



Welcome to HFP Coaching and congratulation on making the commitment to the three disciplines: swim, bike, run.

As your coach, my job will be to blend the art and science of coaching to find out what will bring out the best in you, the athlete.

Time vs. Distance – The majority of workouts you will find on this schedule (excluding swims) will be given in terms of time not distance. For example, most aerobic workouts will be given in time (90 minute run) as opposed to distance (20km run). Although this is the general rule, there will be exceptions when we get into threshold workouts, time trials and aerobic efficiency tests.

Your monthly schedule will have terms incorporated that may be familiar to you. I have given the definitions these terms so their meaning is clear.

MRI – Minute Rest Interval

SRI – Second Rest Interval (not stop and go)

AEROBIC - <75% of Maximum Heart Rate

TEMPO – 80 – 85% of Maximum Heart Rate

THRESHOLD – 85 – 90% of Maximum Heart Rate

SPEED INTERVALS/HILLS/TIME TRIAL – MAX EFFORT

**AEROBIC** – For those of you that have heart rate monitors (a tool I suggest everyone invest in) I consider aerobic to be 75% of your maximum heart rate. This is not 100% accurate for everyone, but as a general rule it is usually quite close. You will often find that one of 3 words will follow aerobic on the schedule, these are; **AEROBIC BASE, AEROBIC ENDURANCE, AEROBIC RECOVERY**. The word that accompanies aerobic is there to give you the purpose and goal of the workout. You will want to stay at 75% or below for each of these workouts, BUT, it is important that you approach each workout clear on the purpose and objective. A majority of workouts (especially during the winter months) will be spent doing aerobic work. Spending time doing aerobic work builds the “base” on which everything else is built. The more time you spend doing this work in the early season the more efficient your “aerobic engine” becomes. Your ability to be aerobically efficient is one of keys to an endurance sport such as triathlon and specifically the ironman distance.

**TEMPO** – This is an often misinterpreted term and I would like everyone to be clear by what I mean when this word appears on the schedule. Tempo is that work right above your aerobic limit. I consider this to be 80 – 85% of your maximum heart rate. Tempo workouts will be efforts that are slightly longer in duration (10 – 20 minutes to begin) and they will have you swimming, biking or running at a pace that is slightly higher than your aerobic pace. These are efforts that are slightly uncomfortable, but they should become sustainable for longer and longer periods of time as we move through the year.

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**THRESHOLD** – This type of workout is shorter in duration and this is often where we will get into using set distances to monitor and track pace times etc. (i.e. 3 X 1km, 2 X 2km etc.) In these workouts your heart rate should be in the 85 – 90 - 95% range. The ability to spend time here for longer periods of time can actually push that anaerobic threshold higher so that you can work at a higher percentage of maximum for longer periods of time. These workouts hurt, take longer to recover from and only appear at certain times (on the bike and the run, they appear quite regularly in swimming) of the year to give you speed.

**SPEED INTERVALS/ HILLS/ TIME TRIALS** – These are the workouts where you can leave the heart rate monitor at home. These are the workouts where maximum efforts are expected. Speed intervals and hills are generally never any longer than 1 – 2minutes and they are designed to have you generating maximum power and effort. Short hill efforts on the run are a perfect example of this type of workout.

## **THE SWIM**

For many triathletes, swimming is their least favorite of the three disciplines. Many people who take up triathlon, take up the sport with a very limited background in swimming. Often this results in a fear and anxiety that you don't get in the two other sports.

One of the interesting things about swimming is that it is so dependent on technique that fitness levels have much less of a bearing on how you will do in this particular event. For many of us, how we do in the swim of a triathlon does not really equate to how our fitness levels allow us to compete in the other two sports of biking and running. That is why the off-season and base phase of training is a fantastic opportunity to improve your technique and efficiency in the water.

To swim well, you must first be comfortable in the water. To be comfortable in the water you must have good balance, good rotation and the ability to put these two things together. This is why I like athletes to dedicate one full workout a week to drills as well as incorporate a short drill set into the other two swims of the week.

Below you will find a number of drills that are grouped into three categories. The first group of drills described below is designed to improve your body position in the water and get you swimming horizontally with your hips up near the water's surface. The second group of drills is the next step after you have perfected your body position. I call this second group "pause drills" and they are designed to get you comfortable being on your side while you are swimming. Perfect freestyle swimming is the ability to swim on your side and not on your front. The third group of drills is to improve your stroke and arm positioning on recovery and in the catch and pull phase of your swim. Quite often people jump to this phase of drills and technique work without working on the balance and rotation. This is actually a mistake. Without proper balance and rotation, you will have a very hard time doing these drills correctly and getting the real benefits of them.

