



4 Month 9 Sessions Per Week

# The Bastion Triathlon Training Program

thetrilife.com 

**Any questions? Contact us!**

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<p><b>Monday</b>  <b>Day Off: Preparation for your program</b>  <b>Day Off : Recovery Day</b>  <b>Workout Description:</b>                  Actively focus on recovery today:  <b>Pre Activity Comments:</b>                  Rest and recovery</p>	<p><b>Tuesday</b>  <b>Swim:</b>  <b>Duration (P):</b> 0:50:00  <b>Workout Description:</b>                  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 150swim (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  <b>Pre Activity Comments:</b>                  Focus on maintaining pace throughout the session. Use small paddles carefully but only if you have used paddles before.  <b>Run: Aerobic Conditioning</b>  <b>Duration (P):</b> 0:45:00  <b>Workout Description:</b>                  WU:10min                  MS:4 x (3min easy - 2min steady - 1min fast)                  No additional recovery, run straight through                  CD:10 min</p>	<p><b>Wednesday</b>  <b>Bike:</b>  <b>Duration (P):</b> 0:50:00  <b>Workout Description:</b>                  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  <b>Pre Activity Comments:</b>                  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><b>Thursday</b>  <b>Swim: T Pace Assessment</b>  <b>Duration (P):</b> 0:50:00  <b>Workout Description:</b>                  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  <b>Pre Activity Comments:</b>                  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><b>Friday</b>  <b>Bike:</b>  <b>Duration (P):</b> 0:50:00  <b>Workout Description:</b>                  WU: 20 minutes - small chainring. Start off in lowest gear and change up every 2 mins. Maintain 100 rpm.                  5 x 30secs one-legged with 30secs spin @ 100 rpm between each leg change                  MS: Do 3 x 6 -minute intervals at RPE 14 at 85rpm (increase cadence to 100rpm for the final minute of every interval)                  Spin 4 minutes between each interval.                  CD:5 mins easy  <b>Pre Activity Comments:</b>                  This is a turbo session but it could be done out on road (do not unclip on road when doing single legged drills - instead just let the non-peddalling leg come along for the ride).</p>	<p><b>Saturday</b>  <b>Bike: Aerobic Conditioning Ride</b>  <b>Duration (P):</b> 3:00:00  <b>Workout Description:</b>                  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><b>Sunday</b>  <b>Run: Aerobic – check cadence</b>  <b>Duration (P):</b> 1:00:00  <b>Workout Description:</b>                  Long aerobic run maintain effort level up to RPE 11. Include 15 sec pick ups every 5 minutes  <b>Pre Activity Comments:</b>                  Check cadence: count left foot strikes 15 seconds. Goal is 22 or higher.  <b>Swim: Base 1 Drills and 100's Base Building</b>  <b>Duration (P):</b> 0:45:00  <b>Workout Description:</b>                  Total 2000m                  Focus of drills is Streamlining and Body Position:                  Drill 1 is Kicking on Side with fins - see attached document                  Drill 2 is Superman - see attached document                  Drill 2 is Catch Up - see attached document                  WU:200 easy                  Drills:                  100 Drill 1,100 Drill 2, 100 Drill 3                  Repeat</p>
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			<p><b>Run: Easy Recovery Run</b></p> <p><b>Duration (P):</b> 0:45:00</p> <p><b>Workout Description:</b></p> <p>Easy run, low intensity RPE 8-9.</p> <p><b>Pre Activity Comments:</b></p> <p>Focus on form and cadence.</p>			<p>MS: T - pace + 10 means steady aerobic swimming</p> <p>5 x 100 T-pace + 10, 20 s R</p> <p>10 x 50 T-pace + 10, 20 s R</p> <p>CD: 200 easy any stroke</p>
						<p><b>SUMMARY</b></p> <p><b>Swim: 2:25:00</b></p> <p><b>Bike: 4:40:00</b></p> <p><b>Run: 2:30:00</b></p> <p><b>Total: 9:35:00</b></p>

<p><b>Monday</b>  <b>Day Off: Preparation for your program</b>  <b>Day Off : Recovery Day</b>  <b>Workout Description:</b>                  Actively focus on recovery today:  <b>Pre Activity Comments:</b>                  Rest and recovery</p>	<p><b>Tuesday</b>  <b>Swim:</b>  <b>Duration (P):</b> 0:45:00  <b>Workout Description:</b>                  WU:                  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  <b>Run: Easy Recovery Run</b>  <b>Duration (P):</b> 0:30:00  <b>Workout Description:</b>                  Easy run, low intensity RPE 8-9.  <b>Pre Activity Comments:</b>                  Focus on form and cadence.</p>	<p><b>Wednesday</b>  <b>Bike: Speed Endurance</b>  <b>Duration (P):</b> 0:50:00  <b>Workout Description:</b>                  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><b>Thursday</b>  <b>Swim: Long Endurance Swim</b>  <b>Duration (P):</b> 0:45:00  <b>Workout Description:</b>                  WU:                  200 easy swimming 30 s R                  200 drill of choice swum as 25 drill followed by 25 full stroke.                  Main Set:                  3 x 500 at comfortable pace RPE 12-13, focus on good stroke, 60 s R                  CD:                  100 other stroke  <b>Run: Threshold Intervals</b>  <b>Duration (P):</b> 0:50:00  <b>Workout Description:</b>                  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><b>Friday</b>  <b>Bike: Muscular Endurance</b>  <b>Duration (P):</b> 0:45:00  <b>Workout Description:</b>                  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 13-14.                  WU: 10 mins pedalling 90 rpm - adjust gearing to increase HR to RPE 8-11. Include 3 x (30 s to 1 mins) single leg right drill and single leg left drill. (See Glossary).                  MS:                  1 x 30 mins at RPE 13-14                  5 mins Spin down easy effort SCR</p>	<p><b>Saturday</b>  <b>Bike: Bastion Hills</b>  <b>Duration (P):</b> 2:00:00  <b>Workout Description:</b>                  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  <b>Pre Activity Comments:</b>                  Fuel and hydrate as you will in race. Now is the time to perfect your nutrition strategy.</p>	<p><b>Sunday</b>  <b>Run: Race Practice</b>  <b>Duration (P):</b> 0:45:00  <b>Workout Description:</b>                  Run maintaining your race pace effort.  <b>Swim: Open Water Race Pace</b>  <b>Duration (P):</b> 0:35:00  <b>Workout Description:</b>                  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><b>SUMMARY</b>  <b>Swim: 2:05:00</b>  <b>Bike: 3:35:00</b>  <b>Run: 2:05:00</b>  <b>Total: 7:45:00</b></p>
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