## TRAINING PLAN - WEEKS 1 TO 4

## 

## WEEK1-OURWEEKLYPLANBEGINSONAMONDAY,BUTYOUCANSTARTONANYDAYOFTHEWEEK

2 km test After a warmup swim, a continuous 2 km as hard as you feel possible. Record data for future use

REST DAY BIKE<br>$6 x$<br>[6mins @ RPE7; 2mins @ RPE8; 2mins @<br>RPE5]

SWIM
$2 \times 250 \mathrm{~m}$ @ RPE7; $10 \times$ 00m @ RPE8: $2 \times 250 \mathrm{~m}$ @ RPE7; 40secs RI between sets REST DAY BIKE

1hr test After a good warm-up, ride as hard as you feel possible for 1 hr .
Record data for future use

RUN
10km
@ RPE5-7
Should be able to talk comfortably

WEEK 2 - DON'T FORGET, RPE = RATE OF PERCEIVED EXERTION, RI = REST INTERVAL


WEEK3-ALWAYSINCLUDEAWARM-UP5-8MINSOFGRADUALLYBUILDINGINTENSITYFROMEASYTOVIGOROUS

| SWIM | REST DAY | BIKE | SWIM | REST DAY | BIKE | RUN |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| $\begin{gathered} 2 \times 250 \mathrm{~m} \\ \text { @ RPE7 } \end{gathered}$ |  | $\begin{gathered} 6 x \\ {[6 m i n s @} \end{gathered}$ | $\begin{gathered} 2 \times 600 \mathrm{~m} \\ @ \text { RPE7 } \end{gathered}$ |  | 70km <br> @ RPE5-7 | 12km <br> @ RPE5-7 |
| $10 \times 100 \mathrm{~m}$ |  | RPE7; 2 mins |  |  | Try to keep a | Should be able |
| $\begin{gathered} 10 \times 100 \mathrm{~m} \\ @ \text { RPE8 } \end{gathered}$ |  | @ RPE8; 2mins @ RPE5] | $\begin{gathered} 2 \times 400 \mathrm{~m} \\ @ \text { RPE7 } \end{gathered}$ |  | fairly flattish route | to talk comfortably |
| - |  |  |  |  |  |  |
| $2 \times 250 \mathrm{~m}$ |  | RUN | 40secs RI |  |  |  |
| @ RPE7 |  | Follow bike | between sets |  |  |  |
| 40secs RI |  | with a 3 km run | RUN |  |  |  |
| between sets |  | @ RPE6 | RUN |  |  |  |
|  |  |  | $\begin{aligned} & 8 \times 800 \mathrm{~m} @ \\ & \text { RPE8; } 1 \mathrm{~min} \mathrm{RI} \end{aligned}$ |  |  |  |

WEEK4-ALWAYSINCLUDEACOOL-DOWN:3-5MINSOFEASYCARDIOFOLLOWEDBYSTRETCHES

| SWIM | REST DAY | BIKE | RUN | REST DAY | BIKE | RUN |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| $\begin{gathered} 2 \times \\ {[4 \times 150 \mathrm{~m}} \\ @ \mathrm{RPE7} ; 4 \mathrm{x} \end{gathered}$ |  | $3 \times[4 \mathrm{mins}$ @ RPE8; 4mins @ RPE6] | $\begin{gathered} 4 \mathrm{x} \\ {[1.5 \mathrm{~km} @ \mathrm{RPE} 7 ;} \end{gathered}$ |  | 60 km <br> @ RPE5-7 <br> Try to keep a | 10km <br> @ RPE5-7 <br> Should be able |
| $\begin{gathered} 100 \mathrm{~m} @ \text { QPEE8; } \\ 4 \times 50 \mathrm{~m} \end{gathered}$ |  | $3 \times[1 \min @$ | RPE5] |  | fairly flattish route | to talk comfortably |
| @ RPE9] |  | RPE9; 3mins @ RPE5] |  |  |  |  |
| 30secs RI |  | - |  |  |  |  |
| between sets |  | $3 \times[4 \mathrm{mins}$ @ RPE8; 4mins @ RPE6] |  |  |  |  |

