



18 WEEK IRON DISTANCE TRAINING PLAN

Brought to you by:

Triathlon **PLUS**

TEAM TRI-LAB AND GLEN GORE

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The plan

18 WK PLAN

TRIATHLON PLUS SA magazine has put together a comprehensive 18-week Ironman training program that has been tried and tested with great success. From sub-10hr finishers right through to the novice, this program has assisted many triathletes to reach their Ironman Finish Time goals over the years. The program can be used and adapted to suit your race schedule, depending on when you plan to race an Iron Distance event. The program will also allow for work, family, illness and injury disruptions. Each program (especially among the B and C group) has been designed with at least 20% more distance than what is actually needed. You can follow this program with confidence, knowing that you will get to that start line fit and ready to reach your desired finish time. Good luck! Triathlon Plus SA look forward to carrying you over every one of those 226 race kilometres.

For more information or assistance on the program, please email the Coach, Glen Gore (glen@triathlonplussa.co.za)



Meet the expert

Glen Gore

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

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 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.

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, 30 secs after each one then swim, 4x50m hard on 1:15 secs then 4x25m rest 30 secs 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, 6km 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 30 secs after each set. Then swim 20x25m, rest 20 secs after each one and go 1 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 20 secs after each one, then do 8x50m pulling (no kicking) tempo pace, resting 20 secs after each one. Then 100m kick easy, then 8x25m hard, rest 20 secs 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 90km 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 (25m fly, 25m free) and 100m easy recover. **B total** is 2.4km **C group** 3x500m swims, 1st easy, 2nd pull tempo, 3rd do a 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 (1,3,5,7,9) are hard efforts, (2,4,6,8,10) are tempo efforts. Rest 60 secs 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 60 secs 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 10 secs after each one, 2x150m hard efforts with 1 minute rest after each one, tempo swims of 20x25m, rest 25 secs with a 100m easy cool down. **A total** is 2km **B group** 200m easy, 10x50m hard, rest 10 secs after each one, 2x150m hard, rest 1 min, 20x25m on 25 100m easy. **B total** is 1.6km **C group** 200m easy, warm-up then 8x50m hard, rest 20 secs after each one, 2x100m hard, rest 1 minute after each one, 16x25m hard, rest 30 secs 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 60 secs after each one of them **A total** is 2.8km **B group** 300m easy, 150m pulling tempo, 50m kicking easy, do 4 sets rest 60 secs after each one **B total** is 2km **C group** 250m easy, 100m pulling tempo, 50m kicking easy, do 4 sets rest 60 secs **C total** is 1.6km **PM** Run session **A group** Interval session, 4km warm-up, 6x1km intervals on road at tempo, 20 secs 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, 30 secs 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, 20 secs 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

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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 5 easy, 2nd set of 5 you go hard 1 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 base distance 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 1min 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 1min 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 1min 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 easy to cool down. **C** total is 8km **PM** Swim session **A** group 400m swim easy, 400m pull 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 can opt to 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 20secs, 300m easy recover. **B** total is 1.6km **C** group 200m easy swim warm-up, 3x200m on 6mins 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, pace is 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 a 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

WEEK 05

Mon

REST DAY

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 5x1km tempo pace repeats with 45secs rest after each one and run 2km cool down easy pace. **Total is 8km** **PM** Swim session **All groups** 100m swim easy swim, 100m kick easy, 100m pull easy, repeat this above set 8 times with 30secs rest after each set, then 4x25m max hard sprints, resting between 10 and 20secs after each one, then 4x25m butterfly resting 20secs after each one tempo pace (if you cannot swim butterfly then swim freestyle), 200m easy recovery swim. **Total is 2.2km**

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). **Total is 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. **Total is 2.1km**

Thur

AM Swim session **All groups** 400m easy swim, 4x100m swim hard, rest 20secs after each one, then 2x300m pulling tempo, rest 30secs after each one, then 8x25m kick tempo, rest 15secs after each one, then 1x100m hard, 600m easy. **Total is 2km** **PM** Run session. 2km warm-up. **A** group 8x1km intervals on road, rest 30secs after each one (pace = approx 3:45 per km). **A** total is 12km **B** group 4x1km intervals on road, rest 30secs after each one (pace = 4:30+). **B** total is 8km **C** group 4x1km intervals tempo pace on road, rest 45secs (pace = 5:00 per km pace) then 2km easy cool down. **C** total is 8km

