12 Week

Cholmondeley Inter Standard

Triathlon Training Program

thetrilife.com

Any questions? Contact us!

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Monday

Day Off: Day Off

Other: Base

Tuesday

Bike

Planned Time:0:45:00

Workout Description:

Pick a course with small undulations. Remain seated on hills. Comfortably high cadence aiming for 90rpm and over.

EFFORT LEVEL:

HR Zones: 1-2

Run

Planned Time:0:45:00

Workout Description:

Pick a rolling course. Work hills HR raising to Zone 3. Accumulate 15mins of dipping in and out of Zone 3.

Wednesday

Swim

Planned Time:1:00:00

Workout Description:

Warm Up:

Flexibility/mobility poolside then
200 swim FC/100kick/200 swim FC

Drills:

50 CU, 50FC
50 Drill 1, 50 FC
50 CU, 50 FC
50 Drill 1, 50 FC
And repeat the drills above.

Main Set:

8x100 with 20 seconds recovery.

Cool Down 400 FC/BK

EFFORT LEVEL:

HR Zone: 3

Thursday

Swim

Planned Time:1:15:00

Workout Description:

Ride an undulating course with small hills that take your HR up to Zone 3. Accumulate 15mins of dipping in and out of Zone 3.

Run

Planned Time:0:30:00

Workout Description:

Easy relaxed running.

EFFORT LEVEL:

HR Zones: 1

Friday

Swim

Planned Time:0:45:00

Workout Description:

Warm Up:

Flexibility/mobility poolside then
100FC / 100pull / 100kick / 100drill / 100FC

4x50 descend (each 50 gets faster than the one before) rec 20 sec.

Main Set:

3x300 with 30 seconds recovery.

Cool Down:

400 FC/BK easy swim

EFFORT LEVEL:

HR Zones: 2-3

Saturday

Swim: Optional

Planned Time:0:30:00

Workout Description:

Warm Up:

Flexibility/mobility poolside then
200 swim FC/BK

Main Set:

4x100 Drill/Swim. Recovery 30sec
4x50 Stroke Count. Try and reduce stroke count each 50. Recovery 20sec

Cool Down:

200swim FC/BK

Pre Activity Comments:

Easy swim or Day Off

Run

Planned Time:1:00:00

Workout Description:

Select a course with some gentle climbs. Can run off road. Allow effort level to rise on up hills but don't push it.

EFFORT LEVEL:
HR Zones: 1-2

Sunday

Bike

Planned Time:1:45:00

Workout Description:

Ride on a rolling course. Remain seated on climbs.

EFFORT LEVEL:

HR Zones: 1-2

SUMMARY

Swim: 2:15:00

Bike: 3:45:00

Run: 2:15:00

Total: 8:15:00