



Year 3 (Long Pro) Masters Training Program

Race Base 3 (2)

Triathlon Training Program

thetrilife.com 

Any questions? Contact us!

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<p>Monday</p> <p>Bike: Base 3 Fast Pedals and Sub Threshold Efforts</p> <p>Duration: 1:15:00</p> <p>Workout Description:</p> <p>WU:10 minutes gradually increasing effort to RPE 8-11</p> <p>MS:</p> <p>5 x 1 minute fast pedals over 110 rpm with 60 s R.</p> <p>40 mins at RPE14, 5 mins easy recovery between each effort.</p> <p>Remainder of ride RPE 8-11.</p> <p>CD: 5 minutes small chain ring.</p>	<p>Tuesday</p> <p>Swim: Base 3 Muscular Endurance 100's T-Pace</p> <p>Duration: 1:30:00</p> <p>Workout Description:</p> <p>Total 3800m</p> <p>WU: 200 easy swimming</p> <p>2 x 100 drill of choice, 30 s R</p> <p>200 pulling T-pace + 5,30 s R</p> <p>MS:</p> <p>5 x 100 at T-pace (10 s R).</p> <p>30 s R</p> <p>500 at target race pace, 30s R</p> <p>5 x 100 at T-pace (10 s R).</p> <p>30 s R</p> <p>500 at target race pace, 30s R</p> <p>5 x 100 at T-pace (10 s R).</p> <p>30 s R</p> <p>500 at target race pace, 30s R</p> <p>CD: 200 any stroke</p> <p>Run: Base 3 Long Threshold Intervals</p> <p>Duration: 1:00:00</p> <p>Workout Description:</p> <p>WU: RPE 8-11 10 mins</p> <p>MS:</p> <p>2 x (15 mins at RPE 15-16, 5 mins RPE 8-11)</p> <p>RPE 8-11 rest of session</p> <p>CD: Easy jog 5 mins and stretch well.</p>	<p>Wednesday</p> <p>Bike: Base 3 Long Threshold Intervals</p> <p>Duration: 1:15:00</p> <p>Workout Description:</p> <p>This can be a turbo session or out on the road or a (long) TT.</p> <p>WU: 10 mins RPE 8-11 but include several spin ups to 110 rpm</p> <p>MS: 4 x 10 minutes at threshold effort RPE 15-16, 5 min R easy RPE 11-12.</p> <p>Smooth pedalling. 85-95 rpm.</p> <p>Aero position.</p> <p>RPE 8-11 rest of ride</p> <p>CD: Easy spin 95 rpm 5 mins and stretch well.</p>	<p>Thursday</p> <p>Run: Base 3 Endurance Run with Pick Ups</p> <p>Duration: 1:00:00</p> <p>Workout Description:</p> <p>Run maintaining effort level RPE 8-11. Include 5 x 20-30 sec pick ups (not sprinting - controlled increase in pace without losing form).</p> <p>Swim: Base 3 T-Pace Long and Short</p> <p>Duration: 1:30:00</p> <p>Workout Description:</p> <p>Total 4100</p> <p>WU: 4 x 50 done as 25 easy, 25 building speed.</p> <p>MS:</p> <p>300 at target race pace, 30 s R</p> <p>300 at T-pace, 30 s R</p> <p>3 x 100 at T-pace 10 s R</p> <p>100 easy recovery, 30 s R</p> <p>400 at target race pace, 30 s R</p> <p>400 at T-pace, 30 s R</p> <p>4 x 100 at T-pace 10 s R</p> <p>100 easy recovery, 30 s R</p> <p>400 at target race pace, 30 s R</p> <p>400 at T-pace, 30 s R</p> <p>4 x 100 at T-pace 10 s R</p> <p>100 easy recovery, 30 s R</p> <p>CD: 100 easy</p>	<p>Friday</p> <p>Day Off: Recovery Day</p> <p>Workout Description:</p> <p>Relax today – focus on positive nutrition and hydration.</p>	<p>Saturday</p> <p>Brick: Base 3 Race Pace and Course Brick</p> <p>Duration: 5:30:00</p> <p>Workout Description:</p> <p>On a course similar to your race - this is your chance!</p> <p>A 5 hour ride and 30 min run</p> <p>Hr 1: Take 15 mins to warm up and reach your target race pace</p> <p>Hr 2 & 3: Race pace efforts as 15 mins Race Pace, 15 mins easy</p> <p>Hr 3 & 4: Race pace efforts as 25 mins Race Pace, 5 mins easy - concentrate!</p> <p>Fast transition to 30 min run.</p> <p>First 10 mins easy - get into your stride. Final 20 mins at your target race pace.</p> <p>Fuel and hydration exactly as in race. Time to be practicing your Iron distance race pace.</p> <p>What is your heart rate how does it feel?</p>	<p>Sunday</p> <p>Run: Base 3 Endurance and Race Pace Intervals</p> <p>Duration: 1:30:00</p> <p>Workout Description:</p> <p>WU:10 mins RPE 8-11</p> <p>MS: 30 mins at your target race pace, 5 mins jog and repeat through to end of session</p> <p>CD: 5 mins easy jog and stretch.</p> <p>Fuel and hydrate exactly as on race day.</p> <p>Pre Activity Comments:</p> <p>Morning run - play close attention to your nutrition today</p> <p>Swim: Base 3 Open Water Race Pace Efforts</p> <p>Duration: 1:30:00</p> <p>Workout Description:</p> <p>Total 4000</p> <p>WU: Warm up as you will on race day - perfect your process.</p> <p>MS: Start as you will in your race. Swim 500 m at your target race effort.</p> <p>Swim 2000 m broken into approx 500 below race pace, 500 at race pace. Practice sighting every 6 strokes. Practice smooth turns around buoys without breaking rhythm.</p> <p>Finish with 1500 m at race pace - record your time.</p> <p>Practice and time your T1 transition!</p>
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Run: Base 3 Endurance and Race Pace Intervals

Duration: 1:00:00

Workout Description:

WU:10 mins RPE 8-11

MS: 30 mins at your target race pace, 5 mins jog and repeat through to end of session

CD: 5 mins easy jog and stretch.

Fuel and hydrate exactly as on race day.

Pre Activity Comments:

Early evening run

SUMMARY

Swim: 4:30:00

Bike: 2:30:00

Run: 4:30:00

Brick 5:30:00

Total: 17:00:00

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