

TRAINING PLAN  
COACH DERMOTT HAYES



# SMASH YOUR RUN PB

## 8-WEEK PLAN!

*If your run is the weakest link, here is your chance to improve running fitness and speed in just eight weeks*



**TIPS FROM A PRO!**  
Turn to p48 for more running advice – Olympic triathlete Vicky Holland on how to master the tri run.

**Y**ou've had a great swim, you've nailed the bike and the race is going to plan. Then the wheels come off completely on the last phase of the race – the dreaded run. The good news is you're not alone. Many triathletes set themselves up for a great race but then simply work their way through the run, hanging on and hoping for the best. Now is your chance to correct that with our eight-week plan to boost run fitness and speed.

The training plan overleaf is for those working towards Olympic distance and is run-dominant, so you might need to make some sacrifices to your bike and swim volume, but these can create dividends in the run leg. If your race focus is on sprint, reduce the volume by about 30%, or if you're going longer then increase by about 20-30%. To improve run form, fitness and speed in the last weeks, we've reduced rest days to one, inserting an easy run to up weekly run distance.

It may seem obvious but first and foremost is the need to include the long steady run each week, in order to make the distance comfortable. Once you

have this and are confident about finishing the distance, you can begin to focus on improving your average steady run pace. The long steady run is also the best chance to include different run routes and I'd urge a mix of undulating, hilly and flat long runs. Also, a structured plan will include interval sessions to highlight working at faster than race-pace speed, a tempo session so you can work at paces faster and slower than race pace and finally some bike/run sessions to hit race pace on tired legs. Above all, you must focus on the sessions that make your run faster, so expect these workouts to create fatigue.

To keep you focused through the plan, you can execute two time trials – there's nothing more nerve-racking on a triathlete's plan than the letters TT but these will ensure you monitor how effective the training is. If you're improving, set new pace targets.

While we're encouraging an increase in run volume, don't forget most triathlete injuries are caused when run training, so include stretching and foam rolling in recovery. It's not the most glamorous part of training but often the most crucial. ▶

### COACH'S TIPS OPTIMISE YOUR SESSIONS



**MIX IT UP**  
Run in different places and with different people. Try to avoid sticking to the same old dull routes.



**KNOW YOUR PACE**  
Know your target race pace so you can work harder to bring it down.



**DON'T NEGLECT YOUR FEET**  
Look after your feet with a good pair of trainers and run socks. No excuses.



**THE THREE RS**  
Rest. Recover. Refuel. Stay fresh between training by recovering with good nutrition and relaxation.

## TRAINING PLAN - WEEKS 1 TO 4

MONDAY • TUESDAY • WEDNESDAY • THURSDAY • FRIDAY • SATURDAY • SUNDAY

**WEEK 1** - OUR WEEKLY PLAN BEGINS ON A MONDAY, BUT YOU CAN START ANY DAY OF THE WEEK

<b>RUN: TEMPO</b> 5 x [500m easy; 1km @10secs/km faster than RP]	<b>REST DAY</b>	<b>RUN: INT</b> 1km building pace • 8 x 800m @15secs/km faster than race pace off 90secs RI • 1km decreasing pace	<b>SWIM: SPEED</b> 400m @RP • 4 x 100m hard off 15secs RI • 400m @RP • 8 x 50m hard off 15secs RI	<b>REST DAY</b>	<b>RUN: END</b> 10km moderate • Undulating route	<b>BIKE: END</b> 50km moderate • Undulating route and work harder on climbs
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**WEEK 2** - DON'T FORGET, RP = TARGET RACE PACE; RI = REST INTERVAL

<b>RUN: TEMPO</b> 5 x [500m easy; 1km @10secs/km faster than RP]	<b>REST DAY</b>	<b>BRICK</b> 20min bike • 8km run • Bike @2-3km/hr slower than RP • Run 8 x 1km @10secs/km faster than RP off 45secs RI	<b>SWIM: END</b> 3 x 500m moderate off 30secs RI between sets • 6 x 50m hard off 15secs RI	<b>REST DAY</b>	<b>RUN: END</b> 12km moderate • Undulating route	<b>BIKE: TEMPO</b> 60km moderate • Include 2 x 15km @RP
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**WEEK 3** - ALWAYS INCLUDE A WARM-UP TO EACH SESSION - 5-8MINS, BUILDING INTENSITY FROM EASY TO VIGOROUS

