



6 Month 9 Sessions Per Week

The Bastion Triathlon Training Program

thetrilife.com 

Any questions? Contact us!

Call: 07791 289792 | Email: info@thetrilife.com

thetrilife Kent: Kits Coty Cottage, 170 Chatham Road, Aylesford, Kent, ME20 7EG | [thetrilife Wales](#): Trelaun, Parc Newydd, Treoes, Bridgend, CF35 5DL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Day Off: Preparation for your program</p> <p>Day Off : Recovery Day</p> <p>Workout Description:</p> <p>Actively focus on recovery today:</p> <p>Pre Activity Comments:</p> <p>Rest and recovery</p>	<p>Swim:</p> <p>Duration (P): 0:45:00</p> <p>Workout Description:</p> <p>WU 200m easy your choice of stroke</p> <p>TECHNIQUE/DRILLS 3 x 100 as Golf. Use 3 different paces. Add you stroke count to your swim time to = score. Record these scores. All with 2min R</p> <p>Swim drills as 25 drill, 25 full stroke 2 x 50 Drill 1 with 10s R 2 x 50 Drill 2 with 10s R 2 x 50 Drill 3 with 10s R 2 x 50 Drill 4 with 10s R</p> <p>MS Swim drills as 25 drill, 2 5 full stroke 2 x 50 Drill 1 with 20s R 1 x 100 negative split with 20s R 2 x 50 Drill 2 with 20s R 1 x 100 negative split with 20s R 2 x 50 Drill 3 with 20s R 1 x 100 negative split with 20s R</p> <p>CD 100 your choice Total=1700m</p> <p>Pre Activity Comments: Drill 1 Single Arm Drill 2 Kick on Side Drill 3 Catch Up</p>	<p>Bike: Strength and Hills</p> <p>Duration (P): 0:40:00</p> <p>Workout Description:</p> <p>WU 10-15mins start easy, build last few minutes.</p> <p>MS 5 x 1min climb with 2min R of easy spinning Odds climb standing, Evens seated</p> <p>RPE 13-15</p> <p>CD 10min easy cycling</p> <p>Pre Activity Comments: For Turbo put a 2" block under the front wheel.</p>	<p>Swim:</p> <p>Duration (P): 0:45:00</p> <p>Workout Description:</p> <p>WU 300m easy your choice of stroke</p> <p>TECHNIQUE/DRILLS swim drills as 25 full stroke, 25 drill, 25 full stroke. 4 x 75 Drill 1, 2, 3 & 4 with 15s R Repeat for 2 sets</p> <p>MS 3 x (1 x 50 @ Race Pace with 20s R, 1 x 100 easy recovery with 20s R)</p> <p>CD 200 alternate front and back every 50m Total=1900m</p> <p>Pre Activity Comments: Drill 1 Single Arm Left Drill 2 Single Arm right Drill 3 Kick on side leading arm out in front Drill 4 Catch Up</p>	<p>Bike: Technique - Drills</p> <p>Duration (P): 1:00:00</p> <p>Workout Description:</p> <p>WU 15mins easy cycling</p> <p>TECHNIQUE/DRILL ALL AT RPE 11-13 After WU start at 60rpm and increase each minute by 10rpm to 120rpm (7mins in total)</p> <p>Single Leg (SL). Rest non pedalling foot on a box/chair/back wheel nut 3 x 30 sec Left leg, 60sec both, 30sec Right leg, 60sec both. (9mins in total)</p> <p>Spin Ups (SU) 1min @ 100rpm 1min @ 105rpm 1min @ 110rpm 1min @ 115rpm 1min @ 120rpm (5mins in total)</p> <p>Floating Foot Both feet on the pedals but only one foot is working, the other is relaxed. 1 x 1min Left - 2min both recovery 1 x 1min Right - 2min both recovery (6mins in total)</p>	<p>Brick:</p> <p>Duration (P): 2:30:00</p> <p>Workout Description:</p> <p>WU 15 mins of easy cycling</p> <p>MS 2hr 15min negative split in Small Chain Ring (SCR) 1st half @ RPE 12 2nd half @ RPE 13</p> <p>Off the bike run out for 3 mins then turn around and run back for 3 mins @ RPE 12</p> <p>Pre Activity Comments: Pick a route with rolling hills</p>	<p>Swim:</p> <p>Duration (P): 0:45:00</p> <p>Workout Description:</p> <p>WU 300m easy your choice of stroke</p> <p>TECHNIQUE/DRILLS swim drills as 25 drill, 25 full stroke 2 x 50 Drill 1 with 10s R 2 x 50 Drill 2 with 10s R 2 x 50 Drill 3 with 10s R 2 x 50 Drill 4 with 10s R</p> <p>MS 1 x 300 FC with 30s R 1 x 200 FC with 20s R 1 x 300 FC with 30s R All at steady aerobic pace RPE 11-12</p> <p>8 x 50 as odds Drill, Evens swim with 10s R</p> <p>CD 200 your choice Total=1900m</p> <p>Pre Activity Comments: Drill 1 Single Arm Left Drill 2 Single Arm right Drill 3 Kick on side leading arm out in front Drill 4 Catch Up</p>

	<p>Run: Fartlek</p> <p>Duration (P): 0:35:00</p> <p>Workout Description:</p> <p>WU 5mins easy running</p> <p>MS 3mins @ RPE 11 2mins @ RPE 12 1min @ RPE 13 Repeat this 4 times through</p> <p>CD 5mins easy running</p>		<p>Run: Long</p> <p>Duration (P): 0:45:00</p> <p>Workout Description:</p> <p>WU 5mins easy running</p> <p>MS 5mins @ RPE 11-12 25mins @ RPE 13-14 5mins @ RPE 11-12</p> <p>CD 5mins easy running</p>	<p>Stepped Spin Ups (SSU) 1 x 3min @ 100rpm 1 x 2min @ 110rpm 1 x 1min @ 120rpm (6mins in total)</p> <p>CD 10-15mins @60 rpm SCR</p>		<p>Run: Long</p> <p>Duration (P): 0:50:00</p> <p>Workout Description:</p> <p>WU 10 mins easy jogging</p> <p>MS Steady for 30 mins RPE 11-12</p> <p>Every 10mins include a 10 second stride</p> <p>CD 10 mins easy jogging</p> <p>SUMMARY</p> <p>Swim: 2:15:00 Bike: 1:40:00 Run: 2:10:00 Brick: 2:30:00 Total: 8:35:00</p>
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