



CHALLENGECAPE TOWN
we are triathlon!

TRAINING PLAN
WEEK 1-4

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***Triathlon* PLUS**

The plan

START TRAINING FOR CHALLENGE CAPE TOWN

GET FIT AND READY WITH THIS 4 WEEK PLAN

Meet the expert



Glen Gore

Gore is the editor of Triathlon Plus, a coach, former Pro ITU World Cup racer and a top 5 IM finisher

TRIATHLON PLUS SA Magazine have their full force behind Challenge Cape Town, which is due to make its debut on November 6th 2011. As such, we will be doing a series of training programs specifically geared towards the iron-distance event down in the Cape. With about 17-18 weeks left, we start the process from July onwards.

Before you dive into the program, we need to explain some terminology and add in some hints and advice. As most of you

will know, triathlon training is not an exact science - what works for the one, will not necessarily work for the other. You can, however, use this program guide as a means to ensure that you line up in November ready to take on the challenge. CT offers up a formidable one, so it's essential that you keep your base going through the colder winter months.

The program has a built-in 20% added factor. That means that should you only complete 80% of what is on the menu, you will be more than capable of finishing

within your desired goal and time range. You will get sick, you will get injured and will also have other distractions like family and work to keep you occupied over the next few weeks. What's important is that you don't panic, forget about missed and skipped sessions, and try and stay as close to the plan as possible. The program will only work if you are consistent. Training hard for 2-3 days and then taking off another couple will not benefit you as much as remaining consistent with the daily and weekly sessions prescribed.

Lets start with a little terminology:

1. We have catered for 3 different groupings:
A Group Sub-10hr potential athletes
B Group 10hr-12hr finishers
C Group 12hr plus athletes, specifically aimed at the novice, less experienced triathlete

As already mentioned, following a program doesn't mean automatically getting the result you want. These programs act as guidelines and to give you some idea of how much you should be doing, on what days you should be doing it and how much of it you need to do. Don't forget that 20% - you are more than welcome to deduct this amount from a session if you feel it's too much for you, or even extend the rest periods and intensity of each session.

2. If you are used to wearing a Heart Rate monitor and training accordingly, this will be relatively easy to understand. If not, then you need to go on "feel" and judge what is hard, tempo and easy for yourself. The zones we will train in:

Easy: this would be training within a zone of about 60% of your maximum Heart Rate, it could be a little lower and higher, this all depends on your current state of fitness and your own unique heartbeat.

Tempo: this is a moderate/sustained effort best described as medium pace. For example, if I say do a tempo run, you would add on about 20-25 seconds per km on average when running if you were to compare it to the average pace per km of your fastest timed run over a 5-8km time trial. In the region of 70-75% of your Max HR.

Hard: This would be all your interval

training and would normally be somewhere above the 80% effort, usually shorter but more intense sessions.

