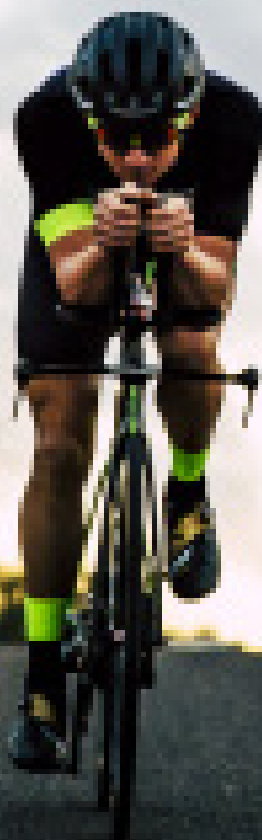


TRAINING PLAN
COACH DERMOTT HAYES



LEARN TO TRAIN WITH POWER

12-WEEK PLAN



Want to train with power but don't know where to start? Well hang on to your Lycra, as we give you a 3-month training plan that's guaranteed to transform your performance

TIME POOR?

Struggling to find the time to train? Check out Tim Don's tricks for balancing training and family, on p98.

It's fair to say that triathletes love a bit of tech, especially cyclists! In recent years, without doubt, the biggest change in training and racing technology has been the emergence of power meters, which can fit on the pedal crank, the wheel hub, or on your pedals. But what is power and, more importantly, how do we use it?

In its most basic form a power meter will measure your true rate of work and tell you how many watts you're producing, with the beauty being that there's no cheating. A power meter will increase your accountability in every single bike session. In comparison to using heart rate as the indicator of work rate, a power meter will tell you exactly what you've achieved in that session, whereas heart rate can be affected by sleep levels, stress, illness and fatigue. Therefore power is far more reliable in the long term.

The 12-week training plan that follows will help you use power more regularly in your training; if you have access to a power meter on your road bike you can take the sessions outside as well. If training indoors, you should find that most bikes in a gym will be able to record and display power.

In fact, using power on an indoor trainer is more reliable as there are no external environmental factors to get in the way.

When starting out, you'll need to set new training zones by conducting a Functional Threshold Power test, or FTP. This is a 20min test that should be repeated approximately every 6-8 weeks to ensure you're working to the correct numbers. In essence, your FTP figure is the highest power that you can maintain in a semi-steady state for 1hr of cycling without fatiguing. An explanation of how to conduct the test is in Table 1, below.

Once the test is completed you can work out your power zones, see Table 2 below, which also includes a Rate of Perceived Exertion figure for training and racing on feel.

This 12-week plan is by no means an in-depth assessment of power training, but for those looking to see what all the fuss is about it's a great introduction into a new world of data. It takes time to move across to using power as the determining factor of work rate, so trying this now gives you time to make a few mistakes and not get bogged down with speed and performance. ►

COACH'S TIPS HOW TO COMPLETE AN FTP TEST

Record the average watts produced during the 20min test and then multiply by 0.95 to create your FTP figure.

0-15MINS	Gradually build intensity from RPE:5 up to RPE:8
15-25MINS	2 x (1:30 @ RPE:9 / 1:00 @ RPE:5) 2 x (1:00 @ RPE:9 / 1:30 @ RPE:5)
25-28MINS	Steady spin @ RPE:6-7
28-48MINS	20min FTP Test
48-60MINS	Gradually reduce intensity and cool down @ RPE:5-6

POWER-BASED TRAINING ZONES

ZONE	DESCRIPTION	% OF FTP	RPE
1	Active Recovery	<55	<2
2	Endurance	56-75	2-4
3	Tempo	76-90	4-6
4	Lactate Threshold	91-105	6-7
5	VO ₂ Max	106-120	8-9
6	Anaerobic Capacity	121-150	9
7	Neuromuscular Power	N/A	10

TRAINING PLAN - WEEKS 1 TO 4

MONDAY ● TUESDAY ● WEDNESDAY ● THURSDAY ● FRIDAY ● SATURDAY ● SUNDAY

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

REST DAY

BIKE - RP

4mins Z3/4mins
Z4/2mins
Z2/3mins
Z3/5mins
Z4/2mins
Z2/2mins
Z3/6mins
Z4/2mins Z2/
3mins Z3/5mins
Z4/2mins
Z2/4mins
Z3/4mins
Z4/2mins Z2

RUN

4 x 800m
vigorous;
60secs RI
.
800m easy
recovery
.
4 x 800m
vigorous;
60secs RI

BIKE

**Anaerobic
Intervals**
3 x [2:30mins
Z5/2:30mins
Z2]
.
6 x [1min
Z6/4mins Z2]
.
3 x [2:30mins
Z5/2:30mins
Z2]

REST DAY

RUN

4 x
1.5km
moderate;
500m
vigorous;
500m easy
recovery

SWIM

4 x 400m
steady

BIKE

4 x [12mins Z2;
3mins Z3]

