

TRIATHLON TRAINING PLAN

	Week 1	Week 2	Week 3	Week 4
D1	Swim Run, 30 min warm-up 10 x 1 min / 1 min + 15 min relax Lev 1 Endurance Session	Swim 30 min warm-up + 2 x (6 x 1 min / 1 min) + 15' relax Lev 2 Endurance Session	Swim 2.5 km lake swim Run 1 hr endurance	Swim 2.5 km lake swim Run 1 hr endurance Resistance Session
D2	1 hr hill run + GPP	1 hr hill run + GPP	3.5 km swim 3 hr bike	2.5 km swim 2 hr bike
D3	Swim 2 hr bike Lev 1 Endurance Session	Swim 2 hr bike Lev 2 Endurance Session	MAS 4 km swim	4 km swim 5 hr bike Resistance Session
D4	1 hr hill run with Fartlek	Swim	3 km swim / 2 hr bike	3 km swim / 3 hr bike
D5	2 hr bike Active Recovery Session	3 hr bike + 15 min run Active Recovery Session	4 hr bike + 20 min run Active Recovery Session	5 hr bike + 20 min run Active Recovery Session

	Week 5	Week 6	Week 7	Week 8
D1	4 km swim Trail run, 25 min warm-up + 2 x (10 x 30 sec / 30 sec) Resistance Session	3 km swim 1 hr bike + 15 min run	2.5 km swim Bike Capillarization Session	Rest Capillarization Session
D2	2 hr bike + 1 hr run	Bike	Bike	2 hr bike Capillarization Session x 2
D3	Swim 1 hr bike Resistance Session	Swim 1 hr bike Relaxing Massage Session	Jog Capillarization Session	Pool swim Capillarization Session x 2
D4	2 hr run	3 hr bike	1 hr bike at same rhythm	Rest Capillarization Session x 2
D5	4 hr bike 30 min run Active Recovery Session	3 hr bike Active Recovery Session	Bike Active Recovery Session	Iron TRIATHLON Active Recovery Session

Two types of training:

If you train 3 days a week, follow the instructions for days 1,3 and 5
If you train 5 days a week, follow the instructions for days 1,2,3,4 and 5
Swim 43,5 km / Cycle 4 000 km / Run 15 H