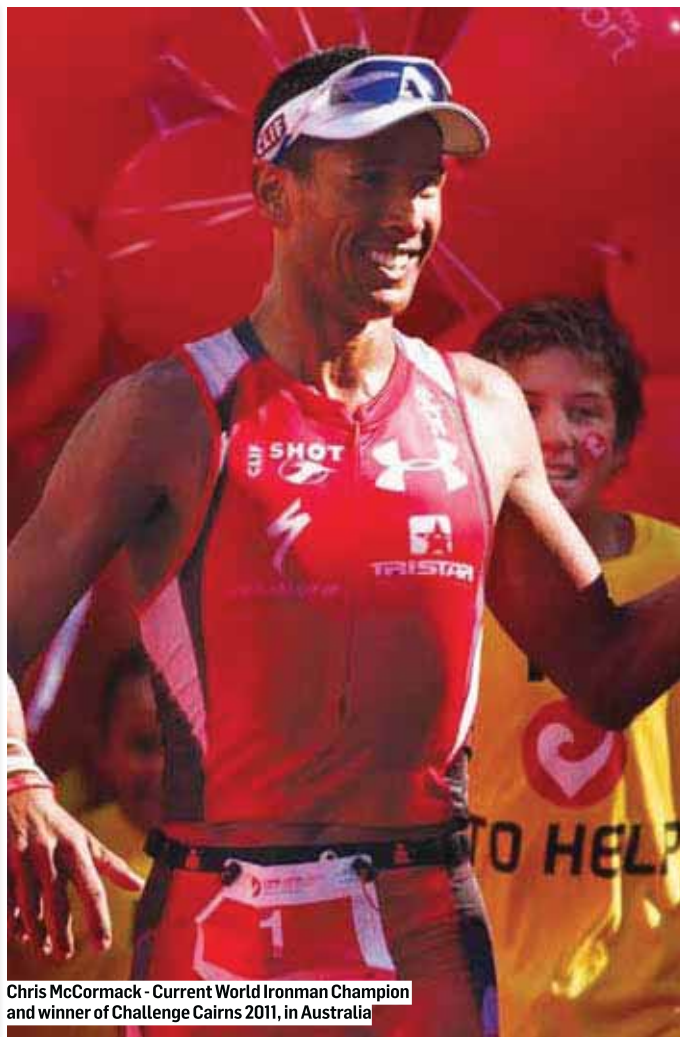
3. You are more than welcome to use an indoor trainer (stationary bike) for midweek sessions, especially during the colder months. Use the weekends for longer rides when you are able to start a little later and miss out on the freezing morning chill. Gym bikes and Spin sessions are also a means to getting in the biking sessions, but they will not be as effective as training on the road or using your road bike on a stationary trainer.

4. Brick Session: this is terminology for two sessions ie bike/run or swim that follow directly after one another. Most brick sessions in triathlon comprise a bike ride followed by a run leg, in order to get the body used to getting off the bike and then running using different muscle groups.

The first couple of weeks are a gradual build-up. Some of you will be fit already, whilst some might need to start from scratch. Just be sure to exercise caution, and listen to your body when you start to feel niggles and sickness coming on. It's always best to use your common sense and rather opt to miss or skip a session in favour of some rest when you feel you're not up to it on any given day.

NEXT ISSUE: AUGUST

TRAINING PLAN FOR WEEK 5 TO 8



Chris McCormack - Current World Ironman Champion and winner of Challenge Cairns 2011, in Australia

WEEK 01

Mon

AM Rest **PM** Brick session, do a warm-up of between 5 and 8km of easy running. Start slow, this is an easy effort. Then head for the swim pool and complete the following: 400m warm-up swim slow, 2x100m max rest, 30secs after each one then swim, 4x50m hard on 1:15secs then 4x25m rest 30secs hard, rest 2 minutes after this and repeat the same above 1 more time. This will give you a total swim distance of 1.8km. **Total distance** is 5 to 8km of running and 1.8km of swimming

Tue

AM Run session **A** group 3km warm-up easy, 8km Time trial at tempo pace then 3km cool down easy. **A total** is 14km **B** group 3km warm-up easy, 8km Time Trial at tempo pace, 3km cool down easy pace. **B total** is 12km **C** group 3km warm-up easy pace, 4km Time Trial at tempo pace, 3km cool down easy. **C total** is 10km **Optional swim session for PM** 200m swim easy, 100m kicking easy, 200m pull easy. Repeat this another 2 times for your warm-up. Rest 30secs after each set. Then swim 20x25m, rest 20secs after each one and go hard 1 easy until you have done 20 of them. **Total distance** is 2km

Wed

AM Bike session, easy bike ride of between 1h and 1h45. **Total distance** should give you about between 30 and 50km. **PM** Run session, rest for Band C group. Group A will do an easy run of between 8 and 12km

Thur

AM Bike/swim session, tempo effort of between 45 minutes for the C group and 60 minutes for the A and B groups. Ride distance should vary between 25 and 35km depending on average speed. **PM** Swim session, 5x100m easy, rest 20secs after each one, then do 8x50m pulling (no kicking) tempo pace, resting 20secs after each one. Then 100m kick easy, then 8x25m hard, rest 20secs after each one then recover with a 300m easy swim cool down. **Total distance** is 1.5km