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## Swim Drills

### Body Position Drills

These are not meant to be done fast. They are meant to be done slowly, concentrating on keeping the body horizontal along the surface of the water. Think hips up!

The following drills are best done with fins in order to keep body in correct alignment:

1. Kick on front - Kick on your front with arms at your side. Lift head up to breathe. Notice that legs will sink. The key is to get body back in proper position. This is done by pushing chest down into water.
2. Kick on back - Kick on back with arms at side. Key is to keep hips and legs near surface of the water by keeping head back and chest pushed back into water.
3. Rolling Kick - Combine the previous two drills by rolling from front to back. Lead with shoulders and then follow with head.
4. Kick on side - With bottom arm extended in catch position, kick on side with head in water. When you need to breathe simply turn head up to surface and then place back under the surface of the water.

With this drill it is important to stay right on your side. Don't roll onto back and DO keep palm of hand facing down.

### Pause Drills

These drills are designed to keep you swimming on your side. In essence, you should always be swimming on your side. These pause drills, minus the pause, is proper freestyle.

1. Pause Drill - Kick on side as above, but switch to other side every 5m. Important to keep palm down!
2. Pause 3 - As above, but take 3 full strokes between every pause. Pause should only last for 3 - 5 seconds.
3. Pause 5 - As above, but take 5 full strokes between every pause.

### Stroke Drills

The following drills are set up to work on your arm positioning. The key to remember with regard to arm position is high elbows. Dropping elbows is a very common mistake. When this happens you eliminate the entire surface area of your forearm as a paddle. With a dropped elbow you are only pulling with your hand.

1. Finger tip drag/ Zipper drill - Swim freestyle but keep elbow high on recovery by either dragging finger tips along the top of the water or by running your thumb up the side of your body right past your head. In order to have a high elbow under the water it is important that this be set up on your recovery. You should not feel stress in your shoulder joint by doing this, but if you do, chances are you are not rolling enough onto your side. Remember, it is important to lead with your elbow - not your hand.
2. Closed Fist - Swim freestyle with closed fist. With proper high elbows you will feel the pressure on your forearms. Another way to do this drill is by swimming with tennis balls in your hands.
3. One Arm Drill - There are two ways of doing this drill. One is with the arm you aren't swimming with at your side (this works the finish of your stroke and is the harder of the two methods). The other is with your non stroking arm extended out in front (this works the front part of your stroke and really allows you to set up the high elbow). What is important in both cases is that you don't forget to roll onto your side.
4. Head Up - Swim with your head up. This is a skill you will need for triathlon swimming as it allows you to sight. It also prevents crossover of the arms. Taking arms across the midpoint of the body upon entry and extension is a very common mistake among newer swimmers.
5. Dog Paddle - As it sounds. Swim with recovery below the water, but really focus on extension

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onto side and getting arm in the proper catch position. Breathe as you normally would in freestyle with head below the water surface and turn to side for proper breathing.

**The other two types of workouts I like to try and fit in during the base phase of training are:**

1. Short Rest Intervals - These should be done after you have done a good warm up of drills no longer than 50 meters or 50 yards to start. The idea is to hold your stroke together and try and go fast, but with limited rest. An example of this type of workout would be 2 sets of 8 X 50 meters on 1 minute (or a pace time that will give you 5 to 10 seconds rest) The goal is to get a good workout in, but at the same time, swim a shorter distance that will allow you to keep your stroke from falling apart. Between the set of 8 X 50 you might want to do a short set of drill 25's to bring your stroke back together. In time, as you become a better swimmer and you

start to feel as though you can hold a good stroke for longer periods of time, you can then start to lengthen the distance of the intervals (100m, 150m etc.)

2. Aerobic Endurance Swim - Once a week I suggest doing a longer aerobic swim. After a short warm up (500 - 750meters) that replicates the warm up you plan to use before your triathlons in the coming season, you swim a long continuous aerobic set. I suggest starting out using time, not distance, as your guide. You might want to start with 15minutes of continuous swimming and slowly build that up to 1 hour if you are doing an Ironman in the coming year or 30minutes if your longest race will be an Olympic distance or sprint. If you are following my training plan and this swim ends up on a Sunday afternoon or evening when your legs are really tired, I suggest using a pull buoy to help keep your body in the proper position and also replicate the feeling of wearing a wetsuit. Once a month, you might want to choose a distance (1000m, 1500m etc) instead of doing this set by time. You can record your time and chart your progress in the water.