## TRAINING PLAN - WEEKS 5 TO 8

 WEEK5-EVENATTHISEARLYSTAGE,WEINCLUDEBRICKSESSIONSTOESTABLISHGOODDISCIPLINE

| SWIM | REST DAY | BIKE | SWIM | REST DAY | BIKE | RUN |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| $\begin{gathered} 2 \times 250 \mathrm{~m} \\ \text { @ RPE7 } \end{gathered}$ |  | 5 x [7mins | $5 \times 400 \mathrm{~m}$ <br> @ RPE7 |  | $\begin{aligned} & \text { 80km } \\ & \text { @ RPE5-7 } \end{aligned}$ | $\begin{gathered} 12 \mathrm{~km} \\ @ \text { RPE5-7 } \end{gathered}$ |
| - |  | @ RPE7; 3mins |  |  | Try to keep a | Should be able |
| $\begin{gathered} 10 \times 100 \mathrm{~m} \\ @ \text { RPE8 } \end{gathered}$ |  | @ RPE8; 2mins @ RPE5] | 40secs RI between sets |  | fairly flattish route | to talk comfortably |
| - |  |  |  |  |  |  |
| $2 \times 250 \mathrm{~m}$ |  |  | RUN |  |  |  |
| @ RPE7 |  |  |  |  |  |  |
| 40secs RI |  |  | @ RPE8 |  |  |  |
| between sets |  |  | - |  |  |  |
|  |  |  | 1 min Rl between sets |  |  |  |

WEEK6-SPEEDWILLDEVELOPLATERINYOURTRAINING.FORNOW,FOCUSONBECOMINGEFFICIENT

SWIM
$2 x$
[4 x 150m @ RPE7; $4 \times$ 100m @ RPE8;
$4 \times 50 \mathrm{~m}$ @ RPE9]

30secs RI between sets

## REST DAY

| BIKE | SWIM |
| :---: | :---: |
| $\begin{gathered} 5 \times[1 \mathrm{~min} @ \\ \text { RPE9; } 3 \text { mins @ } \end{gathered}$ | $\begin{aligned} & 2 \times 600 m \\ & @ \text { RPE7; } \end{aligned}$ |
| RPE5] | $2 \times 400 \mathrm{~m}$ |
| - | @ RPE7; |
| $4 \times[3 m i n s$ @ | 40secs |
| $\begin{gathered} \text { RPE3;2mins @ } \\ \text { RPE5] } \end{gathered}$ | between sets |
| - | RUN |
| $5 \times[1 \mathrm{~min}$ |  |
| RPE9; 3mins <br> @ RPE5] | $\begin{gathered} \text { RPET; } 500 \mathrm{~m} @ \\ \text { RPE5] } \end{gathered}$ |

## BIKE

80km
@ RPE5-7
Try to keep a fairly flattish route

RUN
14km
@ RPE5-7
Should be able to talk comfortably

WEEK7-THEINTENSITYLEVELSARERISING,BUTATARATETHATSHOULDBEVERYACHIEVABLE

| SWIM | BIKE | BIKE | SWIM | REST DAY | BIKE | RUN |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| $\begin{gathered} 4 \times 200 \mathrm{~m} \\ @ \text { RPE7 } \end{gathered}$ | 5 x <br> [7mins @ RPE7: 3mins @ | $\begin{gathered} 10 \mathrm{x} \\ {[1 \mathrm{~min} @} \\ \text { RPE9-10; 4mins } \end{gathered}$ | $\begin{gathered} 3 \times 700 \mathrm{~m} \\ @ \text { RPE7 } \end{gathered}$ |  | 90km <br> @ RPE5-7 <br> Try to make | 14 km <br> @ RPE5-7 <br> Should be able |
| $8 \times 100 \mathrm{~m}$ <br> @ RPE8 | $\begin{aligned} & \text { RPE8; 2mins @ } \\ & \text { RPE5] } \end{aligned}$ | @ RPE5] | 40secs RI between sets |  | the route undulating | to talk comfortably |
| $\begin{gathered} 4 \times \dot{200 m} \\ @ \text { RPE7 } \end{gathered}$ | RUN |  | RUN |  |  |  |
| 30secs RI between sets | Follow bike with a 4 km run @ RPE6 |  | $\begin{gathered} 10 \times 800 \mathrm{~m} \\ @ \mathrm{RPE} 8 \\ \text { 1min RI } \\ \text { between sets } \end{gathered}$ |  |  |  |

