



Year 3 (Long) Masters Training Program

# Race Base 3 (2)

## Triathlon Training Program

thetrilife.com 

**Any questions? Contact us!**

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<p><b>Monday</b>  <b>Swim: Base 3 Muscular Endurance 100's T-Pace</b>  <b>Duration:</b> 1:30:00  <b>Workout Description:</b>                  Total 3800m                  WU: 200 easy swimming                  2 x 100 drill of choice, 30 s R                  200 pulling T-pace + 5,30 s R                  MS:                  5 x 100 at T-pace (10 s R).                  30 s R                  500 at target race pace, 30s R                  5 x 100 at T-pace (10 s R).                  30 s R                  500 at target race pace, 30s R                  5 x 100 at T-pace (10 s R).                  30 s R                  500 at target race pace, 30s R                  CD: 200 any stroke</p>	<p><b>Tuesday</b>  <b>Bike: Base 3 Long Threshold Intervals</b>  <b>Duration:</b> 1:15:00  <b>Workout Description:</b>                  This can be a turbo session or out on the road or a (long) TT.                  WU: 10 mins RPE 8-11 but include several spin ups to 110 rpm                  MS: 4 x 10 minutes at threshold effort RPE 15-16, 5 min R easy RPE 11-12. Smooth pedalling. 85-95 rpm. Aero position.                  RPE 8-11 rest of ride                  CD: Easy spin 95 rpm 5 mins and stretch well.</p>	<p><b>Wednesday</b>  <b>Run: Base 3 Long Threshold Intervals</b>  <b>Duration:</b> 1:00:00  <b>Workout Description:</b>                  WU: RPE 8-11 10 mins                  MS:                  2 x (15 mins at RPE 15-16, 5 mins RPE 8-11)                  RPE 8-11 rest of session                  CD: Easy jog 5 mins and stretch well.</p>	<p><b>Thursday</b>  <b>Swim: Base 3 T Pace Long and Short</b>  <b>Duration:</b> 1:30:00  <b>Workout Description:</b>                  Total 4100                  WU: 4 x 50 done as 25 easy, 25 building speed.                  MS:                  300 at target race pace, 30 s R                  300 at T-pace, 30 s R                  3 x 100 at T-pace 10 s R                  100 easy recovery, 30 s R                  400 at target race pace, 30 s R                  400 at T-pace, 30 s R                  4 x 100 at T-pace 10 s R                  100 easy recovery, 30 s R                  400 at target race pace, 30 s R                  400 at T-pace, 30 s R                  4 x 100 at T-pace 10 s R                  100 easy recovery, 30 s R                  CD: 100 easy</p>	<p><b>Friday</b>  <b>Day Off: Recovery Day</b>  <b>Workout Description:</b>                  Relax today – focus on positive nutrition and hydration.</p>	<p><b>Saturday</b>  <b>Brick: Base 3 Race Pace and Course Brick</b>  <b>Duration:</b> 5:30:00  <b>Workout Description:</b>                  On a course similar to your race - this is your chance!                  A 5 hour ride and 30 min run                  Hr 1: Take 15 mins to warm up and reach your target race pace                  Hr 2 &amp; 3: Race pace efforts as 15 mins Race Pace, 15 mins easy                  Hr 3 &amp; 4: Race pace efforts as 25 mins Race Pace, 5 mins easy - concentrate!                  Fast transition to 30 min run.                  First 10 mins easy - get into your stride. Final 20 mins at your target race pace.                  Fuel and hydration exactly as in race. Time to be practicing your Iron distance race pace.                  What is your heart rate how does it feel?</p>	<p><b>Sunday</b>  <b>Run: Base 3 Endurance and Race Pace Intervals</b>  <b>Duration:</b> 1:30:00  <b>Workout Description:</b>                  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.  <b>Pre Activity Comments:</b>                  Morning run - play close attention to your nutrition today  <b>Swim: Base 3 Open Water Race Pace Efforts</b>  <b>Duration:</b> 1:30:00  <b>Workout Description:</b>                  Total 4000                  WU: Warm up as you will on race day - perfect your process.                  MS: Start as you will in your race. Swim 500 m at your target race effort.                  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.                  Finish with 1500 m at race pace - record your time.                  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: 1:15:00**

**Run: 3:30:00**

**Brick: 5:30:00**

**Total: 14:45:00**

<p><b>Monday</b> <b>Swim</b> Time Completed:  Distance Swum:  Your Notes:  </p>	<p><b>Tuesday</b> <b>Bike</b> Time Completed:  Distance Cycled:  Your Notes:</p>	<p><b>Wednesday</b> <b>Run</b> Time Completed:  Distance Run:  Your Notes:</p>	<p><b>Thursday</b> <b>Swim</b> Time Completed:  Distance Swum:  Your Notes:</p>	<p><b>Friday</b> <b>Rest Day</b> Notes for the week ahead:</p>	<p><b>Saturday</b> <b>Brick</b> Time Completed:  Distance Cycled:  Distance Run:  Your Notes:</p>	<p><b>Sunday</b> <b>Run</b> Time Completed:  Distance Run:  Your Notes:  <b>Swim</b> Time Completed:  Distance Swum:  Your Notes:  <b>Run</b> Time Completed:  Distance Run:  Your Notes:</p> <div style="background-color: #4CAF50; color: white; padding: 5px;"> <p><b>YOUR WEEKLY TOTALS</b> Swim: Bike: Run: Total:</p> </div>
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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?