



16 Week Training Plan

The Gauntlet

Triathlon Training Program

thetrilife.com 

Any questions? Contact us!

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<p>Monday</p> <p>Day Off: Preparation for your program</p> <p>Workout Description:</p> <p>Welcome to this 4 month training program to prepare you for the Gauntlet.</p> <p>Review this first 4 week block and ensure that you have all the kit you need and plan your schedule accordingly.</p>	<p>Tuesday</p> <p>Bike:</p> <p>Duration (P): 0:45:00</p> <p>Workout Description:</p> <p>WU - 15min easy spin in SCR (small chain ring). including Pedalling Drills:(10) focus on each sector 1min down stroke - pushing down 1min back stroke - scraping back 1min up stroke - pulling up 1min over stroke - kicking forward 1min full stroke repeat</p> <p>MS: Steady (RPE 10/11) ride on undulating route @ 90rpm on flats. Stay seated on hills approx. 60-70rpm.</p> <p>Include the following activities in the ride</p> <p>1. Change hand & body position: 5min drops/5mins hoods/5min tops... repeat where possible.</p> <p>2. Cadence Drills- (14) 1min @ 100rpm/1min @90rpm easy 2min @ 100rpm/1min @90rpm easy 3min @ 100rpm/1min @90rpm easy 2min @ 100rpm/1min @90rpm easy 1min @ 100rpm/1min @90rpm easy</p> <p>CD - 10min easy spin - SCR. reducing cadence every 2min</p>	<p>Wednesday</p> <p>Swim:</p> <p>Duration (P): 0:45:00</p> <p>Workout Description:</p> <p>WU: mobility exercises before entering the pool. 200 easy Alt 75m FC/25m Back 50 Kick on front/50FC</p> <p>Drills: as 25m Drill/25m Easy FC +10s R 1. Kick on side (half Left & Right) /FC 2. Single Arm (swap half way)/FC 3. Doggie paddle/FC 4. Fists/FC 5. Finger Trail/FC Above x 2</p> <p>Drills: as 25m Drill/25m Easy FC +10s R 1. Weak side breathing/FC 2. BB (Bilateral breathing) 3/FC 3. BB every 5/FC 4. No breathing off wall (head down until 5m mark - flags)/FC 5. Choice breathing/FC Above x2</p> <p>Speed Reps 4 x 25m as 12.5m fast/12.5m EZ + 5s R EZ = easy</p> <p>CD - 200 mixed strokes Total=1600</p>	<p>Thursday</p> <p>Bike:</p> <p>Duration (P): 1:00:00</p> <p>Workout Description:</p> <p>WU - 10min easy spin in SCR (small chain ring). Increase cadence & gears every 2 min.</p> <p>MS: Steady (RPE 10/11) ride on undulating route @ 90rpm on flats. Stay seated on hills and don't push - focus on smooth pedalling.</p> <p>Include tempo (RPE 13/14) intervals within the ride: 3 x 5 min building to Zone 3 with 3 min Rest between intervals. Efforts in LCR (large chain ring) @ 90rpm easy SCR at 90rpm.</p> <p>CD - 10min easy spin - SCR. reducing cadence every 2min</p>	<p>Friday</p> <p>Swim:</p> <p>Duration (P): 0:45:00</p> <p>Workout Description:</p> <p>WU – mobility exercises before entering the pool. All easy 300 (75FC/25Back) 50K/50F/50Drill/50FC 2x 50 Build (through the 50) +15s R</p> <p>MS – 10 x 100m FC (RPE 10/11) 5x @ Steady Pace 50 easy back stroke 5x hold first set pace 50 easy back stroke Record times & compare sets 1 & 2. All + 20s R</p> <p>100Pull Easy 100Kick Easy</p> <p>CD – 100easy mixed strokes including 75m backstroke Total=2000</p>	<p>Saturday</p> <p>Run:</p> <p>Duration (P): 0:50:00</p> <p>Workout Description:</p> <p>WU - Hip circles Leg swings front & side to loosen hips, walking calf raises and break into easy jog - small light steps to begin... 5min easy jog. After 5min - heel flicks and high knees (10 on each leg) gradually increase range of movement on these.... /5min easy.