



CHALLENGECAPE TOWN
we are triathlon!

TRAINING PLAN
WEEK 5-8

Brought to you by:

Triathlon PLUS

The plan

...AND WHAT IS NEXT?

PREPARATION FOR THE NEXT 4 WEEKS

WE ARE into the second month of pre-race preparation for Challenge Cape Town in November. August brings a little relief from the cold that we experienced in July, but the mornings will still make it hard to get out the door and train on the road. For now, spin bikes and indoor trainers will suffice. We will do the bigger kilometres on the roads in September and October, when spring and warmer weather are the order of the day. Once again, some important notes to take heed of when following this program:

1. Use the program as a great guideline to what you should be doing, but not as an exact science. Each athlete and their specific requirements may vary, so the program will work better for some and not as well for others. Generally speaking, if this program is followed correctly and consistently, it will have a positive hit ratio of at least 90%.
2. As mentioned in the beginning, the

program has been designed with 20% more training volume than what is potentially needed. The professionals may be putting in more kilometres than is on the program, but for Groups B and C, the amounts in question are more than sufficient. You are going to experience breaks in the routine due to illness, injury, work, family and other; so whatever you do, do not try and play catch-up. If you miss a session or two, get over it and move on. Stay within the program schedule. The odd day of training missed here and there will be "good" for you.

3. Make sure that all your equipment needs and bike set-ups are done during this period. From September onwards, we want to be on the bike that you intend to race on down in CT. Bear in mind that the 180km bike course does have some climbs in it (refer to the www.challengecapetown.com website for more info on this). As such, we need to ensure that our bikes and gear ratios are set accordingly.

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



4. You may also want to consider the odd open water swim or two as we get closer to the end of August. The water temperature will be fresh, but it could give you some idea of what to expect down in Granger Bay. Invest in a neoprene swim cap and neoprene booties (most of our local wetsuit distributors have these available for purchase – see TP for contact details) as this is what will be used on race day.

5. You may also want to experiment with your nutritional needs and try and get that right during this training phase. Too often than not, athletes are inclined to try something different on race day, and this often has exactly the opposite effect as what was desired.

Let us know how you get on and email us questions if you have any - we would be more than happy to help you on your way. Happy/Hard training!

Team Triathlon Plus SA,
glen@triathlonplussa.co.za

A little terminology, in case you have forgotten:

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 run/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: SEPTEMBER

TRAINING PLAN FOR WEEK 9 TO 12

TRAINING PLAN FOR WEEK 5 TO 8



Be the best that you can be!



CHALLENGE CAPE TOWN
06.11.2011 we are triathlon!