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 tempo ride followed by 5km timed easy run

Sun

AM Run session **A** group 15km easy **B** group 12km easy **C** group 10km easy

WEEK 06

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. **Total is 30-50km** **PM** Run session **All groups** 2km easy run, warm-up with some stretching after, do between 5 and 10x1km intervals 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. **Total is 8-13km**

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 8x25m sprints hard on 45secs, 100m recovery easy swim cool down. **Total is 2.8km**

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 halfway to stretch before completing the distance. Ideally, you would want to do this out on the roads. **Total is 40km-60km** **PM** Run Session **All groups** Easy 8-12km run recovery set

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** 2x800m swim, rest 1min after each one. 1st swim at easy pace, 2nd pulling swim tempo pace, then 4x50m max hard intervals on 70secs with 100m easy after. **Total is 2.1km**

Fri

REST DAY

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

Sun

AM Run session **All groups** 21km easy tempo pace

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WEEK 07		WEEK 08		WEEK 09		WEEK 10	
Mon	<p>AM Rest PM Swim session A group 10x100m on 1min 45sec tempo (rest 30secs after 5 of them) B group 10x100m on 2mins C group 8x100m on 2mins 30secs, then 200m pulling easy after to recover. Then A group do 20x50m on 50secs B group do 16x50m on 65secs C group do 12x50m on 75secs (1 hard, 1 easy) then all groups finish off with a 300m easy swimming Totals 1.8km-2.5km</p>	Mon	<p>AM Swim session All groups 200m easy swim, 100m kicking easy, 400m easy pulling as warm-up, then 4x50m hard, rest 15-30secs after each one. Then 4x25m hard, rest 15secs after each one, easy 200m swim recovery work on style, then 2x100m 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</p>	Mon	REST DAY	Mon	<p>AM All groups Rest PM A group only 30mins gym work upper and lower body followed by swim 200m swim easy paddles/100m kick easy fins/200m swim strokedrills easy. Do this set 4 times A totals 2km swim/30mins gym</p>
Tue	<p>AM Cycle session A group 50-60kmspin 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</p>	Tue	<p>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</p>	Tue	<p>AM Bike session A group 50-60kmeasy spin B group 45-50kmeasy spin C group 35-40kmeasy spin PM Swim session All groups 200 to 500m easy swim arm-up, 200m kicking easy, 200m pulling easy as warm-up, 10x50m hard, rest between 10 and 30secs after each one. Then 5x100m, resting 30secs after each one (no's 1, 3, 5 are hard while no's 2 and 4 are easy recovery), 200m easy pulling or stroke correction/drills, then finish off with 20x25m tempo, resting between 10 and 20secs after each, depending on how you feel Totals 2.5km</p>	Tue	<p>AM Bike session A group 50-60km (easy to start, tempo to finish) B group 40-50km (same as A group) C group 40kmeasy to tempo pace PM Swim session All groups 15x100m pulling, rest between 10 and 20secs. Pace is easy for 2 then hard for 1 until done. Kick 200m easy, 300m strokedrills work on technique, easy A group 20x50m on 60secs tempo B group 16x50m on 60secs tempo C group 12x50m on 75secs tempo, 4x25m sprints for all groups on 40secs hard, 100m cool down swim easy. A totals 3.2km B totals 3km C totals 2.8km</p>
Wed	<p>AM Cycle session A group 60-80mins tempo to hard B group 60mins C group rest Totals 30-40km PM Swim session A group 4x800m with 1min rest in between each of them B group 4x600m C group 4x500m (All groups 1st is swim easy, 2nd is pulling tempo, 3rd is kicking and strokedrills easy, 4th is swim hard race pace) Totals 2km-3.2km</p>	Wed	<p>AM Gym/swim session All groups 40 mins of gym work prior to the swim workout, then swim 8x50m, rest between 10 and 20secs (easy, 1 hard), then do 4x100m easy pulling, rest 20secs after each one, 1x400m 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</p>	Wed	<p>AM Run session A group 12-15km tempo run B group 10-12km tempo run C group 8-10km tempo run PM All groups Rest</p>	Wed	<p>AM Run session A group 16km tempo run B group 14km tempo C group 12km tempo run PM A group only 30mins gym work for strength followed by swim session, 500m easy swim, 10x200m on 3:45 (1 hard, 1 easy), 200m cool down easy pull A totals 2.7km</p>
Thur	<p>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 10x200m on 3mins 30secs (1, 3, 5, 7, 9 are hard and 2, 4, 6, 8, 10 tempo) B group 8x200m on 4mins 30secs C group 8x150, rest 30secs then All groups 200m kicking easy, 400m pulling easy recovery Totals 2km-2.8km</p>	Thur	<p>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 120-30mins, 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 13-15kmeasy run B group 11-13km C group 9-11km Totals 9-15km</p>	Thur	<p>AM Bike/Run/bri ck session A group 40km cycle tempo pace followed by 5km tempo run (done at iron distance race pace for both bike and run) B group 30km tempo cycle with 5km tempo run C group 30km tempo cycle with 5km easy run Note can be done indoors on an indoor trainer or gym bikes and treadmill PM Swim session A group 200m easy swim, pull 100m, 100m medley (change stroke at each wall), 100m kick easy (each set total is 500m) do this 5 times with 30secs rest after each one, then 8x25m on 30secs hard hard with 100m easy recovery swim A totals 2.8km B group will do as A group but only 4 sets B totals 2.3km C group will do as A group but only 4 sets and the 8x25m will be on 45secs and not 30secs C totals 1.8km</p>	Thur	<p>AM Bike session A group 50km race pace effort B group 45km race pace effort for iron distance C group 40km iron distance CT race pace effort PM Rest</p>
Fri	<p>AM Run session A group 25km tempo run B group 16km C group 12km Totals 12-25km total</p>	Fri	REST DAY	Fri	REST DAY	Fri	<p>AM Run session A group 25kmeasy to tempo pace B group 22km C group 16-18km slow easy</p>
Sat	REST DAY	Sat	<p>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 120kmeasy bike ride and 5kmeasy run off the bike Totals 120-150km/5-10km</p>	Sat	<p>AM Bike session A group 90kmeasy spin recovery ride B group 80kmeasy C group 60kmeasy</p>	Sat	<p>AM Brick session A group 180km bike/5km run B group 150km bike easy/5km run C group 130km bike/5km run</p>
Sun	<p>AM Brick session A group 140km tempo ride with 5kmeasy run off bike B group 120km with same run as A group 100km with same run as A Totals 100-140km/5km</p>	Sun	<p>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</p>	Sun	<p>AM Run session A group 15kmeasy run B group 12kmeasy run C group 10kmeasy run</p>	Sun	<p>AM Swim session. Open water swim if possible in wetsuits A group 3km B group 2.5km C group 2km. Pace is easy</p>

