9 Month 9 Sessions Per Week

Ironman UK
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

Day Off: Recovery Day

Workout Description:

Actively focus on recovery today:

Pre Activity Comments:

The aim of this block of training is to prepare you for your Ironman journey. Use the next 4 weeks you to get into your routines and make sure you have the clothing/equipment that you need.

Custom : Welcome

Workout Description:

Welcome to your training plan from thetrilife.com. We are delighted to have you with us.

If you have any questions along the way please contact us at ironmancoach@thetrilife.com. Please do let us know how your training is going.

Tuesday

Swim: Preparation Drills

Duration (P):0:50:00

Workout Description:

WU:Flexibility/mobility poolside then 100 easy full stroke
50 Drill means Drill for 25 m (or 20 m in a 20 m pool) and then swim full stroke (FS) for 25 m (or 20 m)
Drills:
Three times:
2 x 50 Drill 1 with 30 s rest in between (30s R).
2 x 50 Drill 2 with 30 s rest in between (30s R).
2 x 50 Drill 3 with 30 s rest in between (30s R).
MS:
1 x 100 with 30 s R
3 x 75 with 30 s R
3 x 50 with 30 s R
3 x 25 with 30 s R
WD: 100 cool down any stroke
Total 1650

Pre Activity Comments:

Drill 1 is Catch Up
Drill 2 is Finger Trail
Drill 3 is Thigh Touch
Drills can be found in thetrilife.com Clubhouse

Run: Preparation Strides

Duration (P):0:30:00

Workout Description:

WU: Easy running Zone 1-2 15 mins
MS: Strides. Warm up. Then 4-5x20 seconds fast on soft, gentle downhill. Approximately 400m race pace. Not all out. Relax. Walk and hop back to start point during each recovery. Hop 30 times on right leg and then 30 times on left leg (hops are to build foot/leg strength). Zone 1 cool down
CD: Zone 1 cool down

Wednesday

Bike: Base 1 Cadence and Pedalling Efficiency Set 1 (45)

Duration (P):0:45:00

Workout Description:

WU: Easy pedalling cadence 90 rpm 5 min Increase HR into Zone 2 - this means work a bit harder until you are at a moderate effort but can still hold a conversation, RPE 10 5 min (10)
SET 1: Isolated Leg Training (ILT)
Single leg right 20 s – recover 70 s
Single leg left 20 s – recover 70 s
Single leg right 30 s – recover 60 s
Single leg left 30 s – recover 60 s
Repeat 2 times (12)
SET 2: Development of leg speed and aerobic endurance.
1 min at 100 rpm at moderate effort. Recover easy spin 1 min at 90 rpm.
2 min at 100 rpm at moderate effort. Recover easy spin 1 min at 90 rpm.
3 min at 100 rpm at moderate effort. Recover easy spin 1 min at 90 rpm.
(9)
SET 3: Maintain steady effort 90 rpm 3 mins 30s then 30s spin up to RPM 120+. Repeat 2 times (8)
WD: Easy pedalling cadence 90 rpm 6 min use gears to allow HR to drop into Zone 1 which is a very easy effort (5)
Total 45 mins

Thursday

Run: Base building

Duration (P):0:30:00

Workout Description:

Base building run

Pre Activity Comments:

On soft but firm surface, heart rate in zone 1, RPE 6-8 only. Good form and quick cadence.

Swim: Preparation Skills and Kicking

Duration (P):0:50:00

Workout Description:

WU: 200 easy including tumble turns
2 x 100 reducing strokes by one each length
MS:
3 x
(25 kick on front with float
25 pull
25 kick on back with float arms extended
25 pull)

3 x

(25 Drill 1, 25 FS (full stroke), 25 Drill 2, 25 FS)
3 x
25 breathe every 3 strokes
25 breathe every 4 strokes
25 breathe every 5 strokes
25 breathe every 6 strokes

3 x
(25 pull
25 swim
25 pull
25 swim
Total 1600

Pre Activity Comments:

Drill 1 CU
Drill 2 Thigh Touch

Friday

Bike: Cadence #1 60min

Duration (P):1:00:00

Workout Description:

WU: Easy pedalling cadence 90 rpm 5 min Increase HR into Zone 2, RPE 10 5 min

MS: 4 x (3 mins 90 rpm, 2 mins 95 rpm, 1 min 100 rpm, 4 mins easy)

Zone 1 and 2, RPE 6-8 only for rest of ride.

Pre Activity Comments:

This session can be done on road or on turbo.

