

# Smiddy

## Noosa Triathlon

# 8 Week Training Plan

	Week 	Week 	Week 	Week 
<b>Monday</b> 	<b>Easy Swim</b> <span style="float: right;">DONE ○</span> <ul style="list-style-type: none"> <li>• 40 minutes lap swimming</li> <li>• Focus on technique</li> </ul>	<b>Swim</b> <span style="float: right;">DONE ○</span> <ul style="list-style-type: none"> <li>• 20 min warm up</li> <li>• 12 x 25m drills</li> <li>• 10 x 100m w 30 sec rest (5 mod / 5 hard)</li> </ul>	<b>Swim</b> <span style="float: right;">DONE ○</span> <ul style="list-style-type: none"> <li>• 10 min warm up;</li> <li>• 8 x 50m drills;</li> <li>• 40 min easy</li> </ul>	<b>Swim</b> <span style="float: right;">DONE ○</span> <ul style="list-style-type: none"> <li>• 20 min warm up;</li> <li>• 6 x 50m drills</li> <li>• 12 x 100m w 30 sec rest (6 mod / 6 hard)</li> </ul>
<b>Tuesday</b> 	<b>Easy Bike</b> <span style="float: right;">DONE ○</span> <ul style="list-style-type: none"> <li>• 1 hour easy</li> <li>• Focus on holding a high cadence (&gt;90RPM)</li> </ul>	<b>Bike</b> <span style="float: right;">DONE ○</span> <ul style="list-style-type: none"> <li>• 10 min warm up</li> <li>• 5 x 3 min hard w 60 secs easy;</li> <li>• 15 min easy cool down</li> </ul>	<b>Bike</b> <span style="float: right;">DONE ○</span> <ul style="list-style-type: none"> <li>• 10 min warm up;</li> <li>• 60 min moderate,</li> <li>• focus on maintaining high cadence +85rpm</li> </ul>	<b>Bike</b> <span style="float: right;">DONE ○</span> <ul style="list-style-type: none"> <li>• 20 min warm up;</li> <li>• 15 x 60 secs low gear spins @ 105-120RPM;</li> <li>• 30 min mod</li> </ul>
<b>Wednesday</b> 	<b>Run</b> <span style="float: right;">DONE ○</span> <ul style="list-style-type: none"> <li>• 15 min warm up</li> <li>• 8 x 30 sec hard hill sprints</li> <li>• 25 min moderate pace</li> </ul>	<b>Run</b> <span style="float: right;">DONE ○</span> <ul style="list-style-type: none"> <li>• 1 hour easy run,</li> <li>• focus on technique and cadence (&gt;165spm)</li> </ul>	<b>Run</b> <span style="float: right;">DONE ○</span> <ul style="list-style-type: none"> <li>• 15 min warm up</li> <li>• 8 x 30 secs hard hill sprints;</li> <li>• 25 min easy</li> </ul>	<b>Run</b> <span style="float: right;">DONE ○</span> <ul style="list-style-type: none"> <li>• 10 min warm up;</li> <li>• 4 x 6 min hard w 90 secs rest;</li> <li>• 10 min very easy cool down</li> </ul>
<b>Thursday</b>	<b>Rest</b> <span style="float: right;">DONE ○</span> Core & Flexibility	<b>Rest</b> <span style="float: right;">DONE ○</span> Core & Flexibility	<b>Rest</b> <span style="float: right;">DONE ○</span> Core & Flexibility	<b>Rest</b> <span style="float: right;">DONE ○</span> Core & Flexibility
<b>Friday</b> 	<b>Swim</b> <span style="float: right;">DONE ○</span> <ul style="list-style-type: none"> <li>• 10 min warm up;</li> <li>• 8 x 25m very hard w 40 secs rest; 30 min easy</li> </ul>	<b>Swim</b> <span style="float: right;">DONE ○</span> <ul style="list-style-type: none"> <li>• 50 min mod,</li> <li>• focus on technique</li> </ul>	<b>Swim</b> <span style="float: right;">DONE ○</span> <ul style="list-style-type: none"> <li>• 10 min warm up</li> <li>• 6 x 50m very hard w 60 secs rest;</li> <li>• 30 min easy</li> </ul>	<b>Swim</b> <span style="float: right;">DONE ○</span> <ul style="list-style-type: none"> <li>• 10 min warm up;</li> <li>• 5 x 300m mod w 30 secs rest;</li> <li>• 10 min cool down</li> </ul>
<b>Saturday</b> 	<b>Bike</b> <span style="float: right;">DONE ○</span> <ul style="list-style-type: none"> <li>• 10 min warm up;</li> <li>• 40 min easy w 4 x 1 min very hard @ &gt;90RPM</li> </ul>	<b>Brick</b> <span style="float: right;">DONE ○</span> <ul style="list-style-type: none"> <li>• 40 min mod bike at 90RPM</li> <li>• directly followed by 10 min easy run</li> </ul>	<b>Bike</b> <span style="float: right;">DONE ○</span> <ul style="list-style-type: none"> <li>• 10 min warm up</li> <li>• 2 x 20 min hard w 2 min easy;</li> <li>• 10 min cool down</li> </ul>	<b>Brick</b> <span style="float: right;">DONE ○</span> <ul style="list-style-type: none"> <li>• 40 min mod bike at 90RPM</li> <li>• directly followed by 10 min easy run</li> </ul>
<b>Sunday</b> 	<b>Run</b> <span style="float: right;">DONE ○</span> <ul style="list-style-type: none"> <li>• 50 min easy run with strides at end</li> </ul>	<b>Run</b> <span style="float: right;">DONE ○</span> <ul style="list-style-type: none"> <li>• 15 min WU; 5 x 4 min hard w 60 secs rest,</li> <li>• 10 min very easy cool down</li> </ul>	<b>Run</b> <span style="float: right;">DONE ○</span> <ul style="list-style-type: none"> <li>• 10 min warm up</li> <li>• 40 min mod run on trails or rolling hills</li> </ul>	<b>Run</b> <span style="float: right;">DONE ○</span> <ul style="list-style-type: none"> <li>• 20 min easy; 8 x 30 secs very hard w 60 secs easy</li> <li>• 10 min cool down</li> </ul>