## **Swim Strength**

How does one go about acquiring swim strength? Although push ups, bicep curls and chin ups will make you look good in your swim suit they won't necessarily make you a faster swimmer. How many of us have walked into a pool and seen a skinny little 11 year old ripping up the water? Odds are this little kid isn't nearly as strong as you or I, but what he does have (aside from good technique) is swim specific strength. There are a few ways to develop swim specific strength and they can be worked on year round, but the base phase of training is a good time to introduce them to your program as they might cause a little bit of soreness the first few times that you do them.

One of the ways to develop swim strength is with the use of surgical tubing or the elastic bands that you see in many gyms. What you want to do is loop the tubing around a post or door handle and replicate the proper pulling motion that you would have under water. Remember high elbows and a good finish. This will work the big back muscles that are your primary movers when swimming properly, the shoulders, chest and triceps.

Another way to develop your swim strength is in the pool through the use of paddles. Provided you are swimming with good balance and rotation, swimming with paddles will strengthen those swim specific muscles. It is of extreme importance that you swim with high elbows and good rotation, as swimming with paddles can place serious stress on your shoulder joints and muscles if done improperly. It is also important that you choose the size of paddle that is right for you. Paddles come in many sizes and shapes and you will want to start out with a smaller paddle to minimize the risk of injury.

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## **THE BIKE**

Generally, the bike is the longest component of any triathlon. Fortunately, the bike is where you can put in a lot of base miles without it taking too much recovery time. The downside is that in order to build up base miles on the bike, you need a fair amount of time. Aside from getting a sore behind, hours and hours in the saddle are actually good for building the kind of fitness you want at this time of year without risking the sort of injuries that can come with the repeated pounding that you get from running (provided you are properly fitted and set up on your bike). Early season riding should be done at a low intensity with a real emphasis placed on high spinning rate and a proper pedal stroke.

Like swimming, proper technique on the bike can make a huge difference in your performance. The increased efficiency of a proper pedal stroke and the ability to maintain a proper pedal stroke with high cadence is what separates the bike performance of many athletes with the same level of fitness.

What is a proper pedal stroke and how can you achieve it?

For many of us, especially those new to the sport, riding a bike is riding a bike. Most people don't take the time to think about pedal stroke and how it can affect their performance. When you are out doing your aerobic base riding on the bike it is the perfect time to think about what your legs are doing and the force that you are applying to the pedals. The perfect pedal stroke involves some application of force at every point of the circle. It is not just a matter of pushing down with your leg once your leg reaches the top of the stroke. At the same time it is not the mashing down with one leg while the other leg pulls up. This is what cyclists commonly refer to as pedaling squares. What you want to be doing and thinking about is pedaling circles. This involves dropping your heel at the bottom of the pedal stroke, smoothing it out and pulling back, just before you begin to pull up. While at the same time, the other leg is beginning the push forward and down as soon as possible. Think "THE BIG CIRCLE"! With your heel dropped, try and start pushing up and over before you reach the top of the pedaling cycle.

## **Bike Drills**

### **One Leg Drills**

One of the easiest ways to feel the application of force during your biking and improve your pedal stroke is to isolate your legs through one leg drills. This drill is best done on a bike trainer, where you are safely in one place. You simply unclip one foot and rest it on a chair or behind on the trainer stand. You want to be in an easier gear, but not so easy that you can't feel the force you are applying to the pedal. This drill will quickly give you an idea where you might be weak or losing power during your pedal stroke. This is a very hard drill to master, but once you have mastered it, you will find that you are able to push a bigger gear and generally ride a lot faster than you ever have before. If you are doing this drill for the first time you are likely to use muscles that you probably haven't used before, so you will want to keep the duration of time that you do it quite short or you will really feel it the next day. I like to incorporate one legged drills into all of my trainer sessions in the following manner:

1 min left leg  
1 min both legs  
1 min right leg  
2 min both legs  
repeat X 2 - 3

You will be amazed at how good you feel when you start pedaling with both legs after working with just one leg.

