



Year 3 (Long) Masters Training Program

Base 1 (1)

Triathlon Training Program


thetrilife.com 

Any questions? Contact us!

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Swim: Base 1 Aerobic Conditioning</p> <p>Duration (P): 0:50:00</p> <p>Workout Description:</p> <p>Total 1850m</p> <p>WU: 8 x 50 each with 20 s R (20 seconds rest) easy swimming focus on good stroke.</p> <p>MS: All done a T pace + 10, which is comfortable aerobic swimming</p> <p>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</p> <p>CD: 200 easy</p>	<p>Bike: Base 1 Cadence and Pedalling Efficiency Set 1 (60)</p> <p>Duration (P): 1:00:00</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 Single leg right 30 s – recover 60 s Single leg left 30 s – recover 60 s</p> <p>Repeat 2 times (12)</p> <p>SET 2: Development of leg speed and aerobic endurance.</p> <p>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.</p> <p>(24)</p> <p>SET 3 : Maintain steady effort 90 rpm 3 mins 30s then 30s spin up to RPM 120+.</p> <p>Repeat 2 times (8)</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>Total 60 mins</p>	<p>Run: Base 1 Endurance Run</p> <p>Duration (P): 0:30:00</p> <p>Workout Description:</p> <p>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>Swim: Base 1 Drills and 100's Base Building</p> <p>Duration (P): 0:50:00</p> <p>Workout Description:</p> <p>Total 2000</p> <p>Drill 1 is Kicking on Side with fins Drill 2 is Superman Drill 3 is Catch Up</p> <p>WU:200 easy</p> <p>Drills: 100 Drill 1, 100 Drill 2, 100 Drill 3 Repeat</p> <p>MS: T - pace + 10 means steady aerobic swimming</p> <p>5 x 100 T-pace + 10, 20 s R</p> <p>10 x 50 T-pace + 10, 20 s R</p> <p>CD: 200 easy any stroke</p>	<p>Day Off: Recovery</p> <p>Workout Description:</p> <p>A recovery day. No training today.</p>	<p>Bike: Base 1 Endurance RPE 8-11</p> <p>Duration (P): 2:30:00</p> <p>Workout Description:</p> <p>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.</p> <p>MS: RPE 8-11 ride cadence around 90 rpm.</p> <p>CD: Easy spin last 10 mins stretch well</p>	<p>Run: Base 1 Endurance Run with Pick Ups</p> <p>Duration (P): 0:45:00</p> <p>Workout Description: 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>
						<p>SUMMARY</p> <p>Swim: 1:40:00</p> <p>Bike: 3:30:00</p> <p>Run: 1:15:00</p> <p>Total: 6:25:00</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: YOUR WEEKLY TOTALS 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?