18 WEEK IRON DISTANCE TRAINING PLAN

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TEAM TRI-LAB AND GLEN GORE

WEEK 11		WEEK 12		WEEK 13		WEEK 14	
Mon	REST DAY	Mon	AM Bike session A group 50km easy spin B and C groups Rest PM Swim session All groups 6x400m (1st easy, 2nd hard, 3rd pull, 4th kicking, 5th this hard 4x100m and rest between 20 and 30 secs, 6th this easy swim cool down for B and C group. A group only do extra 20x25m max sprints on 30secs, 100m easy A total is 3km B and C total is 2.4km	Mon	REST DAY	Mon	Rest day, if you raced on the Sunday and use this day to fully recover. If you did not race, then a gym/swim session for All groups as follows - 30 mins gym: upper body followed by swim 200m pulling/100m kicking/200m swimming (Rest 30secs after each set, repeat this set between 4 (C group) and 7 times (A and B group) easy pace
Tue	AM Bike session A group 50km easy B group 40km easy C group 30km easy PM Run session A group 8km time trial tempo pace B group 8km time trial tempo pace C group 8km time trial tempo pace. Warm-up before, with stretch, cool down and stretch well after. A group will do an easy recovery swim after, 500m easy pulling paddles/500m easy swim stroke drills	Tue	AM Brick session A group 40km tempo ride, followed by 4km tempo ride off the bike B group 35km tempo ride/4km tempo run off the bike C group 30km tempo ride/4km easy run off the bike PM B and C group Rest A group Swim session, 300m easy swim, 4x50m butterfly, rest 20secs, 200m kick easy, 300m pulling easy, 3x500m race pace for iron distance, rest 1min after each one, try and reduce time for each one, 200m easy recovery swim A total is 2.7km	Tue	AM Bike session A group 60km easy spin B group 50km easy spin C group 40km easy spin PM Run/Swim session A and B group 8km easy run before swim C group 5km easy run before swim All groups swim 4x100m paddles, rest 15secs easy, 8x50 swim on 70secs (1 hard 1 easy) 4x100m stroke drills, rest 30secs after each one, 200m easy swim, 1x400m time trial hard swim record time, 200m cool down easy choice Total is 2km	Tue	AM Bike session A group 60-70km tempo pace B group 50-60km tempo pace C group 40-50km tempo pace PM Run session, Intervals A group 4km easy warm-up with stretching 5mins, then 4x2km intervals (track or road) with 1min rest between each, pace tempo, 4km cool down B group same warm-up as A group, 3x2km intervals at tempo pace, 2km cool down easy C group 2km easy warm-up with stretching for 5mins, 6x1km intervals (1,3,5 are tempo pace and 2,4,6 are recovery easy pace) rest 1:15 after each interval, 2km recovery run easy to finish off A total is 16km B total is 14km C total is 10km
Wed	AM Gym/Swim session. All groups 30mins of gym work for strength, 2x15/20 reps of each, short and sweet, don't waste time on weights. Then do swim 400m easy swim, 200m kick easy, 400m paddles easy A group 10x100m on 1:45 tempo B group 8x100m on 2mins tempo C group 6x100m. Rest 30secs after each one, tempo pace. Then all groups do 2x200m easy pulling, rest 10 to 20secs, 8x25m sprints on 45secs, 200m recovery swim A total is 2.8km B total is 2.6km C total is 2.4km PM Rest	Wed	AM Run session A group 16km easy recovery B group 14km easy run C group 12km easy run PM Swim session All groups 30mins gym work upper body, 2x20 of each, followed by swim, 20x50m paddles easy, rest 10-20secs after each, 4x50m kick hard, rest 20, 200m stroke drills easy, 16x50m hard, rest 20-30secs after each one, 100m recovery Total is 2.3km	Wed	AM Bike session A group 50km easy spin B and C group Rest PM Run