



Year 1 Masters Training Program

Example Week

Triathlon Training Program

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Any questions? Contact us!

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Swim: Base 1 Drills and Base Building 2</p> <p>Duration : 0:45:00</p> <p>Workout Description:</p> <p>Total 1200</p> <p>Focus is on Breathing and Kicking - see attached document for description of drills.</p> <p>Drill 1: Kicking on Side with Fins Drill 2: Single Arm swimming Drill 3: Kicking with board</p> <p>WU: 200 easy full stroke Swim drills as 25 drill 25 full stroke</p> <p>Drills: 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).</p> <p>MS: Focus on stroke throughout</p> <p>5 x 100 at T-pace + 10, 30 s R</p> <p>WD: 200 cool down any stroke</p>	<p>Bike: Base 1 Cadence and Pedalling Efficiency Set 2</p> <p>Duration : 0:45:00</p> <p>Workout Description:</p> <p>WU: Easy pedalling cadence RPE 6-8, 90 rpm 5 min, RPE 10 5 min (10)</p> <p>SET 1: Isolated Leg Training (ILT) Single leg right 20 s – recover 70 s Single leg left 20 s – recover 70 s Repeat 2 times (6)</p> <p>Single leg right 30 s – recover 60 s Single leg left 30 s – recover 60 s Repeat 2 times (6)</p> <p>SET 2: Development of leg speed and aerobic endurance. Select gear that provides a effort RPE 10-11. Focus on smooth pedalling.</p> <p>1 min 90 rpm 1 min 100 rpm 1 min 110 rpm 30 s 120 rpm 1 min 30 s easy spin recovery Repeat 2 times (10)</p> <p>SET 3: Maintain effort in RPE 10-11: 90 rpm 1 mins 30s then 30s spin up. Repeat 2 times (4)</p> <p>SET 4: ILT Accelerations Single leg right – spin up! 30s recovery 1 min 30 s (2) Single leg left – spin up! 30s recovery 1 min 30 s (2)</p> <p>WD: Easy pedalling cadence 90 rpm 6 min use gears to allow effort to drop to RPE 6-10 which is a very easy effort (5)</p>	<p>Run: Base 1 Endurance Run with Pick Ups</p> <p>Duration : 0:35:00</p> <p>Workout Description:</p> <p>Run maintaining effort level RPE 8-11. Include 2-5 x 20-30 sec pick ups (not sprinting - controlled increase in pace without losing form).</p>	<p>Swim: Base 1 Building 200's</p> <p>Duration : 0:45:00</p> <p>Workout Description:</p> <p>Total 1200</p> <p>WU: 4 x 50 done as 25 CU and 25 Full Stroke</p> <p>MS:</p> <p>2 x 50 kick with float (15 s R) moderate effort. 1 x (200m, 15s R, building – 1st length easy, 2nd length faster and so on building in pace throughout 200m) 2 x 50 kick with float(15 s R) moderate effort. 1 x (200m, 15s R, pulling) 2 x 50 kick with float(15 s R) moderate effort. 1 x (200m, 15s R, easy)</p> <p>CD: 100 easy swim.</p>	<p>Day Off: Recovery</p> <p>Workout Description:</p> <p>Relax today - focus on positive nutrition and hydration.</p>	<p>Bike: Base 1 Endurance, Fixed and Overgearing</p> <p>Duration : 2:00:00</p> <p>Workout Description:</p> <p>WU: Rolling course. Warm up 15 mins increasing effort up to RPE 8-11.</p> <p>MS: In general an RPE 8-11 ride but include:</p> <p>1. Big chain ring only for 20 mins allow effort to rise up to RPE 14.</p> <p>2. Ride "fixed" for 20 mins. Adjust your "fixed" so that your effort is only increased above RPE 8-11 for short periods. On the flat your cadence should be 90 - 95 rpm and your effort level should be RPE 8-11. Once this is achieved then this is your "fixed" gear for the interval. Effort level may increase to RPE 14.</p> <p>RPE 8-11 for rest of ride.</p> <p>CD: Easy spin last 10 mins stretch well</p>	<p>Run: Base 1 Aerobic Conditioning and Leg Speed</p> <p>Duration : 0:35:00</p> <p>Workout Description:</p> <p>WU: 10min RPE 6-8</p> <p>MS: (3 x) 3min easy - 2min steady - 1min fast - No additional recovery, run straight through</p> <p>CD: Easy RPE 6-11 remainder of session</p>
						<p>SUMMARY</p> <p>Swim: 1:30:00</p> <p>Bike: 2:45:00</p> <p>Run: 1:10:00</p> <p>Total: 5:25:00</p>

<p>Monday Swim Time Completed: Distance Swum: Your Notes: </p>	<p>Tuesday Bike Time Completed: Distance Cycled: Your Notes: </p>	<p>Wednesday Run Time Completed: Distance Run: Your Notes: </p>	<p>Thursday Swim: Time Completed: Distance Swum: Your Notes: </p>	<p>Friday Rest Day Notes for the week ahead: </p>	<p>Saturday Bike Time Completed: Distance Cycled: Your Notes: </p>	<p>Sunday Run Time Completed: Distance Run: Your Notes: </p>
						<p>YOUR WEEKLY TOTALS Swim: Bike: Run: Total:</p>

YOUR GENERAL COMMENTS FOR THE WEEK:

TIP OF THE WEEK:
What went well?
What would you adjust?
Any nutrition / hydration information gathered?