 per cent of your regular base training duration.	The week of the half-Ironman follows a similar pattern, but you should reduce volume by another 50 per cent. For a Sunday race day: Take the day off on Monday, make Tuesday an easy aerobic day, and do some very short threshold sessions on Wednesday and Thursday to activate your race pace energy systems. Rest up on Friday and do a 10 min swim, 20 min bike and optional 10 min run on Saturday to loosen the body up. Good luck!
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