

12 week Intermediate Standard Training Program

Getting the most from your thetrilife.com training program

Thetrilife.com training programs have been designed to be used by healthy athletes in good physical condition. Injury may result if you are not in adequate physical condition, and injury may also occur through normal use of this program. As with any training program, before you begin you should consult a doctor about the status of your health.

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Is this the program for you?

This program has been designed for an athlete with 8-12 hours a week to train. It is assumed that you have been doing some activity/training in the last 8 weeks and have gradually built up your hourly exercise to 7-8 hours. This could be your first standard distance triathlon – or you may have completed several triathlons and you may want to be more competitive within your age group.

Glossary

RPM: Revolutions per minute. This is also known as your cadence.

STAR SESSIONS: STAR SESSIONS are sessions that will have a big impact in the development of your fitness. If you are unable to complete all the sessions in a week because of life commitments and you have to choose one or two, then choose a STAR SESSION!

T pace: In your swim sessions you will see the expression T pace (T stands for threshold, Time Trial or Test Pace). We will calculate your T pace during the program.

Swim Drills and Sessions

Swim Drills: Swim drills are stroke exercises that we use to improve our stroke. Since swimming is 75% technique it is important that drills play an important part in your program.

Units: In the swim sessions the numbers denote the number of metres to be swum i.e., 50 Drill1 will mean 50 m of Drill 1 which will be defined in the program .

In your program where the program says Drill please choose from:

Catch Up: Catch Up is a drill to improve the length of our stroke – to ensure that we don't begin our catch/pull phase too early. Complete each full stroke with left or right arm before starting the next stroke with the opposite arm. Bring your hands in line but shoulder width apart before you start your next stroke.

Shoulder Touch: Shoulder Touch drill encourages a high relaxed elbow during the recovery phase. Simply touch the top of your right shoulder with your right hand as it passes to the front of your recovery (over the water) before entering the water. Perform the same with the left hand.

Thigh Touch: Thigh Touch drill encourages the swimmer to finish the stroke as the correct place and not too early. Touch your thigh with your thumb to mark the rearmost point of your stroke.

Drill videos: More drills are described in our Clubhouse. Take a look in the drills locker!

BK: Backstroke

FC: Front Crawl

FS: Full Stroke

Warming Up and Cooling Down

Warming up and cooling down your muscles are an important part of each and every session to help prevent injury. It is also recommended that you stretch well after each session. If you need any advice on how to stretch safely and effectively please contact thetrilife.com or a local fitness advisor.

How Hard You Should Be Working

To achieve the most from your training you should become aware of your training intensity or how hard you are working. Fitness is achieved by overload followed by recovery and you need the right balance! There are a number of ways to measure how hard you are training. **Please do not be put off by the jargon!!!**

In the training program you will see that the required intensity is shown in terms of heart rate zones – but don't worry if you don't have a heart rate monitor because the table below shows other ways of describing these effort zones.

Heart rate monitors have become widely used, although there are limitations. (For example you should be aware that heart rate zones should be reassessed periodically). It is useful to use heart rate in conjunction with RPE or Rate of Perceived Exertion. There are several different scales for RPE. The one used below is a 15 point Borg scale. The following table illustrates a relationship between heart rate zones and RPE.

Heart Rate Zone	Zone Description	% of Maximum Heart Rate	RPE Level	Perceived Exertion
1	Recovery	60-65	6-8	Very, very light
2	Aerobic Endurance	65-75	8-11	Fairly light
3	Intensive Aerobic Endurance	75-82	12-14	Moderately hard
4	Lactate Threshold Training – Aerobic Capacity	82-89	15-16	Hard
5	Anaerobic Endurance – Lactate Tolerance	89-94	17-18	Very hard
6	Power	94+	19-20	Very, very hard

An exercise based field test is the most accurate way of calculating your Maximum Heart Rate –but a starting approximation is given by using the calculation “220 minus your age”!

Note: Heart rate zones suggested by different texts and organizations may vary.

Enough of the words – time to train and have fun!

Good Luck from thetrilife.com coaching team.