WEEK 2 - DON'T FORGET, RP = RACE PACE, RI = REST INTERVAL

REST DAY

BIKE - RP

As Tuesday,
Week 1

SWIM

150m building
pace; **3 x
200m**
moderate;
20secs RI;
6 x 100m
vigorous;
20secs RI;
3 x 200m
moderate;
20secs RI;
150m decrease
pace

BIKE

**Anaerobic
Intervals**
3 x [2:30mins
Z5/2:30mins
Z2]
.
6 x [1min
Z6/4mins Z2]
.
3 x [2:30mins
Z5/2:30mins
Z2]

REST DAY

RUN

12km steady
Focus on a
sustainable
pace

SWIM

1 x 400m
increase pace;
1 x 800m
steady; 1 x
400m
decrease pace

BIKE

4 x [12mins Z2;
3mins Z3]

WEEK 3 - ALWAYS INCLUDE A WARM-UP: 5-8MINS OF GRADUALLY BUILDING INTENSITY FROM EASY TO VIGOROUS

REST DAY

BIKE - RP

As Tuesday,
Week 1

RUN

4 x 800m
vigorous;
45secs RI
.
800m easy
recovery
.
4 x 800m
vigorous;
45secs RI

BIKE

**Anaerobic
Intervals**
3 x [2:30mins
Z5/2:30mins
Z2]
.
6 x [1min
Z6/4mins Z2]
.
3 x [2:30mins
Z5/2:30mins
Z2]

REST DAY

RUN

5 x [1.2km
moderate;
400m
vigorous;
400m easy
recovery]

SWIM

4 x 500m
steady

BIKE

4 x [12mins Z2;
3mins Z3]

WEEK 4 - ALWAYS INCLUDE A COOL-DOWN: 3-5MINS OF EASY CARDIO FOLLOWED BY STRETCHES

REST DAY

BIKE

**Race Pace
Tempo**
5 x [2mins Z3;
4mins Z4;
2mins Z2]

SWIM

150m building
pace; **3 x
200m**
moderate;
20secs RI;
6 x 100m
vigorous;
20secs RI;
3 x 200m
moderate;
20secs RI;
150m decrease
pace

BIKE

**Anaerobic
Intervals**
8 x [2mins Z5;
3mins Z2]

REST DAY

RUN

8km steady
Focus on a
sustainable
pace

SWIM

800m/600m/
400m/200m

All steady pace
with 30secs RI

BIKE

50km steady
.
Just ride
Keep the route
flat

TRAINING PLAN - WEEKS 5 TO 8

MONDAY ● TUESDAY ● WEDNESDAY ● THURSDAY ● FRIDAY ● SATURDAY ● SUNDAY

WEEK 5 - YOU'LL NEED TO SET NEW TRAINING ZONES BEFORE YOU START, SEE P89

REST DAY

BIKE

Race Pace Tempo
2 x [6mins Z4;
2mins Z3;
2mins Z2]
.
2 x [8mins Z4;
2mins Z2]
.
2 x [6mins Z4;
2mins Z3;
2mins Z2]

RUN

5 x 800m
vigorous;
60secs RI
.
800m easy
recovery
.
5 x 800m
vigorous;
60secs RI

BIKE

Anaerobic Intervals
3 x [3mins Z5;
2mins Z2]
.
2 x [1min Z6/
3mins Z1/
1:20mins Z6/
2:40mins Z1/
1:40mins Z6/
2:20mins Z1/
2mins Z6/
2mins Z1]

REST DAY

RUN

4 x [1.5km
moderate;
500m
vigorous;
500m easy
recovery]

SWIM

4 x 400m
steady

BIKE

3 x [16mins Z2;
4mins Z3]

WEEK 6 - YOU WILL FIND POWER FUNCTIONALITY ON MOST GYM BIKES

REST DAY

BIKE

Race Pace Tempo
2 x [6mins Z4;
2mins Z3;
2mins Z2]
.
2 x [8mins Z4;
2mins Z2]
.
2 x [6mins Z4;
2mins Z3;
2mins Z2]

SWIM

200m building
pace
.
8 x 200m
vigorous;
30secs RI
.
200m
decreasing
pace

BIKE

Anaerobic Intervals
3 x [3mins Z5;
2mins Z2]
.
2 x [1min Z6/
3mins Z1/
1:20mins Z6/
2:40mins Z1/
1:40mins Z6/
2:20mins Z1/
2mins Z6/
2mins Z1]

REST DAY

RUN

12km steady
Focus on a
sustainable
pace

SWIM

1 x 400m
increase pace;
1 x 800m
steady; 1 x
400m
decrease pace

BIKE

Repeat 3 x
16:00 @ Z2 /
4:00 @ Z3

WEEK 7 - IF YOU HAVE ACCESS TO A POWER METER YOU CAN TAKE YOUR SESSIONS OUTSIDE

REST DAY

BIKE

Race Pace Tempo
2 x [6mins Z4;
2mins Z3;
2mins Z2]
.
2 x [8mins Z4;
2mins Z2]
.
2 x [6mins Z4;
2mins Z3;
2mins Z2]