Saturday

Bike: Easy ride

Duration (P):2:00:00

Workout Description:

Skills ride This is an easy ride! Ride in the HR 1-2, RPE 6-8 zones on a mostly flat course.

Spend 30 mins with a focus on each activity. Repeat to end of ride.
1: Pedalling drills:
Include pedaling drills such as: a) try to drive pedal straight forward from 9 to 3 o'clock, b) pedal with foot against the top inside of your shoe trying to avoid touching the insole, c) try to touch toes to end of your shoes at top of downstroke. Stay as relaxed as you can while doing these drills. No tension in feet, legs, hands, etc.
2: Cadence - 5 mins at 100 rpm very easy gear, 10 mins 90 rpm and so on.
3: Be comfortable on your bike. Spend 5 mins on drops, 10 mins on hoods and so on.

CD: Easy spin last 10 mins stretch well

Pre Activity Comments:

Enjoy the ride. SCR only

Run

Duration (P):0:30:00

Workout Description:

30 minute recovery run, RPE 6-8 or HR Zone 1

Pre Activity Comments:

Aerobic recovery run

Sunday

Run: Zone 1-2, RPE 6-8, check cadence

Duration (P):0:45:00

Workout Description:

Long aerobic run of with 4 x30secs fast 30secs easy. RPE 6-11.

Pre Activity Comments:

Check cadence: count left foot strikes 15 seconds. Goal is 22 or higher.

SUMMARY

Swim: 1:40:00

Bike: 3:45:00

Run: 2:15:00

Total: 7:40:00

Monday

Day Off

Workout Description:

Rest day

Pre Activity Comments:

Rest

Tuesday

Swim

Duration (P):1:30:00
Workout Description:
Wu:
100swim
8 x 25 off 30s
100 back stroke
4 x 25 max off 30s
100 KWF (kick with fins)
4 x 25 max off 30s

MS:
3 x

50 Max from dive
100 easy
2 x 400, 45s R
50 easy
CD:200

Run

Duration (P):1:30:00
Workout Description:
Run how you feel. Include 15sec pick ups/strides every 5 minutes
Pre Activity Comments:
Long run. Build into the run. Take on board carbs, water during run

Wednesday

Bike

Duration (P):1:30:00
Workout Description:
WU: 20min warm up
MS: Find a hill 4% and ride 6 x 5mins up it. As odds @ 65-70rpm evens @ 90rpm. Free wheel back down as recovefry
CD: Cycle home
Pre Activity Comments:
Optional 10m or 25m Time Trial if possible.
Remain seated during hill repeats

Thursday

Swim

Duration (P):1:30:00
Workout Description:
WU:

100 swim easy.
50 kick easy.
100 swim easy.
50 kick moderate.
100 swim moderate.

MS: Start slow and decrease times for each 300.
4 x 300,30s R at aerobic effort (slower than race pace)
Kick 50 easy.
3 x 300, 30s R at aerobic effort (less than race pace).
Kick 50 easy.
2 x 300, 30s R at aerobic effort (less than race pace).
CD: 100 drill of your choice, 300 swim.
Pre Activity Comments:
Breathe every 3 on every other 25m during the 300m efforts

Run

Duration (P):1:00:00
Workout Description:
Recovery effort run. Include 15sec of strides every 5minutes
Pre Activity Comments:
Run off road if possible.

Friday

Bike

Duration (P):1:00:00
Workout Description:
WU: Easy pedalling cadence 90 rpm 5 min Increase HR into Zone 2, RPE 10 5 min
MS:
10minutes @ 15rpm above normal cadence - 15minutes @ 15rpm below normal cadence - 20minutes @ normal cadence
WD:Easy pedalling cadence 90 rpm 5 min use gears to allow HR to drop into Zone 1
Pre Activity Comments:
Technique turbo session. Relax and focus on 100% maintaining good technique

Saturday

Bike

Duration (P):5:00:00
Workout Description:
Ride how you feel
Pre Activity Comments:
Long ride

Brick

Duration (P):0:45:00
Workout Description:
20min at race pace effort 5min easy jog 20min at race pace effort
Pre Activity Comments:
Build into the run for the first 1km until you find your rhythm. Take short strides to increase your stride rate if you are feeling heavy running off the bike
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Sunday

Run

Duration (P):1:45:00
Workout Description:
The first part of this run is warm-up in heart rate 1-2 zones. The last 30 minutes at Goal race pace. Relax!
Pre Activity Comments:
Long run, tempo finish.

SUMMARY

Swim: 3:00:00
Bike: 7:30:00
Run: 4:15:00
Brick: 0:45:00
Total: 15:30:00