session A group interval session, 2km easy warm-up, then 5x1km intervals tempo pace, rest 20secs only, then 3km cool down with stretch A total is 10km B group same as A group but rest 45secs after each one B total is 10km C group 4x1km intervals with 45secs rest and a 2km cool down Total is 8km	Wed	AM Rest morning for B and C group. A group will do 60-90 mins spine easy cycle session PM Gym/swim session All groups 30mins lower body plus abdominal work. Swim: A group 30x100m intervals at tempo pace on 1:30-1:45 depending on your swim strengths. Rest 1min after each set of 10, 12x25m sprints hard on 30secs, 200m recovery swim B group 24x100m intervals tempo pace on 2mins. Rest an extra minute after each 8, 12x25m on 45secs hard, 200m recovery swim easy C group 15x100m on 2:15-2:30 tempo pace. Rest an extra minute after each 5, 20x25m sprints hard on 60secs, 200m recovery swim easy A group 3.5km B group 2.9km C group 2.2km
Thur	AM Bike session A group 50km easy to start, tempo ride to finish B group 45km easy C group 40km easy spin PM Run session A group 14km easy B group 12km easy C group 10km easy	Thur	REST DAY	Thur	AM Gym/Swim session All groups 30 mins light gym work, not heavy, 2x sets of 12 only all round body workout. Followed by swim A group 30x100m tempo on 2 mins, rest 1min after each set of 10 B group 24x100m, rest 20secs after each one and 1 minute after B group 20x100m, rest 30secs tempo pace, rest after 10-1min, rest 8x25m sprints hard on 45, 100m cool down	Thur	AM Bike session A group 10km easy cycle, 40km time trial at tempo pace (simulate IM race pace) then 5-10km recovery easy spin B group 10km easy, 30km time trial at tempo pace then 5-10km easy spin recover C group 10km easy spin, 20km time trial at tempo pace, 10km recovery easy A total is 60km B total is 50km C total is 40km PM Run session A group 15km (5km easy/10km tempo) B group 12km (4km easy/8km tempo) C group 10km (2km easy/8km tempo)
Fri	AM B and C groups Rest day A group Swim session, 10x50m pulling on 60secs, 200m kick tempo, 10x50m swim hard on 50secs, 200m stroke drill easy, 10x50m paddles on 60 easy, 4x25m sprints on 30 hard, 2x500m swim, rest 30secs after each, tempo pace A total is 3km	Fri	AM Bike session A group 50km easy spin B group 40km easy spin C group 30km easy spin	Fri	REST DAY	Fri	AM Swim session A group 4x1km swim, rest 1-2mins between each, 1st is easy/2nd and 3rd are tempo pace efforts for IM/4th is easy B group 4x800m repeats (same as per A group) C group 4x700m repeats (same as per A group) PM Rest All groups
Sat	AM Bike session All groups 90km easy to start, tempo mid section of the ride, then hard to finish (last 10km) Total is 90km	Sat	AM Run session A group 10km easy B and C group 8km easy	Sat	AM All groups 30-40km easy bike session PM 4-6km easy run session PS : if you live in the Cape Area, there is the Clanwilliam event, then switch SAT and SUN around	Sat	AM Bike session A group 180km cycle, easy pace with some tempo efforts of 5mins each thrown in at various stages of the ride. Max 6 of them, followed by 5km run off the bike, easy B group 160km cycle only. Same as A group with the intervals C group 140km cycle only. Same as A group
Sun	AM Run session A group 32km easy B group 28km easy C group 24km easy	Sun	AM All groups 40km bike ride, race pace, followed by 10km tempo. Recovery swim either directly after of 10x100m pulling, rest 10secs easy or do the swim in the afternoon	Sun	Olympic Distance Race or race simulation	Sun	AM Run session A group 40km easy B group 35km easy C group 32km easy