Fri

REST DAY

Sat

AM Brick session, this bike ride will be easy and will vary from 50km for the C group and up to 80km for the A group. Then run between 5 and 8km after the completion of the bike ride, to give yourself an ideal brick session. **Total distance** is 50-90km bike and 5-8km run

Sun

AM Run session, an easy long run with time spent on the legs, varying between 1h20 and 1h45. **Total distance** will probably hover between 13 and 25km, depending on your level of ability and the pace you are running

WEEK 02

Mon

AM **A** group 40km easy bike ride, on the road or indoor trainer or spin class **B** group Easy 30km bike ride as per the A group **C** group Easy 20km bike **PM** Swim session. If you are pressed for time and can squeeze both sessions into the morning or the swim at lunch, you can do that **A** group 3x800m swims, 1st one easy, 2nd pulling (no kicking) tempo pace and 3rd one, combination of hard 25m then 25m easy swimming until 800m is completed. Swim 8x50m on 60secs tempo (25m fly, 25m free), then swim 400m hard effort **A total** is 3.2km **B** group 3x700m, 1st easy, 2nd pulling tempo pace, 3rd hard/easy of 25m hard/25m easy, 4x50m on 70secs tempo pace (25m fly, 25m free) and 100m easy recover. **B total** is 2.4km **C** group 3x500m swims, 1st easy, 2nd pulling tempo, 3rd do fartlek of 25m hard/50m easy, 4x50m on 80secs (25m hard, 25m easy), and 100m easy recover. **C total** is 1.8km

Tue

AM Run session, on a track or on the road where you measure out a 1km stretch of road that is relatively flat **A** group Warm-up 2km easy with stretch after, 10x1km repeats (no 1,3,5,7,9) are hard efforts, (2,4,6,8,10) are tempo efforts. Rest 60secs after each one. 1km cool down easy with stretch at the end. **A total** is 13km **B** group Same as A group but you only do 8x1km intervals with same rest period and the 1km cool down. **B total** is 11km **C** group Same as A and B group but only do 4x1km intervals, 2 hard and 2 are tempo pace with 60secs rest after each one. **C total** is 7km **PM** Swim session. If you feel a little tired after the morning effort, opt to rest from this one **A** group 400m easy, 10x75m tempo efforts, rest 10secs after each one, 2x150m hard efforts with 1 minute rest after each one, tempo swims of 20x25m, rest 25secs with a 100m easy cool down. **A total** is 2km **B** group 200m easy, 10x50m hard, rest 10secs after each one, 2x150m hard, rest 1min, 20x25m on 25100m easy. **B total** is 1.6km **C** group 200m easy warm-up then 8x50m hard, rest 20secs after each one, 2x100m hard, rest 1 minute after each one, 16x25m hard, rest 30secs after each one, 100m easy **C total** is 1.9km

Wed

AM Bike session **A** group 60km tempo pace **B** group 50km tempo pace **C** group 40km tempo pace **PM** Run session **A** group Between 12-15km easy pace **B** group Between 10-12km easy pace **C** group Between 8-10km easy pace

Thur

AM Swim session **A** group 400m easy, 200m pulling tempo, 100m kicking easy, do 4 sets rest 60secs after each one of them **A total** is 2.8km **B** group 300m easy, 150m pulling tempo, 50m kicking easy, do 4 sets rest 60secs after each one **B total** is 2km **C** group 250m easy, 100m pulling tempo, 50m kicking easy, do 4 sets rest 60secs **C total** is 1.6km **PM** Run session **A** group Interval session, 4km warm-up, 8x1km intervals on road at tempo, 20secs rest between each one, 4km easy **A total** is 14km **B** group Interval session, 2km warm-up easy, 6x1km intervals on road at tempo pace, 30secs rest after each one then, 2km cool down **B total** is 10km **C** group Interval session, 2km warm-up, 4x1km intervals on road at tempo, 20secs rest between each one then, 2km cool down **C total** is 8km

