



4 Month 6 Sessions Per Week

The Bastion Triathlon Training Program

thetrilife.com 

Any questions? Contact us!

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<p>Monday Day Off: Preparation for your program Day Off : Recovery Day Workout Description: Actively focus on recovery today: Pre Activity Comments: Rest and recovery</p>	<p>Tuesday Swim: Aerobic Conditioning Duration (P): 0:50:00 Workout Description: WU 8 x 50 (10s R) MS: 1 x 300 swim (60 s R) 2 x 200 pull (paddles optional) (45 s R) 3 x 150 swim (30s R) 4 x 100 pull (20s R) 6 x 50 swim (10s R) CD: 2 x 100 as 25 Drill Thigh Touch 25 swim Total 2450 Pre Activity Comments: Focus on maintaining pace throughout the session. Use small paddles carefully but only if you have used paddles before.</p>	<p>Wednesday Bike: Duration (P): 0:50:00 Workout Description: WU:10min progressive increase in intensity from RPE 8 to 12 MS: 5 x 3min at 70 rpm RPE 14 with 3min at 90rpm easy spin recovery RPE 8 CD: 10 min easy Pre Activity Comments: Turbo Strength (this can also be done on the road) Over gearing. Think of maintaining a smooth cadence during the 3min efforts. Relax your upper body, the effort and movement from the hips, glutes and lower limbs</p>	<p>Thursday Run: Easy Recovery Run Duration (P): 0:45:00 Workout Description: Easy run, low intensity RPE 8-9. Pre Activity Comments: Focus on form and cadence.</p>	<p>Friday Swim: T Pace Assessment Duration (P): 0:50:00 Workout Description: WU: 200m easy swimming MS: Swim 3 x 300m, 30s R. Swim these at strong steady effort that you could hold for 1500m. Average the time for the 3 reps and divide by 3 to establish your T pace. This is the pace that we will use to set your sessions. Drills: 2 x (100 Drill 1, 100 CU, 100 Drill 2, 100 CU, 100 Drill 3 100 kicking with float) CD: 100m any stroke Total 2400 Pre Activity Comments: The aim is to swim the highest average speed possible. An accurate test is when all three 300s are within 15 seconds of each other. Watch the clock and record your time on each 300. Average your time for all 300s and divide the average by three to establish a T1 pace for 100m distance. Your T Pace is used to approximate lactate threshold pace. Drill 1 is Slow single arm swimming Drill 2 is Finger Trail Drill 3 is Fists CU means Catch Up</p>	<p>Saturday Bike: Aerobic Conditioning Ride Duration (P): 3:00:00 Workout Description: WU: Rolling course. Up to RPE 11 for 20 mins. MS: In general this ride is about developing pedalling skills and developing your aerobic endurance so include: 3 x 5 mins at 90 rpm 5 mins at 100 rpm - high cadence control no bouncing! 5 mins at 90 rpm 5 mins at 70 rpm - big gear Use your gears to achieve the required cadence while maintaining an effort of up to RPE 14. Up to RPE 11 for rest of ride. CD: Easy spin last 10 mins stretch well</p>	<p>Sunday Run: Aerobic – check cadence Duration (P): 1:00:00 Workout Description: Long aerobic run maintain effort level up to RPE 11. Include 15 sec pick ups every 5 minutes Pre Activity Comments: Check cadence: count left foot strikes 15 seconds. Goal is 22 or higher.</p> <p>SUMMARY Swim: 1:40:00 Bike: 3:50:00 Run: 1:45:00 Total: 7:15:00</p>
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<p>Monday Day Off: Recovery Day Day Off : Recovery Day Workout Description: Actively focus on recovery today: Pre Activity Comments: Rest and recovery</p>	<p>Tuesday Swim: Aerobic Conditioning Duration (P): 0:45:00 Workout Description: 400 own choice of strokes and drills. MS: 5 x 75 T Pace – 3, 20 s R 1 x 150 easy, 20 s R 4 x 75 T Pace – 3, 20 s R 1 x 150 easy, 20 s R 3 x 75 T Pace – 3, 20 s R 1 x 150 easy, 20 s R 2 x 75 T Pace – 3, 20 s R 1 x 150 easy, 20 s R 1 x 75 T Pace – 3, 20 s R CD: 200 Own choice of strokes Total Distance 3175</p>	<p>Wednesday Bike: Speed Endurance Duration (P): 0:50:00 Workout Description: This session may be done on a turbo trainer or can be slotted into a road ride. The main set efforts should be at RPE 15 - which is HARD! WU: 10 mins pedalling 90 rpm - adjust gearing to increase HR to RPE 8-11. Include 3 x (30 s to 1 mins) Spin Ups. (See Glossary). MS: 3 x (5 mins at RPE 15, 5 mins recovery SCR) CD: 10 mins Spin down easy effort SCR All terms can be found in thetrilife.com Glossary</p>	<p>Thursday Run: Threshold Intervals Duration (P): 0:50:00 Workout Description: WU: RPE 8-11 10 mins MS: 2 x (Build up to RPE 15/16 and hold 3 mins, 5 recovery at RPE 10) 2 x (Build up to RPE 14 and hold 5 mins, 5 recovery at RPE 10) CD: Easy jog 5 mins and stretch well.</p>	<p>Friday Swim: Open Water Race Pace Duration (P): 0:35:00 Workout Description: Open water endurance. WU: Think about and plan your warm up on race day. Swim laps of around 750m MS: Lap 1 : At race pace effort Lap 2: Above pace effort Practice 5 x starts swimming at target pace for 100m - do not go off too hard!!</p>	<p>Saturday Bike: Bastion Hills Duration (P): 2:00:00 Workout Description: Back to our Race Loop Find 2 climbs that are around 10 mins apart each one taking 3-5 mins to climb and 3-7%. This will be our race practice loop - Race Loop. Each loop will initially take around 30 mins to complete. WU: Ride 30 mins RPE - 9-10 MS: Include 3 loops of Race Loop. Complete ride at RPE 11-12 CD: Easy spin last 10 mins stretch well Pre Activity Comments: Fuel and hydrate as you will in race. Now is the time to perfect your nutrition strategy.</p>	<p>Sunday Run: Race Practice Duration (P): 0:45:00 Workout Description: Run maintaining your race pace effort.</p>
<p>SUMMARY Swim: 1:20:00 Bike: 2:50:00 Run: 1:35:00 Total: 5:45:00</p>						