



Intermediate Triathlon Training Plan

This training plan was prepared by our friends at Durata Training (www.duratatraining.com)

To start, please review the training term descriptions to familiarize yourself with the abbreviations used throughout this plan.

You'll notice that the plans are divided into three phases:

- Foundation:** The foundation phase of training focuses on lower intensity workouts and gradually building your training volume. This phase ensures that your body is ready to handle the higher intensities and volume of the subsequent phases.
- Preparation:** The preparation phase builds on the foundation phase with longer runs and rides to effectively prepare you for your event. This phase also increases the intensity of your workouts so that you can handle faster efforts with less fatigue. During this phase it is very important that you are keeping your recovery and endurance workouts at the appropriate levels so that you can do the harder workouts rested and refreshed.
- Specialization:** The Specialization phase focuses on peaking and tapering you for your event. The intensity remains relatively high but your volume begins to gradually come down. Towards the end of your specialization phase the volume as well as the intensity will be greatly reduced assuring you that you arrive at your event well rested and ready to go hard.

As you progress through these phases, you will begin to build your endurance, refine your technique, and prepare for race day.

Training Term Descriptions

Cycling Terms	Term	Description
Cadence	Cadence	Roughly speaking, this is the speed at which a cyclist is pedalling/turning the pedals. See http://en.wikipedia.org/wiki/Cadence_(cycling) to read more.
EM	Endurance Miles	This workout helps with building an aerobic energy system that will increase your endurance capabilities. You want your pedal cadence to be around 85-95 RPM and your "perceived exertion" should be 5 or 6 on a scale of 1-10 (10 being highest).
RM	Recovery Miles	Easy' ride. Stay in a light gear and keep resistance low. Heart rate must also remain low. If you hit any hills, just slow down and use your gears to keep the resistance low. The key to recovery rides is to ride just enough to engage the active recovery process but not long or hard enough to stress your body.
MT	Muscle Tension	Helps to develop cycling specific strength. High muscle tension assists in the recruitment of fast twitch muscle fibers, which are important during intense efforts. Performed on a long, moderate climb with low pedal cadence (50-55 RPM), large gears, and heart rate should not get too high since your legs are moving slowly.
T	Tempo	Pedal speed should be moderate 80-95 RPM range. This helps increase pedal resistance and strengthens leg muscles. Try to stay in the saddle when you hit hills during your tempo workout, which adds more pedal resistance and prepares the connective tissues and supporting muscle groups before training heads into more explosive workouts. Try to ride the entire length of the tempo workout with as few interruptions as possible. Perceived exertion is 7/10
SS	Steady State	Pedal cadence while climbing should be 70-80 RPM, and flat terrain cadence should be 85-95 RPM. Maintaining the training zone intensity (perceived exertion 8/10) is the most important factor, not pedal cadence. Focus on continuous riding for the length of the prescribed interval, and if you can in your aero position on your bike (note: this is not necessary for beginning triathletes and you might very well not have aero bars!). Steady States Increase your lactate threshold by training at the edge of your aerobic/anaerobic threshold.
PI	Power Intervals	This workout will help to increase absolute power output. It should be performed on a relatively flat section of road. The gearing should be moderate, but pedal cadence must be high (100 or higher). If you have to, shift into a lighter gear to maintain the cadence, but don't let the intensity of the interval drop. Perceived Exertion is high, 9-10/10 . Think of this as the highest (barely) maintainable effort you do in your training.
SI	Speed Intervals	This is performed on a relatively flat section of road with a slight tailwind to enhance your top speed during the efforts. The gearing should be moderate but pedal cadence should be high (105 or higher). Recovery between intervals is easy spinning. It is ok to stand for the initial 5-8 seconds of each effort then settle in, sitting down.