<b>RUN: TEMPO</b> 6 x [500m easy; 1km @10secs/km faster than RP]	<b>REST DAY</b>	<b>RUN: INT</b> 1km building pace • 8 x 800m @15secs/km faster than race pace off 90secs RI • 1km decreasing pace	<b>SWIM: SPEED</b> 400m @RP • 4 x 100m hard off 15secs RI • 400m @RP • 8 x 50m hard off 15secs RI	<b>REST DAY</b>	<b>RUN: END</b> 12km moderate • Undulating route	<b>BIKE: END</b> 50km moderate • Undulating route and work harder on climbs
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**WEEK 4** - AND ALWAYS INCLUDE A COOL-DOWN TO EACH SESSION - 3-5MINS OF EASY CARDIO FOLLOWED BY STRETCHES

<b>RUN: TEMPO</b> 6 x [500m easy; 1km @15secs/km faster than RP]	<b>REST DAY</b>	<b>BRICK</b> 30min bike • 5km run • Bike @2-3km/hr slower than RP • Run 5km @20secs/km slower than RP	<b>SWIM: END</b> 3 x 500m moderate off 30secs RI between sets • 6 x 50m hard off 15secs RI	<b>REST DAY</b>	<b>RUN: TT</b> 10km • Choose a route similar to those you race on	<b>BIKE: TEMPO</b> 60km moderate • Include 2 x 15km @RP
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## TRAINING PLAN - WEEKS 5 TO 8

MONDAY • TUESDAY • WEDNESDAY • THURSDAY • FRIDAY • SATURDAY • SUNDAY

**WEEK 5** - REST DAYS ARE REDUCED TO ONE IN THE LAST WEEKS, WITH AN EASY RUN INSTEAD

<b>RUN: TEMPO</b> 3 x [1km moderate; 1km @15secs/km faster than RP; 500m recovery]	<b>RUN: END</b> 6km moderate	<b>SWIM: SPEED</b> 300m building pace • 15 x 100m hard off 15secs RI	<b>RUN: INT</b> 2 x 1200m @RP off 60secs RI • 4 x 800m @RP off 60secs RI • 6 x 400m @RP off 60secs RI	<b>REST DAY</b>	<b>RUN: TEMPO</b> 11km moderate • Include 3 x 1.5km @RP	<b>BIKE: END</b> 50km moderate • Undulating route and work harder on climbs
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**WEEK 6** - MAKE SURE YOU INCLUDE A MIXTURE OF UNDULATING, HILLY AND FLAT LONG RUNS

<b>RUN: TEMPO</b> 3 x [1km moderate; 1km @15secs/km faster than RP; 500m recovery]	<b>REST DAY</b>	<b>BRICK</b> 20min bike • 8km run • Bike @2-3km/hour slower than RP • Run 8 x 1km @10secs/km faster than RP off 45secs RI	<b>SWIM: END</b> 8 x 50m hard off 10secs RI • 400m/300m/200m/100m all moderate off 30secs RI between sets • 8 x 50m hard off 15secs RI	<b>REST DAY</b>	<b>RUN: END</b> 14km moderate • Undulating route	<b>BIKE: TEMPO</b> 60km moderate • Include 2 x 15km @RP
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**WEEK 7** - USE YOUR REST DAY FOR OPTIMAL RECOVERY, FOCUSING ON GOOD NUTRITION

<b>RUN: TEMPO</b> 4 x [500m moderate; 1km @15secs/km faster than RP; 500m recovery]	<b>RUN: END</b> 6km moderate	<b>SWIM: SPEED</b> 300m building pace • 15 x 100m hard off 15secs RI	<b>RUN: INT</b> 2 x 1200m @RP off 50secs RI • 4 x 800m @RP off 50secs RI • 6 x 400m @RP off 50secs RI	<b>REST DAY</b>	<b>RUN: TEMPO</b> 11km moderate • Include 3 x 2km @RP	<b>BIKE: END</b> 50km moderate • Undulating route and work harder on climbs
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**WEEK 8** - TIME TRIALS WILL ENSURE YOU MONITOR HOW EFFECTIVE THE TRAINING IS

<b>RUN: TEMPO</b> 4 x [500m moderate; 1km @15secs/km faster than RP; 500m recovery]	<b>REST DAY</b>	<b>BRICK</b> 30min bike • 5km run • Bike @2-3km/hour slower than RP • Run 5km @20secs/km slower than RP	<b>SWIM: END</b> 8 x 50m hard off 10secs RI • 400m/300m/200m/100m all moderate off 30secs RI between sets • 8 x 50m hard off 15secs RI	<b>REST DAY</b>	<b>RUN: TT</b> 10km • Choose a route similar to those you race on	<b>BIKE: TEMPO</b> 50km moderate • Include 2 x 12km @RP
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