

8 Week Training Plan

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

| | Week  5 | Week  6 | Week  7 | Week  8 |
|---|---|--|--|---|
| Monday  | Swim DONE  <ul style="list-style-type: none"> Open water if possible: 45 min easy, focus on technique, sighting | Swim DONE  <ul style="list-style-type: none"> Open water if possible: 50 min moderate | Swim DONE  <ul style="list-style-type: none"> Open water if possible: 20 min easy, 30 min hard | Swim DONE  <ul style="list-style-type: none"> Open water if possible: 10 min easy, 20 min mod, 10 min cool down |
| Tuesday  | Bike: DONE  <ul style="list-style-type: none"> 10 min warm up 3 x 20 min hard with 2 min easy, 10 min cool down | Bike DONE  <ul style="list-style-type: none"> 20 min warm up 15 x 60 secs low gear spin-ups @105-120RPM, 30 min easy | Bike DONE  <ul style="list-style-type: none"> 90 min mod with mid 20 min hard | Rest up! DONE   |
| Wednesday  | Run DONE  <ul style="list-style-type: none"> 1 hr easy run with strides at end | Run DONE  <ul style="list-style-type: none"> 10 min warm up 6 x 5 min hard w 90 secs rest; 10 min very easy cool down | Run DONE  <ul style="list-style-type: none"> 15 min warm up; 8 x 30 secs very hard hill sprints; 20 min hard; 10 min cool down | Brick DONE  <ul style="list-style-type: none"> 10 min easy + 15 min hard bike; directly followed by a 5 min hard run, 10 min cool down |
| Thursday | Rest Core & Flexibility DONE  | Rest Core & Flexibility DONE  | Rest Core & Flexibility DONE  | Rest Core & Flexibility DONE  |
| Friday  | Swim DONE  <ul style="list-style-type: none"> 20 min warm up 12 x 25m drills; 6 x 50m very hard w 60 secs rest; 10 min cool down | Swim DONE  <ul style="list-style-type: none"> 10 min warm up; 3 x 400m w 60 secs rest (1 mod, 1 hard, 1 very hard); 15 min cool down | Swim DONE  <ul style="list-style-type: none"> 10 min warm up 5 x 200m w 40 secs rest (3 mod, 2 easy), 15 min Cool down | Swim DONE  <ul style="list-style-type: none"> 10 min warm up 10 x 25m drills; 6 x 25m very hard w 60 secs rest, 10 min c/down |
| Saturday  | Bike DONE  <ul style="list-style-type: none"> 10 min warm up 40 min easy w 4 x 1 min very hard @ >90RPM | Brick DONE  <ul style="list-style-type: none"> 50 min mod bike at 90RPM, directly followed by 10 min hard run | Brick DONE  <ul style="list-style-type: none"> 10 min easy + 20 min hard bike directly followed by 15 min easy run | Brick DONE  <ul style="list-style-type: none"> 20 min easy bike directly followed by 10 min easy run |
| Sunday  | Run DONE  <ul style="list-style-type: none"> 15 min warm up 30 min hard run 10 min cool down | Run DONE  <ul style="list-style-type: none"> 1 hr easy run on trails or rolling hills with strides at end | Run DONE  <ul style="list-style-type: none"> 45 min mod run on trails or rolling hills with strides at end | RACE DAY Good luck! |

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

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| Easy Walk |
| Swim/Pool Walk |
| Yoga |