Running Terms	Term	Description
ER	Endurance Run	Endurance Runs improve aerobic development by increasing mitochondria size and density, increasing stroke volume, increasing respiratory endurance, and improving thermodynamic regulation. This workout is the basis/bulk of your running with perceived exertion at 6/10 , allowing you to run comfortably and in control.
RR	Recovery Run	Recovery Runs speed the recovery process by running at a pace of little stress to your body. The key to a recovery run is to engage the active recovery process (blood flow to the muscles) but without running long or hard enough to stress your body. Recovery runs should be done on flat terrain. Your heart rate should remain low-- If you hit any hills, just slow down and focus on your breathing. Perceived Exertion is 5/10.
SS	Steady State	Steady State Runs should be done below your lactate threshold (see http://en.wikipedia.org/wiki/Anaerobic_exercise), and it is important that you maintain that intensity for the duration of the interval. The goal is to improve your lactate threshold by training at the edge of your aerobic/anaerobic threshold. This pace should be slower than that of Tempo, perceived exertion 7/10.
T	Tempo	The goal of the Tempo run is to improve aerobic development, establish running rhythm, simulate racing conditions to build your mental strength, and increase your body's capacity to handle more intense workouts. Give yourself time to get warmed up--at least 10-15 minutes. Your Tempo run should be done continuously from start to finish. Tempo heart rate ranges from slightly below your lactate threshold to slightly above the lactate threshold, making this a challenging run with perceived exertion 8/10.
FI	Fartlek Intervals	Fartlek Intervals, or 'speed play', improve lactate threshold and allow you to work on pacing while simulating the changes that can occur during a race. After the specified interval is over, slow down to a recovery pace until the next effort. Fartlek Intervals can be done at a variety of durations. Fartlek Intervals should be considered short, fast efforts with perceived exertion 9/10.
RS	Running Strides	Running Strides are used after your warm up to open your lungs and prepare the muscles for what is to come. On a flat section of road, run for the prescribed time at around your 5K race pace. Focus on your mechanics including foot strike, knee drive and arm swing. <i>(Note: 15 seconds of strides should take about 45 'steps', so you can count your steps instead of using a watch).</i>
PT	Progressive Tempo	This works you into doing a Tempo Run. Break the effort into 3 equal parts, and upon each 'step' increase your pace. You should end the last part of the effort at your tempo pace. Start off at a perceived exertion of 6/10, then increase pace to a 7/10, finally ending at 8/10. These will eventually ease you into a sustained Tempo Run.

Swimming Terms	Term	Description
WU	Warm Up	Warm up consists of easy swimming (your choice of stroke) to facilitate blood flow and prepare the body for the workout. Easy, comfortable pace.
CD	Cool Down	The Cool Down helps your body to recover by buffering and dissipating lactic acid, again done at a very low intensity. If you'd like you can do some backstroke and breaststroke here to add variety.
Drills	Drill Set	Drills isolate and improve particular aspects of your stroke. Drills are good to do after the warmup, as they will reinforce proper stroke mechanics which can be carried into the main portion of your workout. Common drills include Finger Tip Drag, Catch-Up, One Arm and 6 kicks/3 strokes.
Kick	Kick Set	Kick sets will usually be done after the main portion of your swim workout, allowing your heart rate to recover and give your arms a rest. If you'd like, you can purchase or use fins/flippers for your feet, as they will assist in lower leg recovery and also help improve ankle flexibility. You can kick with a board, on your side (one arm overhead/one next to your body), or on your back with your arms overhead. Keep the kick sets on the easy side.
Pull	Pull Set	Pulling increases strength in the pull portion of the stroke. You need a buoy and (optionally) paddles. If using paddles, start off with the smaller sized ones before progressing on to larger paddles as smaller ones induce less shoulder stress. Be sure your paddles have holes in them as well so you can 'feel' the water. Use a good body roll to eliminate excessive shoulder stress.
BIS	Base Interval Swim	Base Interval Swims increase your aerobic base while adding a strong foundation of mileage. This is a sub-lactate threshold set (aerobic). The sets should be performed at a steady, comfortable and maintainable pace. Figure out at what pace you feel you can 'go forever' so to speak and stick your pace.
PSS	Pace Swim Set	Pace sets get you to training at or around your goal race pace. This will stress both the aerobic and lactate threshold systems (low end and high end intensity). Recovery time will be just enough to regroup but not enough for full recovery. Effort level should be at an aerobic pace during the beginning of the set, but may increase as the set continues. Intervals can also be performed in a slightly descending pattern within the set, but be aware not to deviate too much from the desired race pace.
SSS	Sprint Swim Set	Sprint sets allow you to maintain the function of the fast-twitch swimming muscles without developing large amounts of lactic acid. This allows you to swim at a high speed without taxing the body for an extended period of time. Concentrate on fast turnover and speed. Recovery should be adequate but moderate. These sets are often incorporated in Preparation and Specialization phases, to ready your body for the higher intensity of races, particularly at the swim start.