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### **Spin Up Drills**

Spin Up Drills works your pedaling technique by having you work with your cadence. The ability to pedal with a high cadence without bouncing up and down on your saddle is not easy. To do this you must perfect pedaling "The Big Circle" and the ability to smooth out the bottom of the pedal stroke. If you are unable to smooth out the bottom of the pedal stroke you end up jamming into the bottom of the stroke and popping yourself up on the saddle. This drill will give you the opportunity to work this aspect of your cycling and it is great drill to incorporate into your weekly trainer rides.

The spin up drill I like to do is as follows:

3 min @ 90rpm  
2 min @ 100rpm  
1 min @ 110rpm  
4 min EZ pedaling  
repeat X 2 – 3

### **Bike Strength**

Once you have developed an efficient and proper pedaling stroke and established the ability to spin at a high cadence with this pedal stroke then the next step is to increase your bike strength. By increasing the power in your legs you will develop the ability to "push a bigger gear". One of the best ways to develop this strength is by doing "Big Gear Intervals". When doing "Big Gear Intervals" you will be doing just that, pushing a "Big Gear". Pushing a big gear means being in your big chain ring in the front and one of your smaller cogs in the back. When doing these intervals you will want your rpm to be quite low (50 - 70rpm) and you really want to feel power over the entire pedal stroke. When doing "Big Gear Intervals" your heart rate should stay quite low as you are really using your bike as a sport specific weight machine and not necessarily a fitness tool.

When doing these types of intervals it is EXTREMELY IMPORTANT that you start out with intervals that are quite short in duration (2 - 3 minutes). This type of strength building on the bike can be very tough on knee joints and ligaments. If, when doing these workouts you start to feel any knee pain at all, STOP immediately and reduce the load by trying an easier gear the next time you attempt the workout. Once your joints and ligaments have adapted you can build up to doing 15 and 20 minutes intervals, but this can and will take time. Be patient! It is this bike strength and ability to push a big gear, coupled with the ability to spin at a high cadence with a smooth pedal stroke that makes a strong time trialing triathlete.

### **The Run**

When building base on the run, one must take into consideration the fact that running has the most cost in terms of damage caused and recovery time needed. Unlike biking and swimming, the impact of running means that the athlete must be very smart about how they go about increasing their volume and base building. Stacking long run on top of long run not only increases your risk of injury, but it won't necessarily make you a faster runner either. This is not to say that the long run is not important, but it must be done with the right amount of recovery scheduled before and after. If the idea is to increase our aerobic efficiency and strength in the off season there are a few things that we can do to maximize our running without increasing the risk of injury. Aerobic running is just that, running at an aerobic heart rate. If the idea is to build up our aerobic efficiency it is very important that we stick to our aerobic heart rate and resist the temptation to run fast and go anaerobic on our long runs. Very rarely do triathletes pick it up to the point of

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going anaerobic during a triathlon (if they do this in an ironman distance race, it is almost guaranteed that they will implode at some point). During the base phase of training even elite athletes stick to their heart rate limits. The only difference is that they have built up a huge "aerobic engine" that allows them to run at a much faster pace at that aerobic heart rate. Building this type of engine takes years and years and it takes a great deal of discipline and patience. Many people just don't understand the reason behind doing it and therefore have a hard time committing to doing it. As an athlete who has watched his aerobic pace drop by minutes over the past 10 years, I can guarantee that it will work, just be disciplined and stick to it.

### **Running Drills**

When it comes to running drills, many coaches have their athletes doing A's, B's and C's. These are those really funky looking drills that involve ballistic movements and extremely good coordination. These drills are excellent if they are done 100% properly, but very few people (even track athletes) are able to do them properly, so I personally don't like to see triathletes doing them. What I like to see athletes do is work on leg speed and turnover at shorter distances that puts their body in proper alignment and allow them to feel that "easy speed" that happens when we are able to run with a slight forward lean, a proper foot strike and an accelerated rhythm.

### **Form Strides**

Find a flat stretch of road about 80 - 100m long. Start out at a moderate pace and build your rhythm and speed up to the 80m mark and then slow down. You should start out the first couple building up to about 70 - 75 % of your all out speed and slowly work up to 85 - 90 % over the course of 6 to 8 form strides. When you finish the stride, turn around and walk back to where you started and repeat. There are a few things to remember when doing these strides, the first and foremost is to stay relaxed. When many people try to run fast their first instinct is to really tighten up, this includes their face muscles, shoulders, chest etc. Stay relaxed and find a fast rhythm with your arms. This faster arm rhythm will get your legs moving faster.