</p> <p>MS - Off road run if possible with a few gentle climbs - don't push on these! Majority of run RPE 8/9. Maintain a steady effort level on any climbs - try not to exceed RPE 11/12</p> <p>CD - 5min easy followed by good stretch</p>	<p>Sunday</p> <p>Bike: Long Ride</p> <p>Duration (P): 1:30:00</p> <p>Workout Description:</p> <p>WU - 10min easy spin in SCR (small chain ring). Gradually increase cadence & gearing every 2 min: 60/70/80/90/100rpm</p> <p>MS - Undulating course, remain seated on climbs but don't push - smooth pedalling and select appropriate gears to reduce intensity.</p> <p>Include: Changing hand and body position: 4 x 5min on drops/bars within ride with 3-5 min on hoods in between.</p> <p>Majority of ride easy pace RPE 8/9 - no higher apart from a 'little' higher on climbs. Just enjoy the ride.</p> <p>CD - 10min easy spin - SCR. reducing cadence every 2 min - 90/80/70/60/50rpm</p>
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		<p>Run:</p> <p>Duration (P): 0:40:00</p> <p>Workout Description:</p> <p>WU - Hip Circles, knee circles, Leg swings front & side to loosen hips, walking calf raises and break into easy jog - small light steps to begin... 5min easy jog - including x20 walking lunges (slow & with slight knee bend), heel flicks and high knees (10 on each leg) gradually increase range of movement on these.... 5min easy again, then find a soft surface if possible: Drills: 3x 20 on each High knees Heel Kicks Skips (Same as high knees but skipping) Don't rush these drills - maintain good form. 5min easy (15) MS - 20min steady (RPE 10/11 Z2) including: 8 x 20 sec 'pick ups' - Cadence checks</p> <p>5x (1min fast/1min easy) fast is not max - ensure good form.... don't worry about HR on these</p> <p>CD - 5 min easy followed by your stretching routine</p> <p>Pre Activity Comments:</p> <p>Ensure good warm up! On drills find a stretch of road or ideally grass that allows for easy jog in between. Don't rush these, this is part of your run...</p>		<p>Run:</p> <p>Duration (P): 0:35:00</p> <p>Workout Description:</p> <p>WU - Hip circles, Leg swings front & side to loosen hips, walking calf raises and break into easy jog - small light steps to begin... 5min easy jog. After 5min - heel flicks and high knees (10 on each leg) gradually increase range of movement on these.... /5min easy.</p> <p>MS - Fairly flat route if possible 10min steady zone 2 - RPE 10/11 10min mod-hard (tempo) zone 3 - RPE 12/13</p> <p>CD - 5min easy followed by good stretch</p>		<p>SUMMARY</p> <p>Swim: 1:30:00</p> <p>Bike: 3:15:00</p> <p>Run: 2:05:00</p> <p>Total: 6:50:00</p>
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<p>Monday Day Off: Rest Day</p> <p>Workout Description:</p> <p>This is when you will recover from the previous weeks training. Recovery is as important as the training itself. Keep hydrated, plan week, stretch and stay off of feet as much as possible.</p>	<p>Tuesday Bike:</p> <p>Duration (P): 1:00:00</p> <p>Workout Description:</p> <p>WU - 15min easy spin in SCR (small chain ring). including Pedalling Drills:(10) focus on each sector 1min down stroke - pushing down 1min back stroke - scraping back 1min up stroke - pulling up 1min over stroke - kicking forward 1min full stroke repeat</p> <p>MS: Steady (RPE 10/11) ride on undulating route @ 90rpm on flats. Stay seated on hills approx. 60-70rpm.</p> <p>Include the following activities in the ride:</p> <ol style="list-style-type: none"> 1. Single leg spins:(12min). Let the non-working leg 'float', 90% work with one leg, focus on eliminating dead spots at top & bottom of stroke. 1min right leg/30sec both/1min left /30sec both. Repeat X4! All in small chain ring light resistance. 2. Change hand & body position: 5min drops/5mins hoods/5min tops... repeat where possible. 