The Plan

Foundation	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest	SWIM #1 EM 1:15	ER 00:30	Rest	Swim: 1500 total, 500 WU- 500 Pull-500 CD	EM 1:15	ER 00:40
Week 2	Rest	SWIM #2 EM 1:15 with 2x8min T, 2min recovery	ER 00:40 with 1x10 min SS Run	RM 1:15	Swim: 1500 total, 500 WU- 500 Pull-500 CD	EM 1:30	ER 00:50
Week 3	Rest	SWIM #8 EM 1:15 with 3x6min T 2min recovery	ER 00:45 with 1x15 min SS Run	RM 1:15	Swim: 2000 total, 500 WU - 500 Pull-500 Kick-500 CD	EM 1:30	ER 1:00
Week 4	Rest	SWIM #3 EM 1:00	RR 00:45	Rest	Swim: 2000 total, 500 WU - 500 Pull-500 Kick-500 CD	EM 2:00	ER 1:10
Week 5	Rest	SWIM #4 EM 1:15	ER 00:45 with 1x15 min Progressive Tempo	RM 1:15	SWIM #5	EM 2:00 with 2x10 min T, 5 min recovery	ER 1:10
Week 6	Rest	SWIM #7 EM 1:15 with 4x1.5 min PI, 1.5 min rec	ER 00:45 with 1x20 min Progressive Tempo	RM 1:15	SWIM #6	EM 2:00 with 3x10 min Tempo, 5 min recovery	ER 1:20

Week 7	Rest	SWIM #8 EM 1:15 with 4x2.5 min PI/2.5 min recovery	ER 00:50 with 1x15 min Tempo Run	RM 1:15	SWIM #9	EM 2:30 with 2x15 min Tempo, 10 min recovery	ER 1:30
Week 8	Rest	SWIM #3 EM 1:00 with 5x1 min PI, 2 min recovery	RR 00:45	RM 1:15	SWIM #2	EM 2:30 with 4x5 min SS, 5 min recovery	ER 1:15 w/2x10 min TR, 5 min recovery

Preparation	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 9	Rest	SWIM #11 EM 1:30 with 6x2.5 min PI, 2.5 min recovery	ER 1:00 with 1x20 min Tempo Run	RM 1:15	SWIM # 10	BRICK: EM 2:30 with 4x6 min SS, 4 min recovery. To be followed by a run off the bike-- 00:20 with 2x3 min FI's, 2 min recovery	ER 1:25
Week 10	Rest	SWIM #12 EM 1:30 with 7x2.5 min PI, 2.5 min recovery	ER 1:00 with 1x25 min Tempo Run	RM 1:15	SWIM # 13	BRICK: EM 2:30 with 3x8 min SS, 5 min recovery. To be followed by a run off the bile-- 00:25 with first 8 min @ 10k race pace	ER 1:35
Week 11	Rest	SWIM #14 EM 1:30 with 2x (4x2.5 min PI's/2.5 min rec), 10 min btwn sets	ER 1:00 with 1x30 min TR	RM 1:15	SWIM # 13	BRICK: EM 2:30 with 4x8 min SS/5 min recovery. To be followed by run off the bike--00:25	ER 1:35

						w/ first 10 min @ 10k race pace	
Week 12	Rest	SWIM #7 RM 1:15	ER 00:45 w/15 min TR	EM 1:15 with 6x1.5 min PI/1.5 min recovery	SWIM # 6	EM 2:00 with 3x10 min T/5 min rec	ER 1:15

Specialization	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 13	Rest	SWIM #14 EM 1:30 with 6x2 min PI's, 2 min recovery	ER 1:00 with 1x20 min TR	RM 1:15	SWIM #9	BRICK: EM 2:30 with 3x8 min SS/6 min recovery. To be followed by run off the bike-- 00:20 w/10 min @ 10k race pace	ER 1:35
Week 14	Rest	SWIM #10 EM 1:15 with 6x1.5 min PI's/1.5 min recovery	ER 00:50 with 1x15 min TR	RM 1:15	SWIM #6	EM 2:00 with 4x6 min SS/4 min recovery	ER 1:20
Week 15	Rest	SWIM #5	EM 1:15 with 4x1.5 min PI/1.5 min rec	ER 00:45 with 4x3 min FI/2 min recovery	SWIM #2	EM 1:30 with 4x5 min SS/5 min recovery	ER 1:00
Week 16	Rest	SWIM #3	EM 1:00 with 3x4 min SS/4 min recovery	ER :40-3x2 min FI/2 min recovery	SWIM #15	EM 00:30 with 3x:15 SI's, 1 min rec ER :15 (optional)	RACE DAY