You want to think fast feet. Get your feet up off the ground fast. During the base phase of training we are generally running slower, but this does not mean we should run lazy and sink into our steps. Remember you want to **"run on your legs, not with your legs"**. Doing these form strides at the end of your longer runs is an excellent way to remind your legs and your muscles what it feels like to have that faster turn over and proper form.

### **Run Strength**

The big question! How do you combine run strength with aerobic running? This is where the heart rate rule gets thrown out the window, but only for a very specific short workout. The best way to develop running strength is to run with proper form and fight gravity. The best way to do this, **HILLS!**

Short hill repeats of 30 seconds to 1 minute in duration will build the sport specific strength that the running at the end of a triathlon demands. When doing a hill workout it is imperative that you are properly warmed up. I recommend at least a 20 minute aerobic run followed by 6 - 8 form strides before taking on a hill workout. If you are doing a hill workout for the first time it is good to start out with no more than 6 X 30 seconds and as you progress you can build up to 9 - 12 X 1 minute. This is a workout that looks extremely easy on paper. In actual fact, it is quite the opposite if done properly. The idea is to run these hills at a 100% effort. You want to get your feet up off the ground as quickly as possible and by the end of the 30 seconds or 1 minute it should become harder and harder to do this. This is where you must fight the temptation to sink into your

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steps. Hold your rhythm and your speed no matter how high your heart rate goes. It is this type of strength that will have you passing people towards the end of a triathlon. When doing one of these workouts it is very important that it be followed up by a very easy day or a complete rest day.

## **Core Strength**

If there is one thing that is overlooked when it comes to training for triathlon it is core strength. The core is what keeps the arms and legs working together. The core is also what allows us to keep our body in proper alignment in swimming, biking and running. When the core gives out, so does efficiency. All the aerobic training and aerobic efficiency will be for not if the core does not support the body and allow it function at 100%. Not only does core allow you to function at 100% it is also important for keeping an athlete healthy. Often athletes with weak cores end up stressing other parts of their bodies because they compensate with other parts of their bodies. Many people think of core strength as simply the abdominals, but in actual fact there is much more to it than that. The core is made up of a number of smaller muscles throughout the back, hips, groin and mid section of the body. When these muscles are strong and you are able to engage them they are what will allow you to get the most out of your "base" training. Core strength does not take a lot of time to improve. Sticking to a core routine only requires 15 - 20 minutes 3 - 4 times a week. The following core strength routine is extremely effective and only involves rolling off the couch onto the floor during your nightly TV time.

## **Core Strength Routine**

This routine only takes 10 to 15 minutes, but it will make a huge difference when it comes to being able to hold your form on the swim, bike, and run. Try and do 12 to 15 repetitions of each of these exercises 3 to 5 times per week. When 15 becomes easy, work up to a maximum of 20 reps.

### **Flat Back Crunches**

With your legs bent, lying on the floor, flatten your entire back along the floor by pulling your belly button down. It is a very simple subtle movement.

### **Hip To Shoulder Shrugs**

Lying with back flat on the floor, pull your hip up to your shoulder, while at the same time shrugging your shoulder to that hip.

### **Front Leg Raise**

Lying with back flat on the floor, raise one leg at a time to a 45 degree angle in front of you. Be sure to keep foot flexed. Alternate legs

### **Side Leg Raise**

Lying on your side, raise your top leg as high as you can, making sure to keep your body in line. Be sure not roll back.

### **Superman Back Extensions**

Lying on your front, keep head straight and raise opposite arm and leg, return the arm and leg to the floor and then raise the other arm and leg. Then raise both arms and legs together.

