

## **THE ULTIMATE 60-MINUTE GYM INDOOR TRIATHLON WORKOUT BY GLEN GORE AND TEAM TRI-LAB**

Most of us “normal” day-to-day triathletes are always on the time limit as we strive to combine a life of training, work and family. Some days we are chomping at the bit and full of energy, other days, we are flat and lethargic

It goes without saying that this programme is designed for the day when you are full of energy and ready to cook a hard session in less than 60 minutes. Don't do this session if you are sick, injured or feeling flat.

The focus on this type of session is to train “triathlon” in a short span of time. Best time to do this set is at lunchtime during your office break. The pressure is on already to get back to the office in time so there is no messing about on this one.

Give or take a few minutes either side of 60 minutes, based on your level of proficiency, this program is designed to get the most out of a session, in as short a time span as possible and still feel like you have achieved more than the usual plod along.

Wear your costume (tri-suit) under the gym clothes to start. Once you head to the swim pool, you only have 5 minutes to do the changeover.

### **Discipline 1:**

- Hop onto the treadmill and warm-up run easy for 5 minutes. This will allow you some form of warm-up to raise the heart rate without trying to hit it cold once the hard stuff starts. Rest for 60 secs as you stretch and prep for the start of the next phase of the run.
- Next 15 minutes, you will push the treadmill speed to a pace that is considered moderate by yourself (for example, if you can race at 4 minutes per km, then a moderate pace would be 4:30 per km as a starting point). Each minute that ticks by will see you raise the speed of the treadmill by a few clicks. The idea is to increase the speed until you are running at your max close to the finish of the 15-minute time period. Ensure that you don't push too hard early on and have to reduce the speed of the treadmill because you cannot maintain that pace. Rather run slower and get faster through the time period. Once the 15 minute period is over (plus the 5 minutes easy and 60 secs rest) you move onto the Wattbike.

### **Discipline 2:**

We are going to make the settings pretty easy to remember.

- Set the Wattbike onto level 3 on the magnetic resistance side. Leave the fan resistance on 1
- Ideally you want to be using your cycle shoes on this one (but running shoes are still okay)
- From treadmill run to Wattbike in as short a time span as possible
- Level 3 magnetic, you will hit the gas as you get on the bike and ride 10km as a time trial effort. The cadence here is most important as you strive to reach above that magical number of 90. For some this is not possible, for others, achievable. The thrust of this 10km is to give it a good tonk and almost max yourself out.
- A little different in terms of running first then cycling (aka duathlon style) but this does ensure that you are good to go once you hit the Wattbike and ride that 10km in a short a time span as possible. To add a little variation for some, after every 2km, push the magnetic resistance level

to between 5 and 7 and stand for 60 seconds to simulate a hill climb. Once the 60 second period is done, sit back down, magnetic resistance back to level 3 and maintain your effort for the duration of the 10km. You can throw between 5 and 8 of these 60 seconds "hill climb" efforts in to simulate a true race effort. Once the 10km is done (most of you should be in the region of 20 minutes or faster for this one) head to the swim pool. As mentioned, you should preferably have your swim costume on already so the changeover from bike to swim is less than a 5 minute time span.

### **Discipline 3:**

We are going to simulate the start of any triathlon to the tee:

- There is no warm-up swim on this one, as you dive in into the pool, start your 400m time trial swim and do it to the max.
- It will hurt a lot and you might see some "stars" but it's a short swim that must be done with an effort than will empty the tank.
- A good swimmer will take in the region of 5 minutes or so, the slower swimmers between 6 and 8 minutes.
- Once you have done the 400m, settle down for a 200m recovery swim and you are done.

### **Total Distance Achieved:**

- 20 minutes of running
- 10km of cycling
- 600m of running

Short and very sweet, this session will make you feel like you have just completed an ironman if you give it the full gas. The beauty of this session is that within 60minutes, you are given your daily dose of the "triathlon" fix and can head to the office or home feeling super content with yourself.

Email Glen for some quality coaching advice [info@tri-lab.o.za](mailto:info@tri-lab.o.za)