	Week  5	Week  6	Week  7	Week  8
<b>Monday</b> 	<b>Swim</b> <span>DONE ○</span> • Open water if possible: 45 min easy, • focus on technique, sighting	<b>Swim</b> <span>DONE ○</span> • Open water if possible: 50 min moderate	<b>Swim</b> <span>DONE ○</span> • Open water if possible: 20 min easy, 30 min hard	<b>Swim</b> <span>DONE ○</span> • Open water if possible: 10 min easy, 20 min mod, • 10 min cool down
<b>Tuesday</b> 	<b>Bike</b> <span>DONE ○</span> • 10 min warm up • 3 x 20 min hard with 2 min easy, 10 min cool down	<b>Bike</b> <span>DONE ○</span> • 20 min warm up • 15 x 60 secs low gear spin-ups @105-120RPM, 30 min easy	<b>Bike</b> <span>DONE ○</span> • 90 min mod with mid 20 min hard	<b>Rest up!</b> <span>DONE ○</span> 
<b>Wednesday</b> 	<b>Run</b> <span>DONE ○</span> • 1 hr easy run with strides at end	<b>Run</b> <span>DONE ○</span> • 10 min warm up • 6 x 5 min hard w 90 secs rest; • 10 min very easy cool down	<b>Run</b> <span>DONE ○</span> • 15 min warm up; • 8 x 30 secs very hard hill sprints; • 20 min hard; • 10 min cool down	<b>Brick</b> <span>DONE ○</span> • 10 min easy + 15 min hard bike; • directly followed by a 5 min hard run, • 10 min cool down
<b>Thursday</b>	<b>Rest</b> <span>DONE ○</span> Core & Flexibility	<b>Rest</b> <span>DONE ○</span> Core & Flexibility	<b>Rest</b> <span>DONE ○</span> Core & Flexibility	<b>Rest</b> <span>DONE ○</span> Core & Flexibility
<b>Friday</b> 	<b>Swim</b> <span>DONE ○</span> • 20 min warm up • 12 x 25m drills; 6 x 50m very hard w 60 secs rest; • 10 min cool down	<b>Swim</b> <span>DONE ○</span> • 10 min warm up; 3 x 400m w 60 secs rest (1 mod, 1 hard, 1 very hard); • 15 min cool down	<b>Swim</b> <span>DONE ○</span> • 10 min warm up • 5 x 200m w 40 secs rest (3 mod, 2 easy), • 15 min Cool down	<b>Swim</b> <span>DONE ○</span> • 10 min warm up • 10 x 25m drills; 6 x 25m very hard w 60 secs rest, • 10 min c/down
<b>Saturday</b> 	<b>Bike</b> <span>DONE ○</span> • 10 min warm up • 40 min easy w 4 x 1 min very hard @ >90RPM	<b>Brick</b> <span>DONE ○</span> • 50 min mod bike at 90RPM, directly followed by 10 min hard run	<b>Brick</b> <span>DONE ○</span> • 10 min easy + 20 min hard bike directly followed by 15 min easy run	<b>Brick</b> <span>DONE ○</span> • 20 min easy bike directly followed by 10 min easy run
<b>Sunday</b> 	<b>Run</b> <span>DONE ○</span> • 15 min warm up • 30 min hard run • 10 min cool down	<b>Run</b> <span>DONE ○</span> • 1 hr easy run on trails or rolling hills with strides at end	<b>Run</b> <span>DONE ○</span> • 45 min mod run on trails or rolling hills with strides at end	<b>RACE DAY</b> <b>Good luck!</b>

### Intensity Levels

Very Easy:	50-60% HR Max
Easy:	60-70% HR Max
Moderate:	70-80% HR Max
Hard:	80-90% HR Max
Very Hard:	90-95% HR Max

### Core and Flexibility

Planks (front and side)	Stretches (Quads, Hamstrings, Calves, Glutes)
Bird Dog	Foam Roller (Quads, Hamstrings, Calves)
Bridges	Upper and Lower Back Mobility
Side Lying Leg Lifts	Shoulder Mobility

### Active Recovery

Easy Walk  
Swim/Pool Walk  
Yoga

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