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## Weight Program

### Exercises

1. Lat pull downs
2. Bench Press
3. Leg Press or Squats
4. Leg Extensions
5. Leg Curls
6. Back Extensions
7. Triceps pushdowns
8. Bicep Curls
9. Dumbbell Pullovers
10. Standing Calf Raises/Seated Calf Raises (alternate each week)
11. Lunges/Box Steps (alternate each week)

### Phase 1 – Adaptation - 8 to 10 weeks

2 sets of 15 reps with 30 seconds between sets

2 X per week

Speed of movement - moderate/ fast

### Phase 2 – Strength - 4 weeks

3 sets of 6 to 10 reps with 1 - 2 minutes rest between sets

2 X per week

Speed of movement - slow/ moderate

### Phase 3 – Power - 4 to 6 weeks

2 - 3 sets of 15 reps with 2 - 3 minutes rest between sets

2 X per week

Speed of movement - fast

### Phase 4 – Endurance - 6 to 8 weeks

2 sets of 30 reps with 30 seconds rest between sets

2 X per week

Speed of movement - moderate/ fast

### Phase 5 – Competitive

1 set of 20 reps with less than 30 seconds rest between sets

1 X per week

Speed of movement - moderate

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# 9-Week Training Program



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Build 1</b> Swim – Drill Set	<b>Week 1</b> Bike – Trainer Recovery Spin	Swim – Mix Set	Run – 30min Aerobic Base	Rest!	Bike – 2:00 Aerobic Base Ride (if on the trainer, do 20% less time, this applies to all Sat rides) 90 rpm avg 75% hr avg	Run – 35min Aerobic Base (trail or soft surface)
<b>Build 2</b> Swim – Drill Set	<b>Week 2</b> Bike – Trainer Aerobic Endurance	Swim – Drill Set	Run – 30min Aerobic Base	Rest or Yoga	Bike – 2:00 Aerobic Base Ride 90 rpm avg 75% hr avg	Run – 45min Aerobic Base
<b>Recovery</b> Swim – Mix Set	<b>Week 3</b> Bike – Trainer Recovery Spin	Swim – Drill Set	Run – 45min Drills 15min w/u base hr 15min as 4x60m strides/ Drills 15min c/d base	Rest or Yoga	Bike – 1:30 Bakery Ride (ride to a bakery have a pastry then ride back)	Run – 45min Aerobic Base (trail or soft surface)
<b>Build 1</b> Swim – Drill Set	<b>Week 4</b> Bike – Trainer Hard Interval	Swim – Aerobic Set	Run – Tempo 15min w/u base hr 2x8min 80% hr with 5min easy in between 10min c/d	Rest or Optional Swim Aerobic Set	Bike – 2:00 Aerobic Endurance Ride 30min w/u, 60min 80%, 95 rpm/ 30min c/d	Run – 50min Aerobic Base (with some hills)
<b>Build 2</b> Swim – Drill Set	<b>Week 5</b> Bike – Trainer Aerobic Endurance  Run – 10min Transition Run at 75% hr	Swim – Speed Set	Run – Speed (track) 15min w/u base 4x60m strides 5x200m fast with 200m easy in between 10min c/d base	Rest or Optional Swim Aerobic Set	Bike – 2:30 Aerobic Base Ride  Run – 15min Transition Run at 75% hr	Run – 1:00 Aerobic Base (with some hills)

*Swim 250 yards – 7 mile Bike – 2 mile Run*



# 9-Week Training Program



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 6</b> <b>Recovery</b> Swim – Mix Set	Bike – Trainer Recovery Spin	Swim – Aerobic Set	Run – 45min Drills 15min w/u base 15min as 4x60m strides/ Drills 15min c/d base	Rest!	Bike – 1:30 Bakery Ride	Run – 45min Aerobic Base (trail or soft surface)
<b>Week 7</b> <b>Build 1</b> Swim – Drill Set	Bike – Trainer Hard Interval	Swim – Speed Set	Run – Speed	Rest or Optional Swim Aerobic Set	Bike – 2:30 Aerobic Endurance with aero/drops for 30min throughout ride  Run – 15min Transition Run at 80% hr	Run – 50min Tempo 20min w/u base 20min Tempo 85% hr 10min c/d base
<b>Week 8</b> <b>Build 2</b> Swim – Drill Set	Bike – Trainer Aerobic Endurance	Swim – Race Specific/Time Trial Set	Run – Speed Intervals 15min w/u base hr 3x5min FAST/ 2min EASY 10min c/d	Rest or Optional Swim Speed Set	Bike – 2:00 Tempo 30min w/u 30min 80% hr aero/drops 30min recovery 30min 80% hr aero/drops	Run – 45min Aerobic Base (trail or soft surface)
<b>Week 9</b> <b>Taper</b> Swim – Aerobic Set	Bike – Trainer Recover Spin	Swim – Race Specific/Time Trial Set	Run – Speed 10min w/u 8x2min FAST/1min EASY 10min c/d	Rest!	Race Prep Swim – 20min Bike – 20min Run – 10min	Race! Race Prep Warm Up