18 WEEK IRON DISTANCE TRAINING PLAN

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WEEK 15		WEEK 16		WEEK 17		WEEK 18	
Mon	<p>AM Rest PM Swim session All groups 500m easy swimming, 500m easy pulling, 4x50m easy kicking rest 20secs A group 4x200m tempo pace on 3:30 mins B group 4x200m tempo pace on 4:00 mins C group 4x150m tempo pace, rest 45secs after each one All groups 20x25m sprints hard on 45secs, 200m recovery stroke drills easy to finish off A totalis 2.7km B totalis 2.7km C totalis 2.5km</p>	Mon	REST DAY	Mon	<p>AM Bike session A group 50km spine easy B and C group rest PM Gym/swim session All groups 20mins upper body with a few abdominal sets for core strength – keep it short and sharp, 2x15 of each set. Swim session A group 300m pulling/100m kick hard/200m easy swim/4x25m max sprint hard on 30, rest 1 min then repeat the above set another 5 times A totalis 3.5km B group 300m pulling/100m kick/100m easy swim/4x25m max sprints on 40secs, rest 1 min, repeat this set 4 times B totalis 2.8km C group 200m pulling easy/100m kick hard/100m swim easy/4x25m sprint hard on 45secs, rest 1 min, repeat 5 times C totalis 2.5km</p>	Mon	REST DAY
Tue	<p>REST DAY for B and C group AM Bike session A group 50km easy spin PM Run session 12km easy run</p>	Tue	<p>AM Bike session A group 50km hilly route if possible (tempo to hard up the climbs/easy on the flats and downs) B and C group 40km (same as per A group) PM Run/swim session All groups short 5km run prior to swim workout. A group can extend this run to max 8km. Swim 500m stroked drills as warm-up (left arm swim only/right arm swim only/high elbow recovery/fist swimming) A group 40x50m on 60secs (1 min break after 20) pace is tempo/race pace effort for all repeats. The idea is to "learn" your race pace in the pool so you can adapt it in the open water environment B group 30x50m on 70secs (same as A group) B group rest 1 min after 15 C group 30x50m on 75secs (same as B group) All groups 20x25m sprints on 45secs (1 hard then 1 tempo until done) Recovery easy 200m pulling A totalis 3.2km B totalis 2.7km C totalis 2.7km</p>	Tue	<p>AM Brick session A group 50km tempo cycle/5km run tempo directly after the bike B group 40km tempo/5km easy run C group 35km tempo/bike ride/4km easy run PM Swim session B and C group Rest A group 15x200m on 4mins (3 sets of 5 each with 1 min rest between each) 1st set of 5 are easy warm-up, 2nd set of 5 are tempo race pace effort, 3rd set is (1 hard/1 easy/1 tempo/1 hard/1 easy), 8x25m sprints on 30secs hard, 300m pulling recovery A totalis 3.5km</p>	Tue	<p>AM Brick session A group 40km easy spin/5km tempo run B and group 30km easy spin cycle/5km easy run PM Swim session All groups 400m easy swim warm-up, 12x50m rest 10secs, tempo pace, 200m easy pulling 1x400m hard, 200m recovery easy swim, 4x25m sprints hard on 45secs, 100m easy recovery swim Totalis 2km</p>
