



Year 3 (Long Pro) Masters Training Program

**Base 1 (1)**

**Triathlon Training Program**

thetrilife.com 

**Any questions? Contact us!**

**Call:** 07791 289792 | **Email:** [info@thetrilife.com](mailto:info@thetrilife.com)

**thetrilife Kent:** Kits Coty Cottage, 170 Chatham Road, Aylesford, Kent, ME20 7EG

<p><b>Monday</b>  <b>Bike: Base 1 Cadence and Pedalling Efficiency Set 1 (60)</b>  <b>Duration:</b> 1:00:00  <b>Workout Description:</b>                      WU: Easy pedalling cadence RPE 6-8, 90 rpm 5 min, 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.                      4 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.                      2 min at 100 rpm at moderate effort. Recover easy spin 1 min at 90 rpm.                      1 min at 100 rpm at moderate effort. Recover easy spin 1 min at 90 rpm.                      (24)                      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 effort to drop to RPE 6-10 which is a very easy effort (5)                      Total 60 mins</p>	<p><b>Tuesday</b>  <b>Swim: Base 1 Aerobic Conditioning</b>  <b>Duration:</b> 0:50:00  <b>Workout Description:</b>                      Total 1850m                      WU: 8 x 50 each with 20 s R (20 seconds rest) easy swimming focus on good stroke.                      MS:                      All done a T pace + 10, which is comfortable aerobic swimming                      50, 5 s R                      100, 10 s R                      150, 15 s R                      200, 20 s R                      250, 25 s R                      200, 20 s R                      150, 15 s R                      100, 10 s R                      50, 5 s R                      CD: 200 easy  <b>Run: Base 1 Endurance Run</b>  <b>Duration:</b> 0:45:00  <b>Workout Description:</b>                      Run easy on a flat to rolling route. Effort level RPE 8-11. Count strides aiming for around 90 strides (one leg) per minute. As with all sessions stretch well at the end of this session.</p>	<p><b>Wednesday</b>  <b>Bike: Base 1 Cadence and Pedalling Efficiency Set 2 (60)</b>  <b>Duration:</b> 1:00:00  <b>Workout Description:</b>                      WU: Easy pedalling cadence RPE 6-8, 90 rpm 5 min, RPE 10 5 min (10)                      SET 1: Isolated Leg Training (ILT)                      Single leg right 30 s – recover 60 s                      Single leg left 30 s – recover 60 s                      Repeat 2 times (6)                      Single leg right 40 s – recover 50 s                      Single leg left 40 s – recover 50 s                      Repeat 2 times (6)                      SET 2: Development of leg speed and aerobic endurance.                      Select gear that provides an effort RPE 10-11. Focus on smooth pedalling.                      3 mins 90 rpm                      2 min 100 rpm                      1 min 110 rpm                      30 s 120 rpm                      1 min 30 s easy spin recovery                      Repeat 2 times (16)                      SET 3 : Maintain steady effort in RPE 10-11                      90 rpm 1 min 30s then 30s spin up.                      Repeat 5 times (10)                      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)                      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)                      Total 61 mins</p>	<p><b>Thursday</b>  <b>Swim: Base 1 Drills and Base Building</b>  <b>Duration:</b> 0:45:00  <b>Workout Description:</b>                      Total 2200                      Drill 1 is Kicking on Side with fins – see attached document                      Drill 2 is Superman – see attached document                      WU:100 easy stroke                      Drills:                      Swim drills as 25 drill 25 full stroke                      2 x                      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).                      MS: Focus on stroke throughout                      2 x                      2 x 100, 30 s R                      4 x 75, 30 s R                      6 x 50, 30 s R                      WD: 100 cool down any stroke  <b>Run: Base 1 Drills – Efficient Running 1</b>  <b>Duration:</b> 0:45:00  <b>Workout Description:</b>                      WU: Easy running 5-10 mins then dynamic stretching                      MS: For each exercise repeat 3 times. Perform drill over 10 m and then jog back.</p>	<p><b>Friday</b>  <b>Day Off: Recovery</b>  <b>Workout Description:</b>                      A recovery day.                      No training today.</p>	<p><b>Saturday</b>  <b>Bike: Base 1 Endurance RPE 8-11</b>  <b>Duration:</b> 2:30:00  <b>Workout Description:</b>                      WU: Rolling course. Warm up increasing effort to RPE 8-11 over 15 mins. Include 2 x spin ups. Slowly spin-up to max rpm over 30 seconds, 2 mins R.                      MS: RPE 8-11 ride cadence around 90 rpm.                      CD: Easy spin last 10 mins stretch well</p>	<p><b>Sunday</b>  <b>Swim: Base 1 Drills and 100's Base Building</b>  <b>Duration:</b> 0:45:00  <b>Workout Description:</b>                      Total 2000                      Drill 1 is Kicking on Side with fins                      Drill 2 is Superman                      Drill 3 is Catch Up                      WU:200 easy                      Drills:                      100 Drill 1,100 Drill 2, 100 Drill 3                      Repeat                      MS: T - pace + 10 means steady aerobic swimming                      5 x 100 T-pace + 10, 20 s R                      10 x 50 T-pace + 10, 20 s R                      CD: 200 easy any stroke  <b>Run: Base 1 Endurance Run with Pick Ups</b>  <b>Duration:</b> 0:50:00  <b>Workout Description:</b>                      Run maintaining effort level RPE 8-11. Include 2-5 20-30 sec pick ups (not sprinting - controlled increase in pace without losing form).</p>
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<p><b>Monday</b> <b>Bike</b> Time Completed:  Distance Cycled:  Your Notes:</p>	<p><b>Tuesday</b> <b>Swim</b> Time Completed:  Distance Swum:  Your Notes:</p> <p><b>Run</b> Time Completed:  Distance Run:  Your Notes:</p>	<p><b>Wednesday</b> <b>Bike</b> Time Completed:  Distance Cycled:  Your Notes:</p>	<p><b>Thursday</b> <b>Swim</b> Time Completed:  Distance Swum:  Your Notes:</p> <p><b>Run</b> Time Completed:  Distance Run:  Your Notes:</p>	<p><b>Friday</b> <b>Rest Day</b> Notes for the week ahead:</p>	<p><b>Saturday</b> <b>Bike</b> Time Completed:  Distance Cycled:  Your Notes:</p>	<p><b>Sunday</b> <b>Swim</b> Time Completed:  Distance Swum:  Your Notes:</p> <p><b>Run</b> Time Completed:  Distance Run:  Your Notes:</p> <p><b>YOUR WEEKLY TOTALS</b> Swim: Bike: Run: Total:</p>
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**YOUR GENERAL COMMENTS FOR THE WEEK:**

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