*Swim 250 yards – 7 mile Bike – 2 mile Run*



## Swim Workouts

BLACK – Drill Swim

Aerobic Swim

GREEN – Race Specific/Time Trial

RED – Speed Swim

PURPLE – Mix Swim

BLUE –

### **Drill Swim**

400 swim mix

300 pull

4 X 50 as 25 drill/ 25 swim

4 X 50 FAST on 1:00

4 X 50 as 25 drill/ 25 swim

300 pull

400 swim mix

### **Drill Swim**

200 swim

200 kick no board (on your side or back)

200 swim every 4<sup>th</sup> 25 non free

5 X 50 as distance per stroke with 10 sri

12 X 50 alternate drill/swim by 25 with 15 sri

5 X 50 As 25 fast/ 25 ez with 20 sri

400 long loose relaxed swimming!

### **Drill Swim**

200 swim

200 kick no board (on your side or back)

200 swim every 4<sup>th</sup> 25 non free

5 X 50 as distance per stroke with 10 sri

10 X 50 alternate drill/swim by 25 with 15 sri

5 X 50 As 25 fast/ 25 ez with 20 sri

400 long loose relaxed swimming!

### **Drill Swim**

4 (150 as 50 swim free/ 50 drill/ 50 swim free with overkick) 15sri

2 X 100 kick with 10 sri

15 X 50 Stroke Golf (add stroke count and time for 50) lowest score wins

400 free easy long and loose

### **Drill/Aerobic Swim**

Warm Up

200 choice 15 sri

4 X 50 kick no fins 10sri

200 pull 15sri

4 X 50 kick no fins 10 sri

12 X 25 drill as left arm/ right arm/ pause/ pause (cycle through 3 x)

100 kick time trial (record time)

Main Set

800 free (swim or pull)

Steady aerobic swimming/ Heart Rate and Stroke Rate down

Warm Down

200 back

### **Drill Swim**

Warm Up

200 as 50 free/50back

4 X 25 with none or 1 breath (2 X 50 if swimming long course)

200 kick

4 X 25 Kick FAST

200 drill

4 X 25 Swim FAST/ Low Count

200 Long Strong

Main Set

10 (25 kick @ 35sec/50 swim @ 45sec) Adjust pace times accordingly(50 kick/

50 swim/50 swim/ 50 kick if swimming long course)About 5 - 10sec. rest on each.

5 X 50 as back/ breast

### **Drill Swim**

500 mix choice

10 X 50 as 25 drill/ 25 Distance Per Stroke with 15sri

200 free

100 kick

200 non free

*Swim 250 yards – 7 mile Bike – 2 mile Run*

# girls tri tgo

## Speed Set

Warm up  
400 swim/ 300 as 6 X 50 drill, swim/ 200 as 4 X 50 (descend 1 – 4)/ 100 ez non free

## Main Set

10 X 100 with 5seconds rest (try and pick a pace time that is tough to make, but gives you between 5 and 10 seconds starting out)

## Warm Down

500 long loose freestyle  
500 as 100 kick/100 swim/ 50 drill X 2

## Speed Set

Warm up  
400 swim/ 300 as 50 drill, 50 swim/ 200 kick/ 100 scull

## Main Set

4(4 X 100 with 5 seconds rest) 1min between sets of 4

## Warm down

400 long and loose  
4 X 50 alternating drill/ swim

## Speed Set

Warm up  
400 swim choice  
300 as 50 free, 50 drill, 50 non free X 2  
200 kick  
100 as 2 X 25 fast/ 25 ez with 10 seconds rest.

## Main Set

3 X (4 X 100 with 5 seconds rest, 1 X 100 with 45 seconds rest)

## Warm down

200 kick  
4 X 50 as 25 fast/ 25 ez  
100 non free

## Speed Set

Warm up  
300 swim mix strokes  
200 kick  
4 X 50 as 1 – 4 descending speed with 15 seconds rest

## Main Set

2 X 200 free at 75% effort with 10 sec rest  
4 X 100 free at 80% effort with 20 sec rest  
8 X 50 free at 90% effort with 30 sec rest

## Warm Down

400 mix strokes

## Aerobic Swim

### Warm Up

400 swim  
2 X 25 sprint @ 10sri  
200 as 25 3 front/3 back, 25 10 strokes only  
4 X 25 Sprint @ 10sri  
200 kick