WEEK8-IFIT'SNOTPOSSIBLETOJOINATRIGROUP,TRYANONLINECOMMUNITYTOHELPWITHMOTIVATION

SWIM
$10 \times 200 \mathrm{~m}$ @ RPE7

30secs RI between sets

## REST DAY

| BIKE | SWIM |
| :---: | :---: |
| $5 \times 11 \mathrm{~min}$ @ | $6 \times 400 \mathrm{~m}$ |
| RPE9; 3mins @ | @ RPE7 |
| RPE5] |  |
| - | 30secs RI |
| $4 \times[3 \mathrm{mins}$ @ | between sets |
| RPE3; 2mins |  |
| @ RPE5] | RUN |
| 5x ${ }^{\text {a }}$ | 4 x |
| $5 \times[1 \mathrm{~min} @$ RPE9; 3mins @ |  |
| RPE9; 3mins @ RPE5] | [2km @ RPE7; 500m @ |
|  | RPE5] |

## BIKE

60km
@ RPE5-7
Try to keep a
fairly flattish route

RUN
10km
@ RPE5-7
Should be able to talk comfortably

## TRAINING PLAN - WEEKS 9 TO 12

MONDAY 1 TUESDAY $\mathbb{W}$ WEDNESDAY $\mathbb{T}$ THURSDAY $\mathbb{F R I D A Y ~ S A T U R D A Y ~ S U N D A Y ~}$ WEEK 9 - THE WORK YOU'RE PUTTING IN NOW WILL HELP PREVENT FUTURE INJURY


## WEEK10-AFTERCOMPLETNGTHPLANSCHEDULBNARESTPERIODANDALLOWYOURBODYTOREAPTHRREWARDS

SWIM
$10 \times 200 \mathrm{~m}$ @ RPE7

30secs RI between sets


| REST DAY | BIKE <br> 1000m <br> @ RPE5-7 <br> Try to make <br> the route <br> undulating |
| :---: | :---: |

RUN
13 km
@ RPE5-7
Should be able
to talk comfortably

WEEKI1-COMPAREDATATOTHATYOUTOOKATTHBEGINNINGOFYOURPLANANDCELEBRATEYOURACHIEVEMENT

SWIM
$4 \times 200 \mathrm{~m}$
@ RPE7
$8 \times 100 \mathrm{~m}$
@ RPE8
$4 \times 200 \mathrm{~m}$
@ RPE7
30secs RI between sets

$4 x$
[8mins @ RPE7; 4mins @ RPE8; 3mins @ RPE5]

## RUN

Follow bike with a 5 km run @ RPE6

BIKE
10 x
[1min @ RPE910; 4mins @ RPE5]
SWIM
$3 \times 700 \mathrm{~m}$
@ RPE7
40secs RI
between sets
RUN
$10 \times 1 \mathrm{~km}$
@ RPE8
1min RI
between sets

## BIKE

1hr test After a good warm up ride as hard as you feel possible for 1 hr . Record data for future use

## RUN

16km
@ RPE5-7 Should be able to talk comfortably

WEEKI2YOUVECOMPLEIEDTHB-MONTT-PLANANDGMENYOURSEHTHE/ERYBESTSTARTIOYOURRONMANCHALIENGE SWIM
2 km test
After a warmup swim, a continuous 2 km as hard as you feel possible. Record data for future use


SWIM
$10 \times 200 \mathrm{~m}$
$@$ RPE7
30secs RI between sets


5 x
[1.8km @ RPE7;
200m @
RPE5]

| REST DAY | BIKE |
| :---: | :---: |
|  | $\begin{array}{c}\text { 60km } \\ \text { Try RPE5-7 keep a } \\ \text { fairly flattish } \\ \text { route }\end{array}$ |
|  |  |

## RUN

12 km test After a good warm-up, run as hard as you feel possible for 12 km . Record data for future use

