

ENERGY LINK

PERFORMANCE COACHING

PROGRAM FOR TRI NSW CLUB CHAMPIONSHIPS 1-Apr-24 to 28-Apr-24

INTERMEDIATE

Date	Swim		Bike			Run		
	Dist(m)	Time	Dist(km)	Time	Intensity	Dist(km)	Time	Intensity
Week 1								
Mon	1-Apr-24	1500	0:35:00					
Tue	2-Apr-24			1:00:00	Incl. 6x3min builds+12min tempo			
Wed	3-Apr-24					0:35:00		incl. 5x30sec pick-ups
Thu	4-Apr-24	1600	0:40:00					
Fri	5-Apr-24							
Sat	6-Apr-24					0:30:00		BTC 5km Park Run TT
Sun	7-Apr-24			1:45:00	Easy ride			
Total		3100	1:15:00	0	2:45:00	0	1:05:00	
Week 2								
Mon	8-Apr-24	1600	0:40:00					
Tue	9-Apr-24			1:00:00	Incl. 6x3min builds+12min tempo			
Wed	10-Apr-24					0:40:00		incl. 6x30sec pick-ups
Thu	11-Apr-24	1600	0:40:00					
Fri	12-Apr-24							
Sat	13-Apr-24					0:45:00		Continuous run
Sun	14-Apr-24			1:45:00	Easy ride			
Total		3200	1:20:00	0	2:45:00	0	1:25:00	
Week 3								
Mon	15-Apr-24	1800	0:45:00					
Tue	16-Apr-24			1:00:00	Incl. 6x3min builds+12min tempo			
Wed	17-Apr-24					0:40:00		incl. 6x30sec pick-ups
Thu	18-Apr-24	1800	0:45:00					
Fri	19-Apr-24							
Sat	20-Apr-24					0:45:00		Continuous run
Sun	21-Apr-24			1:45:00	Easy ride			
Total		3600	1:30:00	0	2:45:00	0	1:25:00	
Week 4								
Mon	22-Apr-24	1500	0:35:00					
Tue	23-Apr-24			0:40:00	Incl. 3x3min builds+8min tempo			
Wed	24-Apr-24					0:30:00		incl. 4x30sec pick-ups
Thu	25-Apr-24	1600	0:40:00					
Fri	26-Apr-24							
Sat	27-Apr-24					0:45:00		Continuous run
Sun	28-Apr-24			1:30:00	Easy ride			
Total		3100	1:15:00	0	2:10:00	0	1:15:00	

Zones: E1: 65-75%; E2: 75-85%; E2i: 80-85%; E3: 85-93%

	Recovery Week
	Rest Day

Comments:

- ~ The idea of this block is to establish a routine. The secret to improving aerobically is consistency. Some of the sessions have intensity. Aim to do the hard bits hard and the easy bits easy, so you get the benefit of the session.
- ~ Monday swim:
 - * 300m W/U
 - * 6x50m on 10sec rest - hold time
 - * 6x100m on 20sec rest, hold times
 - * 2x50m hard with full recovery
 - * 200m swim down

Thursday Swim:

 - * 300m warm-up
 - * 6x50m as 25m fist swim, 25m swim on 10sec rest
 - * 3x200m on 20sec rest, hold times
 - * 2x100m on 15sec rest
 - * 200m swim down

Increase the distance in subsequent weeks by adding to the 100m reps in each set.
 Try to swim relaxed and think about feeling pressure of water on your hand for the length of the stroke.
- ~ Tuesday bike:
 - * Do a 12min easy spin with 3x30sec pick-ups, 30sec recovery in the last 5min to warm-up
 - * Ride the 3min build intervals as 1min moderate (6 out of 10), 1 min harder (7-8/10), 1min hard(8-10/10). Have 2min easy after the 3min
 - * ride the 12min in a gear that gives a cadence of 80-95rpm at 7/10 effort.
 - * 7 min easy spin in small gears to finish
- ~ Wednesday run:
 - * 10min Easy to warm up
 - * Run the 30sec intervals hard (8 out of 10 effort) and then jog easy for 2:30min to recover (you can walk the first 30sec of the recovery if you need to).
 - * Jog at a comfortable pace to make up the balance of the run.
- ~ Saturday run - In week 1 you could do the Mosman Parkrun with BTC. The other weeks, the idea is to do a continuous run at a pace that you can maintain for the duration of the run. Keep the turnover at at least 170 strides per minute. Make sure you keep hydrated.
- ~ Sunday Ride - An easy ride at a consistent pace keeping the cadence at above 80rpm. Take food and fluids with you.