### Main Set

4 X 25 kick sprint @ 10 sri

### Main Set

3 - 4 X 400 alternate swim/pull free @ 1mri  
Warm Down  
100 back  
100 kick  
100 loose

## Aerobic Swim

### Warm Up

300 swim as 50 free 50 back  
6 x 50 as 25 fly - 25 free  
300 kick negative split  
6 x 50 build  
2 x 400 pull good effort, neg. split +45" rest  
200 back

## Aerobic Set

200 free  
200 kick  
4 X 50 drill/ swim by 25  
1000m aerobic  
4 X 50 drill/ swim by 25  
4 X 50 kick & 200 back

*Swim 250 yards – 7 mile Bike – 2 mile Run*

# girls tri tgo

## **Aerobic Set**

300 swim mix  
200 kick  
2 X 50 as 25 fast/ 25 ez  
15min continuous swim (pull option) record distance  
200 non free  
200 kick  
200 free

## **Mix Swim**

Warm Up  
300 mix strokes  
200 kick  
4 X 50 descend 1 - 4! @ 15sri  
Time Trial  
200m  
Drill Set  
12 X 50 as 25 drill/ 25 swim free (Pause/ Pause 3/ Finger Drag/ Fist X 3)  
Sprint Set  
12 X 25 FAST @ 15 sr  
Warm Down  
200 back

## **Mixed Swim**

400 swim 30 sri  
8 X 50 as drill/swim by 25 with 10 sri  
300 pull 30 sri  
6 X 50 as 25 fast/ 25 ez with 15 sri  
200 kick 20 sri  
4 X 50 kick as 25 fast/ 25 ez with 15sri  
100 IM 15 sri  
2 X 50 DPS 10sri  
Main Set  
4 X 200 pull (descend 1 - 4) 15sri  
Warm Down  
200 back

## **Time Trial Set**

Warm up  
200 swim/ 4 X 50 drill/ 200 kick/ 4 X 50 as 25 sprint, 25 ez/  
Main Set  
200 fast with 10 seconds rest/ 200 steady with 10 seconds rest/ 200 ez  
100 fast with 5 seconds rest/ 100 steady with 5 seconds rest/ 100 ez  
50 fast with 5 seconds rest/ 50 steady with 5 seconds rest/ 50 ez  
Repeat X 2  
Warm down  
400 ez (include non free)

## **Time Trial Swim**

Warm Up  
300 free 20sri  
300 non free 20sri  
6 X 50 alternate 25 drill/ 25 swim 15sri  
3 X 100 kick 10sri  
Main Set  
400 Time Trial 1mri  
Short enough to go hard and not break down your stroke too badly.  
Warm Down – 200 back 20sri/ 200 free 20sri

*Swim 250 yards – 7 mile Bike – 2 mile Run*



## **Bike Trainer Workouts**

BLACK – Recovery Spin

RED – Hard Interval

BLUE – Aerobic Endurance

### Hard Interval

20min warm up with 3X:30 Single Leg Drills (SLD's)

4X3min Big Ring, 85%hr/75-80rpm with 2min recovery in between

2x2min FAST spin Small Ring with 3min recovery in between

15min cool down with 3x:30 SLD's

### Hard Interval

20min warm up with 3X:30 Single Leg Drills (SLD's)

5min as 20second sprint/ 40 second easy spin

20min big ring steady effort 95rpm/ 80%hr Aero or in Drops every 4min

15min cool down with 3x:30 SLD's

### Aerobic Endurance

20min warm up with 3x:30 SLD's

4x (5min 75rpm, 6min small ring recovery spin)

20min warm up with 3x:30 SLD's

### Aerobic Endurance

20min warm up with 3x:30 SLD's

2x15min as (5min big gear aero, 4min recovery, 30 second standing spin up into seated 3:30 big gear steady, 3min 95+ fast spin small ring)

15min warm up with 3x:30 SLD's

### Recovery Spin

20min warm up with 3x:30 SLD's

Spin ups 100+rpm's (1,2,3,2,1) all on 5min

15min cool down with 3x:30 SLD's

### Recovery Spin

20min warm up with 3x:30 SLD's

Spin ups 100+rpm's 7x2min with 3min recovery

15min cool down with 3x:30 SLD's

*Swim 250 yards – 7 mile Bike – 2 mile Run*