



rugby triathlon club

Training plan – Viridian Daventry Triathlon 6 week Sprint distance plan

How to use this plan

The 6 week programme is based around 1 Meso cycle with a specific goal at the end of it.

The programme presumes that you already have a basic level of fitness. If you want to, you can change days around to suit commitments, as long as you complete the swim, bike and run sessions for the week. You should not change sessions between weeks. Try to avoid changing too much though, otherwise your recovery will be affected. It goes without saying, that if you do not stick to the programme, you will struggle at the race! The plan does not come with built in motivation - it is up to you to track your progression (maybe by ticking off each session).

The plan is designed to get you to the Daventry finish line – it is not a performance plan.

Finally, this plan is a framework - you can do more if you want, but bear in mind that sometimes you will feel like doing more because the plan has got you to a new point of fitness. The most important part of this plan is the rest. It is the days and periods between the work during which you recover and get fitter. If you 'squeeze' the plan by putting more in, you may actually not gain fitness.

If you need any more help with this plan, speak to any of the Rugby Triathlon club coaches at our swim session on a Tuesday night – see www.rugbytriathlon.org.uk for more information.

6 week Sprint Triathlon Training Programme

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
1	S	DAY OFF	S 45 minutes L2	S 30 minutes L1	S	S 45 minutes L1	S		
	B		B 60 minutes L2	B	B 30 minutes L2			B	
	R		R	R	R 30 minutes L1			R	
	G		G 30 minutes	G	G			G 30 minutes	
							G 20 minutes L2		
2	S	DAY OFF	S 20 minutes L3	S 30 minutes L1	S	S 30 minutes L1	S		
	B		B	B	B 20 minutes L2			B 30 minutes L1	
	R		R	R	R			R	
	G		G 30 minutes	G	G			G 30 minutes	
							G 45 minutes L2		
3	S	DAY OFF	S 800 m TT	S 30 minutes L1	S	S 60 minutes L1	S		
	B		B 30 minutes B	B	B 8 miles L2			B	
	R		R 45 minutes B	R	R 2 miles L1			R	
	G		G 30 minutes	G 30 minutes	G			G	
							G 60 minutes L1		
4	S	DAY OFF	S 30 minutes L2	S 45 minutes L1	S	S 75 minutes L2	S		
	B		B 600 m B	B	B 10 miles L1			B	
	R		R 8 miles B	R	R 3 miles TT			R	
	G		G 30 minutes	G	G			G 30 minutes	
							G 45 minutes L2		
5	S	DAY OFF	S 45 minutes L3	S 30 minutes L2	S	S 60 minutes L1	S		
	B		B	B 45 minutes TT	B 45 minutes B			B	
	R		R	R	R 30 minutes B			R	
	G		G 30 minutes	G	G			G 30 minutes	
							G 30 minutes L2		
6	S	DAY OFF	S 30 minutes L1	S	S 10 minutes L1	S 10 minutes L1	S		
	B		B 30 minutes L1	B				B 10 minutes L1	B
	R		R	R 20 minutes L1				R	R 10 minutes L1
	G		G	G				G	G
							G RACE DAY		

KEY:

The 6-week programme is based around 1 *Macro cycle*, which is 1 cycle or period of training with a specific goal at the end of it. The Macro cycle is broken up into *micro cycles*. Each micro cycle varies in training intensity (see below), so that by race day you should have an overall level of race fitness to finish the triathlon in a comfortable time. The programme presumes that you already have a basic level of fitness. If you want to, you can change days around to suit commitments, as long as you complete the swim, bike and run sessions for the week. You should not change sessions between weeks. Try to avoid changing too much though, otherwise your recovery will be affected.

S = Swim **B** = Bike **R** = Run **G** = Gym (see below) **TT** = Time Trial (at race pace with recorded time)
B = Brick (complete first discipline and then do next discipline straight after).

Gym: The 30 minutes in the gym can be used for a number of things, depending on how you feel. If necessary, you can leave this session out if you are feeling tired and need to recover.

If you do have access to a gym, work on the following exercises, and do 3 sets of 12 to 15 repetitions:

- 1) Lat pull down; Seated row; Chest press; Upright row; Leg extension, Leg curl, Abdominal work (sit-ups, bridge or plank, side crunches) **or**
- 2) Rowing at moderate intensity for up to 20 minutes, with remainder of time on abdominal work **or**
- 3) Transition training (practice changing clothes and shoes as you would between disciplines)

TT: Time trial sessions should be done at what you think is race pace, or at about 80% of your maximum. In other words, this is a *hard session!*

B: This is two different disciplines completed one after the other. You need to set out your kit for the second discipline so that you can go straight into it as soon as you have finished the first discipline. Aim to be still out of breath as you start the second discipline, if changing is a problem.

Intensity level for each session:

Each session has been given an intensity level. Where you can, you should try and stick to the levels shown. However, if you are feeling tired, just do the session at a lower intensity. Where a scale has been used below, 1 refers to 'very very easy' and 10 refers to 'very very hard'.

L1: Easy session, at around 60% of your maximum, or at about 4-5 on a scale of 1-10.

L2: Moderate session, at around 65 to 80% of your maximum, or at about 6-8 on a scale of 1-10.

L3: Hard session, at around 80 to 90% of your maximum, or at about 8-9 on a scale of 1-10.