Fri

REST DAY

Sat

AM Brick session **A** group 90km ride tempo pace, 10km run easy pace **B** group 80km ride tempo pace, 8km run easy pace **C** group 60km ride tempo pace, 6km run easy pace

Sun

AM Run session **A** group 20km easy run **B** group 16km easy run **C** group 14km easy run

WEEK 03

Mon

AM Bike session **A** and **B** group will do a 2h spin easy pace. Between 50 and 60km depending on course terrain **C** group 1h30 at the same easy pace – totalling about 30-40km **PM** Run session. This is an easy day so all 3 groups will run slow. **A** group 10km easy run **B** group 8km easy run **C** group 8km easy run

Tue

AM Run session. Track or road, over a measured 1km course. Find a relatively flat road for this type of session. **A** group 2km warm-up, 12x1km repeats tempo pace, 1km cool down, rest 30secs after each one **A total** is 15km **B** group 2km warm-up, 8x1km tempo pace, 1km cool down, rest 30secs after each 1km interval **B total** is 11km **C** group 2km warm-up, 6x1km tempo intervals with 30-45secs rest after each one, 1km cool down **C total** is 9km **PM** Swim session or done at lunch time **A** group 30x100m on 2mins min, three sets of 10 each with 1 minute rest after completion of 10. 1st set of 10 easy, 2nd set pulling tempo pace, 3rd set hard **A total** is 3km **B** group 24x100m, rest 20secs after each one. 4 sets of 6, each with 1 minute rest after each set. 1st set easy, 2nd set pulling tempo, 3rd set hard, 4th set pulling easy, 5th set hard, 6th set pulling easy **B total** is 2.4km **C** group 30x75m, rest 30secs after each one. 3 sets of 10, with a 1 minute rest after each set of 10. 1st set of 10 easy, 2nd set pulling tempo, 3rd set hard **C total** is 2.25km

Wed

AM Bike session **A** group 60km tempo pace **B** group 50km tempo pace **C** group Rest **PM** Swim session **A** group 15x200m on 4 minutes, 1st set of easy, 2nd set of 5 you go 1 hard easy, 3rd set of 5 you do pull, 8x25m sprints on 30secs hard, 100m cool down **A total** is 3.3km **B** group 10x200m on 40secs hard, 200m cool down **B total** is 2.4km **C** group 12x150m on 4:15, 4 hard, 4 tempo, 4 easy, 8x25m sprints on 45secs, 100m cool down **C total** is 2.1km

Thur

AM Swim session **A** group Long steady swim in the pool. This is a basedistance swim so aim for 1km before you rest, we try and do 3-4km in total distance. You can opt to use your paddles or pull buoys **A total** is 3-4km **B** group Long steady swim, same as A group, only you do 2.5-3km **C** group Long steady swim. Same as A and B group but only 2 and 2.5km in total distance **PM** Run session **A** group 2km warm-up easy pace, 10km tempo pace which is about 20-25secs slower on average per km than your fastest race pace average, 1km cool down and stretch **A total** is 13km **B** group 2km warm-up easy, 8km tempo pace, same as per A group, 1km cool down and plenty stretch **B total** is 11km **C** group 2km warm-up easy, 5km tempo pace, 1km cool down **C total** is 8km

Fri

REST DAY

Sat

AM Brick session **A** group 120km bike easy pace, 5 minutes rest, change into running shoes and then do a 10km run easy pace **B** group 100km bike easy, 10 minutes rest, change shoes then run 5km easy **C** group 80km bike ride easy pace with 5km run easy after

Sun

AM Long run session **A** group 20km slow easy run **B** group 16km slow easy run **C** group 14km slow easy run

