Triathlon Training Programme Notes

Please read these notes carefully before commencing your programme

1.0 TRAINING PROGRAMME SPREADSHEET

The spread sheet containing the plan is divided up into weeks and then days. The session for the day is listed under the appropriate heading. Where there are 2 or more sessions in a day the second session is listed below the first session (especially for the Half Ironman programme)

The programme is designed for someone with a relatively low level training history with a specific race goal at the end of the programme. The programme is **NOT** specific to any athlete. The programme can only act as a guide to your training and Tri4u can not be held responsible for any injury as a result of the training provided.

2.0 TRAINING INTENSITIES

The training intensity at which each part of a session should be completed is specified in the programme. These are listed as an intensity level ranging from L1, corresponds to very easy, to L5, corresponding to maximum effort. To help guide you, the table below describes how each of the training intensities should feel. Also included in this table is the corresponding heart rate range for each level, and space is also provided for you include your own values, although this is not essential. Details on how to calculate your individual heart rate ranges is given below.

Level		Heart Rate Level (% of max)	Personal Heart Rate Range (bpm)	Perceived Effort (1 – 20)	Description
L1	Easy / recovery	60 – 65		6 – 10	Very easy – could maintain this pace for hours
L2	Lower aerobic endurance	65 – 70		10 – 12	Easy – could maintain this pace for about an hour
L3	Upper aerobic endurance	70 – 80		12 – 14	Steady – could maintain this pace for about ½ hour
L4	Threshold endurance	80 – 90		14 – 18	Starting to feel quite hard, but could maintain for a few minutes
L5	Maximum effort	90 +		18 – 20	Very hard, can only maintain for seconds

Estimating your individual heart rate ranges

Your heart rates corresponding to the percentages given in the table above can be estimated as follows:

$$HR = \frac{\%\,\text{of max}}{100} \times (HRmax - HRrest) + HRrest$$

where HR is your heart rate in bpm (beats per minute), HRmax is your maximum heart rate, and HRrest is your resting HR.
Your HRmax can be estimated as 220 – YOUR AGE (in years).
Your HRrest can be taken first thing in the morning before you get out of bed.

For example, a 30 year old triathlete with a resting heart rate of 50 bpm:
HRrest = 50 ; HRmax = 220 – 30 = 190 ; and the 60% of max heart rate is equal to:

$$HR = \frac{60}{100} \times (190 - 50) + 50 = (.6 \times 140) + 50 = 134\,\text{bpm}$$

There is a blank column in table above, and in the training sheets to allow you to fill in your individual values. Alternatively, you can equally well use the simpler method of perceived effort to gauge your training intensity.

3.0 SWIMMING NOTES

Nomenclature

Short Hand	Description
R10	Rest interval of 10 seconds between repetitions
o/c	Own choice of stroke
p	Pull using a pull buoy
k	Kick
drill	See table below
br	Breathing pattern, *e.g.* 2,4,6 means breath alternate lengths every 2, 4 and 6 strokes
f/c	Front crawl
build	Get progressively faster throughout a single repetition

Equipment

- Always take a water bottle on the poolside with you
- A pull buoy is the only essential piece of equipment when starting the programme
- Kick board

Drills

Drill Name	Description
Catch up	Touch hands at the front of the stroke, *i.e.* Leading arm pauses in the forward glide position until the trailing arm catches it up Focus on distance per stroke
Doggy paddle	Head up and completely underwater stroke, cutting short the push phase (back end of the stroke) Focus on the catch and pull
Fists	Swim with your hands held in fists (thumb inside fingers is harder) Focus on high elbow under the water and using forearms to pull
FNT	Finger nail trail over the surface of the water on recovery Focus on a relaxed high elbow recovery
Polo	Swim with your head up out of the water and fixed looking forward and aim for a short fast stroke (use a pull buoy if necessary) Focus on a high stroke rate and the catch
One arm	Resting arm is straight out in front (can hold a small float in this arm if needed) and swim with just the other arm Focus on a relaxed high elbow recovery and the full underwater stroke

4.0 CYCLING AND RUNNING NOTES

Cadence

This is rate at which your legs are turning over, and is generally described in revolutions per minute (rpm). On the bike it is quite easy to estimate this simply by counting the number of revolutions of 1 leg in 15sec & multiplying by 4. Maximum cadence refers to the fastest rate at which you can pedal without bouncing on your saddle (done with low resistance / easy gear). Bike sessions should be carried out at a cadence of 85 - 100 rpm unless otherwise specified. Running cadence can similarly be estimated by counting your number of individual foot strikes in a 60 second period. This should be at least 85 and do not worry about shortening your stride to achieve this rate.

Spin

Easy pedal action with little resistance. Usually performed on a flat section with a higher cadence, approx 90rpm

Undergeared

Riding in an easier gear and a higher cadence than is comfortable. Your cadence should be at least 110 rpm when undergearing.

Overgeared

Riding in a harder gear and at a lower cadence. Your cadence should be no more that 60 rpm when overgearing.

When both undergearing and overgearing you should focus on pedalling in circles to avoid dead spots in your technique.

Tempo

Performing at upper aerobic pace, *i.e.* faster than easy but not hard. Focus on your technique, *i.e.* a high cadence and fast but relaxed.

Out and back

The aim is to complete the second half of the session (or repetition) faster than the first. This is very good pace control training.

Brick sessions

These involve a swim followed by a bike or a bike ride immediately followed by a run. They will be introduced during the race preparation training phase.