Wed	<p>AM Gym/swim session All groups 30 mins of upper body gym work followed by swim session A group 300m swim easy/100m kick with fin tempo/200m pulling tempo, rest 1 min, repeat this set another 5 times B group do the same C group do this set 4 times A and B totalis 3km C totalis 2.4km PM Run session/Interval session All groups 2-4km easy warm-up A group 8x1km road intervals, resting 30secs after each one, tempo pace. Keep average the same per each km interval B and C group 6x1km road intervals tempo pace, resting 60secs after each one All groups 2km cool down easy A totalis 12-14km B totalis 10-12km C totalis 10-12km</p>	Wed	<p>AM All groups rest PM Run session A group 15km tempo run B group 12km tempo run C group 10km tempo run</p>	Wed	<p>AM Run session A group 4km easy/10km tempo run/2km easy recovery B group 2km easy/8km tempo run/2km easy recovery C group 2km easy/8km tempo run/2km easy recovery run PM All groups Rest</p>	Wed	REST DAY AND CARBO-LOAD FULLY
Thur	<p>AM Bike session A group easy 60km ride B group easy 50km bike ride C group easy 45km bike ride PM Swim session All groups 400m easy swim/200m easy kick/200m easy pulling A group then do 4x400m tempo pace, rest 1 min after each one B group do 4x300m tempo pace and C group 4x200m. Then All groups 20x25m sprints on 45 (1 hard 1 tempo until finished) 100m easy cool down A totalis 3km B totalis 2.6km C totalis 2.2km</p>	Thur	<p>AM Bike session A group 10km easy/5km tempo/5km easy/5km hard/10km easy/10km tempo/5km easy (50km) B group as per A group C group 10km easy/5km tempo/10km easy/5km hard/10km easy (40km) PM Gym/swim session All groups 30mins of all round (upper and lower body strength work) 2x20reps for each set – light weights. Swim session All groups a warm-up of 400m swim/4x50m kick hard rest 10secs/200m pulling A group 3x500m at race pace (rest 1 min between each one) try and swim fastest one last B group same as A group C group 3x400m at race pace tempo All groups 300m recovery swim easy or pulling, 10x50m (1 tempo 1 hard) rest 15-30secs after each one, 200m stroked drill easy to finish off A and B totalis 3.3km C totalis 3km</p>	Thur	<p>AM Bike session A group 60km easy spin recovery B and C group 40km easy spin recovery PM Swim session A group 15x100m pulling on 2mins tempo B and C group 10x100m on 2:30mins tempo All groups 200m kick easy, 10x50m rest 10secs after each one (1 hard 1 tempo), 200m easy recovery pulling, 16x25m sprints, rest 20secs after each one (1 hard 1 tempo), 200m recovery easy swim A totalis 3km B and C group 2.5km</p>	Thur	REST DAY AND CARBO-LOAD FULLY
Fri	REST DAY	Fri	<p>AM Run session A group 25km easy slow run B group 21km easy slow run C group 16-18km easy slow run</p>	Fri	REST DAY	Fri	<p>AM Travel Day PM Light cycle: 30mins spin with 30mins easy run</p>
Sat	<p>AM Warm-up session All groups 60 mins easy cycling/followed by 5km easy run</p>	Sat	<p>AM Brick session A group 90km cycle/30km run – all done easy to ensure fast recovery afterwards B group 90km cycle/25km run C group 80km cycle/20km run easy</p>	Sat	<p>Warm-up sessions All groups 60-90mins easy cycling (30-50km) Run session in the afternoon A group 10km easy B and C group 8km easy</p>	Sat	<p>AM 20minute spin on the bike to ensure that bike is working 100%. A 5min dip in the ocean to ensure you are acclimatised to the water tempo for a race day on Sunday</p>
Sun	<p>INLAND TRIATHLETES Sprint simulation, 600m-1km swim hard/20km cycle tempo/5km run tempo to hard – great for pre-race prep and speed training COASTAL ATHLETES Brick simulation, 1-2km sea swim easy/20-40km tempo cycle/5-10km run. This will give you a chance to practice transitions and get in a great speed workout</p>	Sun	REST DAY	Sun	Olympic Distance Race or race simulation	Sun	RACE DAY