



12 Week

Intermediate Standard Triathlon Triathlon Training Program

thetrilife.com 

Any questions? Contact us!

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Monday Day off Base	Tuesday Bike Duration (P): 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 Duration (P): 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 Duration (P): 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 Bike Duration (P): 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 Duration (P): 0:30:00 Workout Description: Easy relaxed running. EFFORT LEVEL: HR Zones: 1	Friday Swim Duration (P): 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 Duration (P): 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 Duration (P): 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 Duration (P): 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						

Monday Day off BUILD 2	Tuesday Bike Duration (P): 1:00:00 Workout Description: Warm up well. Pick a course with a moderate hill. Ride 6x20sec sprints up this hill. HR raising to Zone 5+. Get out of saddle to build up to speed then sit for remainder. Recovery for 2-3mins between. Keep cadence at 90 rpm EFFORT LEVEL: HR Zones: All Run Duration (P): 1:00:00 Workout Description: Warm up well, Main Set: 6x4mins (recovery 90sec-2min of slow jogging) followed by 4x60sec hills. Slow jog back recovery. Proud posture, good knee lift. Build to HR Zones: 4-5. Warm down well.	Wednesday Swim Duration (P): 1:10:00 Workout Description: Warm Up: Flexibility/mobility poolside then 150 swim FC/100kick/150 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: 8x200 @ T pace X2 with 10sec rest. Cool Down 200 FC/BK	Thursday Bike Duration (P): 1:15:00 Workout Description: Warm up well. Main Set: 5x6mins on an incline of 2-4% with 2-3mins recovery spin. Stay aero as much as possible. Gradually build each repetition to Zones 4-5. Run Duration (P): 0:30:00 Workout Description: Easy relaxed running. Within run insert 6x30sec accelerations @ 5k race pace. Recover well in between. EFFORT LEVEL: HR Zones: 1-3	Friday Swim Duration (P): 1:00:00 Workout Description: Warm Up: Flexibility/mobility poolside then 100FC/100pull/100kick/100drill /100swim 4x50 as 1. 6strokes fast, 2. 8strokes fast, 3. 10 strokes fast, 4. 12 strokes fast. rec 20sec Main Set: 500 at T pace, 40sec recovery 2x50 Fast 20 sec rec 400 at T pace, 30 sec rec 2x50 Fast 20 sec rec 300 at T pace, 20 sec rec 2x50 Fast 20 sec rec 200 at T pace 10 sec rec 2x50 Fast 20 sec rec Cool Down: 300 easy swim FC/BK EFFORT LEVEL: HR Zones: 2-4	Saturday Brick Duration (P): 2:10:00 Workout Description: Ride for 1hr 50min in HR Zones 2-3 on a rolling course. Off the bike run for 20mins with the 1st 10mins at race pace. Think of good cadence. Aim should be 30 right foot strikes in 20sec. Swim: Open Water Duration (P): 0:30:00 Workout Description: Warm Up: 200 easy Main Set: 200 build, long strokes. 1min rest 5x50m (approx 30-45strokes) hard. 1min rest 200 steady, long strokes. Cool Down: 200 easy Skills: Practice turning and sighting	Sunday Run Duration (P): 1:25:00 Workout Description: Long steady run. Can run on undulating course, can run off road for variety. EFFORT LEVEL: HR Zones: 1-3
						SUMMARY Swim: 2:40:00 Bike: 2:15:00 Run: 2:55:00 Brick: 2:10:00 Total: 10:00:00