RUN

Repeat 5 x
800m
vigorous -
45sec RI
.
800m easy
recovery
.
Repeat 5 x
800m
vigorous -
45sec RI

BIKE

Anaerobic Intervals
3 x [3mins Z5;
2mins Z2]
.
2 x [1min Z6/
3mins Z1/
1:20mins Z6/
2:40mins Z1/
1:40mins Z6/
2:20mins Z1/
2mins Z6/
2mins Z1]

REST DAY

RUN

5 x [1.2km
moderate;
400m
vigorous;
400m easy
recovery]

SWIM

4 x 500m
steady

BIKE

3 x [16mins
Z2/4mins Z3]

WEEK 8 - IT TAKES TIME TO MOVE ACROSS TO WORKING WITH POWER, SO STARTING IN THE OFF-SEASON IS IDEAL

REST DAY

BIKE

Race Pace Tempo
5 x [2mins Z3;
4mins Z4;
2mins Z2]

SWIM

200m building
pace
.
8 x 200m
vigorous;
30secs RI
.
200m
decreasing
pace

BIKE

Anaerobic Intervals
8 x [2mins Z5;
3mins Z2]

REST DAY

RUN

8km steady
Focus on a
sustainable
pace

SWIM

800m/600m/
400m/200m
All steady pace
with 30secs RI

BIKE

50km steady
Just ride
Keep the route
flat

TRAINING PLAN - WEEKS 9 TO 12

MONDAY ● TUESDAY ● WEDNESDAY ● THURSDAY ● FRIDAY ● SATURDAY ● SUNDAY

WEEK 9 - ENJOYING TRAINING WITH POWER? FIND OUT MORE HERE: [BIT.LY/2KHDPV](http://bit.ly/2KHDPV)

REST DAY

BIKE

Race Pace Tempo
3 x [3mins Z3;
10mins Z4
@85-95rpm;
2mins Z5;
5mins Z2]

RUN

5 x 800m
vigorous;
45secs RI
.
400m easy
recovery
.
5 x 800m
vigorous;
45secs RI

BIKE

Anaerobic Intervals
5 x [3mins Z5;
2mins Z2]
.
5mins Z3
.
10 x [1min Z6;
2mins Z1]

REST DAY

RUN

4 x [1.5km
moderate;
500m
vigorous;
500m easy
recovery]

SWIM

4 x 400m
steady

BIKE

2 x [25mins Z2;
5mins Z3]

WEEK 10 - REMEMBER, A POWER METER WILL TELL YOU EXACTLY WHAT YOU'VE ACHIEVED IN THE SESSION

REST DAY

BIKE

Race Pace Tempo
3 x [3mins Z3;
10mins Z4
@85-95rpm;
2mins Z5;
5mins Z2]

SWIM

200m building
pace
.
16 x 100m
vigorous;
20secs RI
.
200m
decreasing
pace

BIKE

Anaerobic Intervals
5 x [3mins Z5;
2mins Z2]
.
5mins Z3
.
10 x [1min Z6;
2mins Z1]

REST DAY

RUN

12km steady
Focus on a
sustainable
pace

SWIM

1 x 400m
increase pace;
1 x 800m
steady; 1 x
400m
decrease pace

BIKE

2 x [25mins Z2;
5mins Z3]

WEEK 11 - WHILE NOT AN IN-DEPTH GUIDE TO POWER TRAINING, THIS SHOULD'VE BEEN A GREAT INTRO TO A NEW WORLD OF DATA

REST DAY

BIKE

Race Pace Tempo
3 x [3mins Z3;
10mins Z4
@85-95rpm;
2mins Z5;
5mins Z2]

RUN

5 x 800m
vigorous;
30secs RI
.
400m easy
recovery
.
5 x 800m
vigorous;
30secs RI

BIKE

Anaerobic Intervals
5 x [3mins Z5;
2mins Z2]
.
5mins Z3
.
10 x [1min Z6;
2mins Z1]

REST DAY

RUN

5 x 1.2km
moderate;
400m
vigorous;
400m easy
recovery

SWIM

4 x 500m
steady

BIKE

2 x [25mins Z2;
5mins Z3]

WEEK 12 - YOU'VE COMPLETED THE 3-MONTH PLAN, NOW SIGN UP FOR SOME 2020 RACES AND GET READY TO SMASH YOUR PB!

REST DAY

BIKE

Race Pace Tempo
5 x [2mins Z3;
4mins Z4;
2mins Z2]

SWIM

200m building
pace
.
16 x 100m
vigorous;
20sec RI
.
200m
decreasing
pace

BIKE

Anaerobic Intervals
8 x [2mins Z5;
3mins Z2]

REST DAY

RUN

8km steady
Focus on a
sustainable
pace

SWIM

800m/600m/
400m/200m

All steady
pace;
30secs RI

BIKE

50km steady
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Just ride
Keep the route
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