ENERGY LINK

PERFORMANCE COACHING

PROGRAM FOR TRI NSW CLUB CHAMPIONSHIPS 29-Apr-24 to 26-May-24

INTERMEDIATE

Date	Swim		Bike			Run		
	Dist(m)	Time	Dist(km)	Time	Intensity	Dist(km)	Time	Intensity
Week 1								
Mon	29-Apr-24	2000	0:45:00					
Tue	30-Apr-24			1:00:00	incl. 15min tempo+6x1min			
Wed	1-May-24					0:40:00		incl. 12min race pace+3x1min
Thu	2-May-24	2000	0:45:00					
Fri	3-May-24							
Sat	4-May-24	1000	OW			0:45:00		Continuous run
Sun	5-May-24			1:30:00	Easy spin	0:10:00		Off bike
Total		5000	1:30:00	0	1:00:00	0	1:35:00	
Week 2								
Mon	6-May-24	2000	0:45:00					
Tue	7-May-24			1:00:00	incl. 15min tempo+6x1min			
Wed	8-May-24					0:40:00		incl. 12min race pace+3x1min
Thu	9-May-24	2000	0:45:00					
Fri	10-May-24							
Sat	11-May-24	1000	BTC TT	1:00:00	BTC brick or easy spin	0:20:00		BTC brick or run off bike
Sun	12-May-24					0:45:00		Continuous run
Total		5000	1:30:00	0	2:00:00	0	1:45:00	
Week 3								
Mon	13-May-24	2000	0:45:00					
Tue	14-May-24			1:00:00	incl. 15min tempo+6x1min			
Wed	15-May-24					0:40:00		incl. 12min race pace+3x1min
Thu	16-May-24	2000	0:45:00					
Fri	17-May-24							
Sat	18-May-24					0:45:00		Continuous run
Sun	19-May-24			1:30:00	Easy spin	0:10:00		Off bike
Total		4000	1:30:00	0	2:30:00	0	1:35:00	
Week 4								
Mon	20-May-24	1200	0:25:00					
Tue	21-May-24			0:45:00	incl. 8min tempo+6x1min			
Wed	22-May-24					0:30:00		incl. 6min race pace+3x1min
Thu	23-May-24	1200	0:25:00					
Fri	24-May-24							
Sat	25-May-24	1000		30	NSW Club Champs	8		NSW Club Champs
Sun	26-May-24							
Total		2200	0:50:00	30	0:45:00	8	0:30:00	

Zones: E1: 65-75%; E2: 75-85%; E2i: 80-85%; E3: 85-93%

	Recovery Week
	Rest Day

Comments:

~ This block of training is designed to develop some speed and to experience the feeling of "pushing" yourself in each of the disciplines.

~ Monday swim:

- * 300m W/U
- * 6x50m on 10sec rest - hold time
- * 3 sets of (200m swim on 30sec rest, 4x50m on 10sec rest)
- * 200m swim down

Thursday Swim:

- * 300m warm-up
- * 6x50m as 25m fast, 25m easy swim on 10sec rest
- * 400m on 30sec rest
- * 8x100m on 15sec rest, take an extra minute after 4
- * 200m swim down

In the last week just do 1 set of the 200/50s on Monday and 4x100m instead of the 400 & 8x100m on Thursday
 Try to swim relaxed and think about feeling pressure of water on your hand for the length of the stroke.

~ Tuesday bike:

- * Do a 15min easy spin with 3x30sec pick-ups, 30sec recovery in the last 5min to warm-up
- * Ride the 15min in a gear that gives a cadence of 80-95rpm at 7/10 effort. Have 7min easy spin after the effort.
- * Ride the 1min hard at 9/10 effort with 1min easy after each
- * 11 min easy spin in small gears to finish

~ Wednesday run:

- * 10min Easy to warm up
- * Run the 12min tempo interval at your race pace (7-8/10 effort). Have 5min easy walk/trot to recover.
- * Run the 1min intervals as 1min at 8-9/10, 1min easy trot.
- * Jog at a comfortable pace to make up the balance of the run.

~ Saturday run - In week 2 you could do the BTC brick session to get a feel for a race replication. The other weeks, the idea is to do a continuous run at a pace that you can maintain for the duration of the run. Keep the turnover at at least 170 strides per minute. Make sure you keep hydrated.

~ Sunday Ride - An easy ride at a consistent pace keeping the cadence at above 80rpm. Take food and fluids with you.