	WEEK 05	WEEK 06	WEEK 07	WEEK 08
Mon	REST DAY	Mon AM Bike session All groups do between 30-50km bike easy spin. Can do on the trainer or outdoors. Time allowance between 1h15-2hrs Totals 30-50km PM Run session All groups 2km easy run, warm-up with some stretching after, do between 5 and 10x 1km interval tempo pace, rest 45secs after. Can also do session as a fartlek session by running 10km with a short 100m jog between each of the 10km intervals, then 1km cool down easy with stretch after Totals 8-13km	Mon AM Rest PM Swim session A group 10x 100m on 1min 45secs tempo (rest 30secs after 5 of them) B group 10x 100m on 2mins C group 8x 100m on 2mins 30secs, then 200m pulling easy after to recover. Then A group do 20x 50m on 50secs B group do 16x 50m on 65secs C group do 12x 50m on 75secs (1 hard, 1 easy) then all groups finish off with a 300m easy swimming Totals 1.8km-2.5km	Mon AM Swim session All groups 200m easy swim, 100m kicking easy, 400m easy pulling as warm-up, then 4x 50m hard, rest 15-30secs after each one. Then 4x 25m hard, rest 15secs after each one, easy 200m swim recovery work on style, then 2x 100m hard, rest 1min after each one, this effort is maximum, then easy 200m pulling to finish off the session. Can do some gym work to supplement the swim program and add strength gains to your training sessions Totals 1.6km
Tue	AM Run session. Track workout or can be done on the road as well. All groups 1km warm-up easy with stretch after, then 5x 1km tempo pace repeats with 45secs rest after each one and run 2km cool down easy pace Totals 8km PM Swim session All groups 100m swim easy swim, 100m kick easy, 100m pull easy, repeat this above set 6 times with 30secs rest after each set, then 4x 25m max hard sprints, resting between 10 and 20secs after each one, then 4x 25m butterfly resting 20secs after each one tempo pace (if you cannot swim butterfly then swim freestyle), 200m easy recovery swim Totals 2.2km	Tue AM Swim session All groups 200m swim easy, 100m kick easy, 200m pulling easy, no rest between each of these items. Rest 30secs after a complete set of the above, then repeat this set 5 times, then do 8x 25m sprints hard on 45secs, 100m recovery easy swim cool down Totals 2.8km	Tue AM Cycle session A group 50-60km spin easy B group 50km C group 40km PM Run session A group 12-14km tempo run B group 10-12km tempo run C group 8-10km tempo run Totals 8-14km	Tue AM Bike session A group 40-50km tempo riding B group 35-45km C group 30-40km PM Run session All groups 2km warm-up, 8km time trial at tempo to hard pace (can do as part of a running club weekly run or do it on your own. Try select a route that is relatively flat), 1-2km cool down with stretch after Totals 11-12km
Wed	AM Bike session All groups Ride between 1hr and 2hrs at tempo pace. This can be done on an indoor trainer, gym bikes or out on the road (weather permitting) Totals 30-60km PM Swim session All groups 400m easy swim, 300m hard swim, rest 20secs, then 200m easy pull, 100m max swim, rest 20secs. Then do this set, 100m easy swim, 200m hard pulling, 300m easy swim, 400m hard pulling, 100m easy recovery Totals 2.1km	Wed AM Bike session All groups Ride between 1h30-2h15 moderate to tempo pace. If you opt for an indoor trainer or spin bikes, take a short rest after half way to stretch before completing the distance. Ideally, you would want to do this out on the roads Totals 40km-60km PM Run Session All groups Easy 8-12km run recovery set	Wed AM Cycle session A group 60-80mins tempo to hard B group 60mins C group rest Totals 30-40km PM Swim session A group 4x 800m with 1min rest in between each of them B group 4x 600m C group 4x 500m (All groups 1st is swim easy, 2nd is pulling tempo, 3rd is kicking and stroke drills easy, 4th is swim hard race pace) Totals 2km-3.2km	Wed AM Gym/swim session All groups 40 mins of gym work prior to the swim workout, then swim 8x 50m, rest between 10 and 20secs (easy, 1 hard), then do 4x 100m easy pulling, rest 20secs after each one, 1x 400m at race pace hard, rest 1min, 400m easy swim cool down. A group will add an extra 400m paddles on to the program at the end Totals 1.6-2km
Thur	AM Swim session All groups 400m easy swim, 4x 100m swim hard, rest 20secs after each one, then 2x 300m pulling tempo, rest 30secs after each one, then 8x 25m kick tempo, rest 15secs after each one, then 1x 100m hard, 600m easy Totals 2km PM Run session. 2km warm-up A group 8x 1km intervals on road, rest 30secs after each one (pace = approx 3:45 per km) A Totals 12km B group 4x 1km intervals on road, rest 30secs after each one (pace = 4:30+) B Totals 8km C group 4x 1km intervals tempo pace on road, rest 45secs (pace = + 5:00 per km pace) then 2km easy cool down Totals 8km	Thur AM Bike/run/brick session All groups Ride between 20-40km tempo pace, followed by a short 3-5km run tempo pace (1h-1h15), then short 5km tempo run PM Swim session All groups 2x 800m swim, rest 1min after each one. 1st swim at easy pace, 2nd pulling swim tempo pace, then 4x 50m max hard intervals on 70secs with 100m easy after Totals 2.1km	Thur AM Bike session All groups 45mins spin bikes easy, followed by swim set Bike totals 20km AM Swim session All groups 200m easy swim then A group 10x 200m on 3mins 30secs (1,3,5,7,9 are hard and 2,4,6,8,10 tempo) B group 8x 200m on 4mins 30secs C group 8x 150, rest 30secs then All groups 200m kicking easy, 400m pulling easy recovery Totals 2km-2.8km	Thur AM Bike session. Hill Session A group warm up 20-30mins easy spin, then do hill intervals hard up and easy down for the next 20-30mins, followed by 30mins cool down easy spin. The middle part of this session is the most important and the intensity must be high. B and C group do same session as A group but can limit this session by reducing between 5 and 10 mins of each phase. If done indoors, set the resistance higher for the hill simulation repeat Totals 35-45km PM Run session A group 13-15km easy run B group 11-13km C group 9-11km Totals 9-15km
Fri	REST DAY	Fri REST DAY	Fri AM Run session A group 25km tempo run B group 16km C group 12km Totals 12-25km total	Fri REST DAY
Sat	AM Brick session A group 90km bike tempo followed by 10km easy timed run B group 80km bike tempo pace followed by 10km easy timed run C group 60km bike tempo ride followed by 5km timed easy run	Sat AM Brick session. 120km bike easy until halfway, then tempo to finish, then 10km slow easy run A group do full distance B group do 100km/8km C group do 90km/6km	Sat REST DAY	Sat AM Brick session A group 150km bike ride followed by 10km run easy pace B group 130km easy ride followed by 8km easy run C group 120km easy bike ride and 5km easy run off the bike Totals 120-150km/5-10km
Sun	AM Run session A group 15km easy B group 12km easy C group 10km easy	Sun AM Run session All groups 21km easy tempo pace	Sun AM Brick session A group 140km tempo ride with 5km easy run off bike B group 120km with same run as A C group 100km with same run as A Totals 100-140km/5km	Sun AM Run session A group Long easy run of 30-32km B group Long easy run of 24-30km C group 22-28km - slow pace, spend time on legs Totals 22-32km

Sponsors:



Official Host City Partner



Official Nutrition Partner



Official Swim Course Partner



Official Accommodation Partner

06.11.2011

AUGUST 2011 Triathlon Plus 53