WEEK 04

Mon

AM Run session **A** group 15km easy **B** group 12km easy run – no speed **C** group Same as C group but only 8km easy **PM** Swim session **A** group 800m easy warm-up, 4x400m tempo pace, do 1 pulling, 1 swim, 1 pulling, 1 swim, rest 1 min after each one, 4x50m on 60secs hard, 400m medley, change stroke at each wall, tempo pace **A total** is 3km **B** group 400m easy, 4x400m tempo pace as per the A group, 1 pulling, 1 swim, 1 pulling, 1 swim, rest 1 min after each one, 4x50m hard, rest 20secs after each one, 400m easy pulling easy **B total** is 2.6km **C** group 400m easy, 3x400m tempo pace, 1 pulling, 1 swim, 1 pulling, rest 1 min after each one, 4x50m hard, rest 30secs after each one, 400m swim/drills easy cool down **C total** is 2.2km

Tue

AM Run session **A** group 3km warm-up easy, 8km Time Trial tempo pace, 3km cool down run after and stretch **A total** is 14km **B** group 2km warm-up easy, 5km Time Trial tempo pace, 2km cool down run after and stretch **B total** is 9km **C** group 2km warm-up easy as per B group, 4km Time Trial tempo pace, 2km run tempo to cool down **C total** is 8km **PM** Swim session **A** group 400m swim easy, 400m pulling easy, 8x50m on 45secs hard, 16x25m on 30secs tempo, 4x100m on 1:45 tempo, 400m easy **A total** is 2.4km **B** group 400m swim easy, 400m pulling easy, 6x50m hard on 60secs, 16x25m on 40secs hard, 400m easy **B total** is 1.9km **C** group 400m swim easy, 200m pulling easy as warm-up, 4x50m hard, rest 30secs after each one, 8x25m hard, rest 15secs, 200m easy cool down swim **C total** is 1.2km

Wed

AM Bike sessions **A** group 10km warm-up, 40km ride tempo pace, 10km cool down easy pace. You cannot do this on an indoor trainer or even spin bikes **A total** is 60km **B** group 10km warm-up easy, 30km time trial tempo pace, 10km cool down **B total** is 50km **C** group 10km warm-up easy, 20km tempo ride, 10km cool down ride easy **C total** is 40km **PM** Swim session **A** group 200m easy swim, 5x200m on 3:30 tempo pace, 200m easy pull, 4x25m max on 20, 8x100m medleys, rest 20secs after each one, 8x50m hard on 60secs, 300m easy recover **A total** is 2.8km **B** group 200m easy swim, 4x200m on 5mins at tempo pace, 200m easy pulling, 4x25m hard rest 30secs, 2x100m easy recover **B total** is 1.6km **C** group 200m easy swim warm-up, 3x200m on 6min at tempo pace, 200m easy pulling, 4x25m hard rest 30secs, 2x100m swimming tempo pace, rest 20secs after each one, 100m easy recover **C total** is 1.3km

Thur

REST DAY

Fri

AM Bike session **A** group 30-40km easy spinning **B** group 30-40km easy spinning. Same as A group, paces slow **C** group 20 to 30km easy spinning. Paces slow **PM** Swim session **A** group 50m swim easy, 50m hard, 100m tempo, 100m hard, 200m easy, 200m hard, 300m easy, 300m hard, rest full 2 mins after this before you kick 200m easy, then 400m medley where you change at each wall, 100m easy swim **A total** is 2km **B** group 50m swim easy, 50m tempo, 100m easy, 100m hard, 200m easy, 200m tempo, 300m easy, 300m hard, 4x25m sprints, rest 20secs after each one, 100m easy swim cool down **B total** is 1.5km **C** group 50m swim easy, 50m tempo, 100m easy, 100m tempo, 200m easy, 200m tempo, 200m kick tempo pace, 4x25m hard, rest 20secs, 100m easy **C total** is 1.1km

Sat

AM Brick session **A** group 130km bike easy pace, easy 15km run off the bike **B** group 110km bike easy pace with a 10km bike run off easy pace **C** group 100km bike ride, 8km run off the bike. Pace is easy for both cycle and run legs

Sun

REST DAY