3. Cadence Drills- (16) 3min @ 100rpm/1min @90rpm easy 2min @ 110rpm/1min @90rpm easy 1min @ 120rpm/1min @90rpm easy 2min @ 110rpm/1min @90rpm easy 3min @ 100rpm/1min @90rpm easy <p>CD - 10min easy spin - SCR. reducing cadence every 2min</p>	<p>Wednesday Swim:</p> <p>Duration (P): 1:00:00</p> <p>Workout Description:</p> <p>WU: Mobility exercises before entering the pool. 2 x 200 +15 Sec as 75FC/25 Back 100 Kick/100FC</p> <p>MS: 3 X 400 + 30 Sec. 1. Bilateral breathing 2. Pull 3. Build each 100</p> <p>4x 25 - 12.5 Fast/12.5 Easy +5 sec</p> <p>CD: 200 Mixed strokes including 75m backstroke Total=2100</p> <p>Run: 10k Run Test</p> <p>Duration (P): 1:00:00</p> <p>Workout Description:</p> <p>WU - Hip Circles, Leg swings front & side to loosen hips, walking calf raises and break into easy jog - small light steps to begin... 5min easy jog. 5min steady (RPE 10/11) including 3-5x Cadence checks - aiming for 30-33 steps (count one foot only) per 20sec.1min recovery in between.</p> <p>10km as fast as you can!</p> <p>CD - 10 min easy jog & good stretch.</p>	<p>Thursday Bike:</p> <p>Duration (P): 1:00:00</p> <p>Workout Description:</p> <p>WU - 10min easy spin in SCR (small chain ring).</p> <p>MS: Steady (RPE 10/11) ride on undulating route @ 90rpm on flats. Stay seated on hills and don't push - focus on smooth pedalling.</p> <p>Include 10mile Time Trial in aero position within ride.</p> <p>CD - 10min easy spin - SCR.</p>	<p>Friday Swim: TEST – 1000m T Pace</p> <p>Duration (P): 0:45:00</p> <p>Workout Description:</p> <p>WU: 200m easy swimming - Alternating 75m FC/25 Back x2</p> <p>MS: Swim 1000m continuous maintaining Race Pace effort throughout. Divide your total time by 10 to establish your average 100m time = T pace - approx. Threshold pace.</p> <p>Drills: 100m easy kicking 25m on each side, back, front 100m easy free - count strokes 1 & 3</p> <p>CD: 100m mixed strokes at least 50 back stroke Total=1600</p> <p>Pre Activity Comments:</p> <p>Compare from last month</p>	<p>Saturday Run:</p> <p>Duration (P): 1:10:00</p> <p>Workout Description:</p> <p>WU - Hip circles Leg swings front & side to loosen hips, walking calf raises and break into easy jog - small light steps to begin... 5min easy jog. After 5min - heel flicks and high knees (10 on each leg) gradually increase range of movement on these.... /5min easy.</p> <p>MS - Off road run if possible with a few gentle climbs - work up these! Majority of run RPE 8/9 - apart from climbs. Work on leg turn over gentle descent sections.</p> <p>Include 5 x 20 sec 'pick ups' on flat sections</p> <p>CD - 5min easy followed by good stretch</p>	<p>Sunday Bike: Long Ride</p> <p>Duration (P): 2:15:00</p> <p>Workout Description:</p> <p>WU - 10min easy spin in SCR (small chain ring). Gradually increase cadence & gearing every 2 min: 60/70/80/90/100rpm</p> <p>MS - Undulating course, remain seated on climbs but don't push - smooth pedalling and select appropriate gears to reduce intensity.</p> <p>Include with ride: Over Gearing (big chain ring 1 or 2 gears harder than comfortable @ approx. 65-70rpm (lower than you normally would): 3X (15min/2min easy spin @ 80-90rpm small chain ring). Smooth cadence, no rocking all over bike, strong core, hips stable, relax upper body,</p> <p>Changing hand and body position: 2 x 10min on drops/bars within ride with 3-5 min on hoods in between.</p> <p>Majority of ride easy pace RPE 8/9 - no higher apart from a 'little' higher on climbs. Just enjoy the ride.</p> <p>CD - 10min easy spin - SCR. reducing cadence every 2 min - 90/80/70/60/50rpm</p>
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						<p>SUMMARY</p> <p>Swim: 1:45:00</p> <p>Bike: 4:15:00</p> <p>Run: 2:30:00</p> <p>Total: 8:30:00</p>