SWIM WORKOUTS			
Swim Number/Total Yardage	Workout Detail	Comments	
Swim #1: 2000 yds	WU: 300 easy Drills: 4x50 (rest 15 seconds btw) MS: BIS - 6x150 (rest 30 seconds btw) Kick: 2x150's w/fins (rest 20 seconds btw) SSS: 8x25's (rest 15 seconds between) CD: 100 easy	"r" = rest, e.g. (r:20) means "rest 20 seconds between each interval)	MS = Main Set
Swim #2: 2000 yds	WU: 300 easy Drills: 4x75 (r:20) MS: PSS - 2x (5x100) r:15 btwn 100's, 1 min btwn sets (<i>descend 1-5 in first set, hold best average pace second set</i>) Pull: 1x300 CD: 100 easy	Italics = Specifics of the main set	Descend = Consecutively drop your time (get faster) through the set
Swim #3: 2000-2200 yds	WU: 300-400 easy Drills: 4x50 (r:15) MS: PSS - 2x250 (r:30), 2x150 (r:15), 2x100 (r:10) SSS: 4x50 (r:10) Kick: 200-300 (<i>flutter kick on back with fins</i>) CD: 100 easy		
Swim #4: 2200-2400 yds	WU: 300 easy Drills: 4x50 (r:15) MS: BIS - 5x200 (r:30) (<i>hold steady, strong pace through set</i>) Pull: 4x100 (r:20) SSS: 4x50's (<i>odds build/evens fast</i>) CD: 100 easy		
Swim #5: 2200-2400 yds	WU: 300-400 easy Drills: 4x75 (r:20) MS: PSS - 4x300's (r:30-:45) <i>Descend 1-4</i> Kick: 200-300 easy with fins Pull: 2x150's (r:20) CD: 100 easy		

Swim #6: 2500 yds	<p>WU: 300 easy Drills: 6x50 (r:15) MS: PSS - 3x (5x100's) r:15 btwn 100's, 1 min btwn sets (<i>Set #1: Descend 1-5, Set #2: Negative Split, Set #3 Best Average</i>) Kick: 1x250 easy on back with fins, arms overhead CD: 150 easy</p>		
Swim #7: 2500-2600 yds	<p>WU: 300-400 easy Drills: 4x75 (r:15) MS: Pull Set: 5x300's r:40 (<i>Do Odds Pull/Evens Swim</i>) SSS: 6x50's (r:20) (<i>Odds build, evens FAST</i>) CD: 100 easy</p>		
Swim #8: 2800 yds	<p>WU: 400 easy Drills: 4x75's (r:15) MS: BIS - 4x400's (r:30) <i>Descend 1-4</i> SSS: 8x25's (r:15) Kick: 200 on back with fins, arms overhead CD: 100 easy</p>		
Swim #9: 2800-3000 yds	<p>WU: 400 easy Kick: 200 no fins with board Pull: 200-300 SSS: 4-8x25 (r:15) MS: PSS - 3x6x100's (r:15 between 100's, 1-min between sets) CD: 100 easy</p>		
Swim #10: 3000 yds	<p>WU: 400 easy Drills: 4x75 (r:15) MS: PSS - 6x300's (r:30-:45) Pull: 400 Hypoxic 3/5/7/9 by 100 CD: 100 easy</p>	<p>Hypoxic Breating = Breathe every 'x' # of strokes to help you work on breath control (usually done on a swim pull set)</p>	
Swim #11: 3000 yds	<p>WU: 400 easy Drills: 6x50 (r:15) MS: PSS - 2x400 (r:40), 2x300 (r:30), 2x200 (r:20), 2x100 (r:15) <i>*Try to do second one of each set faster than first*</i> Kick: 200 on back with fins CD: 100 easy</p>		

Swim #12: 3200 yds	<p>WU: 400 easy Drills: 6x50 (r:15) MS: PSS - 3x600's (r:45) <i>*Try to hit 2 sec/100 slower than race pace on #1, @ race pace on #2, and slightly faster on #3*</i> Kick: 1x300 on back, with fins, arms overhead Pull: 300 Hypoxic 3-5-7 by 100 CD: 100 easy</p>		
Swim #13: 3400-3500 yds	<p>WU: 400 easy Drills: 4x75 (r:15) MS: PSS - 3x(7x100's) Take 1 min btwn sets <i>*First set go on interval with :15 rest, Second set :10 rest and Third set :5 rest*</i> Kick: 2x150 r:15 easy with fins SSS: 4-6x50 (r:15) Odds EASY Evens FAST CD: 100 easy</p>		
Swim #14: 3500 yds	<p>WU: 400 easy Drills: 6x50 (r:15) MS: 5x400's (r:30-:45) <i>Descend sets 1-5</i> Easy 100 Pull: 4x125's with paddles/bouy (r:20) SSS: 4x25's (r:15) CD: 100 easy</p>		
Swim #15: 1500-1600 yds	<p>WU: 300 easy Drills: 4x75 kick/drill/swim (r:15) MS: SSS 4x25's (r:15) PSS 6x100's (r:20) <i>Descend sets 1-4, 5 easy, 6 all out</i> SSS 4x25's (r:15) CD 100-200 easy</p>		
Swim #16: 1600-1800 yds	<p>WU: 300 easy Drills: 4x50 (r:10) MS: PSS 300 (r:30), 2x150's (r:20), 3x100's (r:15) Swim 100 easy SSS 4x25's (r:15) CD 100 easy</p>		