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ENERGY LINK

PERFORMANCE COACHING

PROGRAM FOR TRI NSW CLUB CHAMPIONSHIPS 18-Mar-24 to 14-Apr-24

Beginners Wk 1-4

Date	Swim		Bike			Run		
	Dist(m)	Time	Dist(km)	Time	Intensity	Dist(km)	Time	Intensity
Week 1								
Mon	18-Mar-24	500	0:20:00					
Tue	19-Mar-24			1:00:00	Easy spin			
Wed	20-Mar-24					0:20:00		Easy run
Thu	21-Mar-24	600	0:20:00					
Fri	22-Mar-24							
Sat	23-Mar-24					0:25:00		Easy run
Sun	24-Mar-24			1:15:00	Easy spin			
Total		1100	0:40:00	0	2:15:00	0	0:45:00	

Week 2								
Mon	25-Mar-24	600	0:20:00					
Tue	26-Mar-24					0:20:00		Easy run
Wed	27-Mar-24			1:00:00	Easy spin			
Thu	28-Mar-24	600	0:20:00					
Fri	29-Mar-24							
Sat	30-Mar-24					0:30:00		Easy run
Sun	31-Mar-24			1:15:00	Easy spin			
Total		1200	0:40:00	0	2:15:00	0	0:50:00	

Week 3								
Mon	1-Apr-24	800	0:25:00					
Tue	2-Apr-24					0:25:00		Easy run
Wed	3-Apr-24			1:00:00	Easy spin			
Thu	4-Apr-24	800	0:25:00					
Fri	5-Apr-24							
Sat	6-Apr-24					0:30:00		BTC 5km Park Run TT
Sun	7-Apr-24			1:30:00	Easy spin			
Total		1600	0:50:00	0	2:30:00	0	0:55:00	

Week 4								
Mon	8-Apr-24	500	0:20:00					
Tue	9-Apr-24					0:15:00		Easy run
Wed	10-Apr-24			0:40:00	Easy spin			
Thu	11-Apr-24	600	0:20:00					
Fri	12-Apr-24							
Sat	13-Apr-24					0:20:00		Easy run
Sun	14-Apr-24			1:00:00	Easy spin			
Total		1100	0:40:00	0	1:40:00	0	0:35:00	

Zones: E1: 65-75%; E2: 75-85%; E2: 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. There is no need to hurt in these sessions, the goal is to finish each session feeling happy with what you have achieved so that you are keen to go out for the next session. You don't want to be so wasted when you have finished that the thought of exercising again the next day is scary.
- ~ For the swims, rest as often as you need to in the first couple of sessions. If you can only swim one lap without resting, so be it. After the first week you should be aiming to add at least one lap before you have to stop and rest. Try to swim relaxed and think about feeling pressure of water on your hand for the length of the stroke. If you keep extending the distance before you rest each session, you should be able to swim a continuous 500m by the end of the month.
- ~ The riding should also be easy. Ride in small gears for this block aiming for a cadence of 80-100rpm (pedal turns 80-100 revolutions per minute).
- ~ The running can be the hardest to master as it is a weight bearing discipline. If you have not done much running start out by running for 2min and walking for 1min. As you get fitter, increase the length of the run time up to 5min in 30sec-1min increments then start decreasing the walk interval from 1minute as you get fitter.

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PROGRAM FOR TRI NSW CLUB CHAMPIONSHIP 15-Apr-24 to 12-May-24

Beginners Wk 5-8

Date	Swim		Bike		Run			
	Dist(m)	Time	Dist(km)	Time	Intensity	Dist(km)	Time	Intensity
Week 1								
Mon	15-Apr-24	1000	0:30:00					
Tue	16-Apr-24						0:30:00	Easy run
Wed	17-Apr-24			1:00:00	incl. 3x5min solid			
Thu	18-Apr-24	1000	0:30:00					
Fri	19-Apr-24							
Sat	20-Apr-24			1:30:00	Easy spin		0:10:00	Off bike
Sun	21-Apr-24						0:35:00	incl. 6x30m surges
Total	2000	1:00:00	0	2:30:00		0	1:15:00	
Week 2								
Mon	22-Apr-24	1000	0:30:00					
Tue	23-Apr-24						0:30:00	Easy run
Wed	24-Apr-24			1:00:00	incl. 3x7min solid			
Thu	25-Apr-24	1000	0:30:00					
Fri	26-Apr-24							
Sat	27-Apr-24			1:30:00	Easy spin		0:15:00	Off bike
Sun	28-Apr-24						0:35:00	incl. 8x30m surges
Total	2000	1:00:00	0	2:30:00		0	1:20:00	
Week 3								
Mon	29-Apr-24	1000	0:30:00					
Tue	30-Apr-24						0:30:00	Easy run
Wed	1-May-24			1:00:00	incl. 3x8min solid			
Thu	2-May-24	1000	0:30:00					
Fri	3-May-24							
Sat	4-May-24			1:00:00	BTC brick or easy spin		0:20:00	BTC brick or run off bike
Sun	5-May-24						0:40:00	incl. 10x30m surges
Total	2000	1:00:00	0	2:00:00		0	1:30:00	
Week 4								
Mon	6-May-24	500	0:20:00					
Tue	7-May-24						0:20:00	Easy run
Wed	8-May-24			0:45:00	Easy			
Thu	9-May-24	600	0:20:00					
Fri	10-May-24							
Sat	11-May-24	1000	BTC TT				0:30:00	Easy run
Sun	12-May-24			1:00:00	Easy spin			
Total	2100	0:40:00	0	1:45:00		0	0:50:00	

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.
- ~ In the swim sessions, you should be able to swim at least 500m non-stop. The sessions should now start with 2-300m easy swim to warm-up and then include some 25m or 50m intervals (4-6) swimming harder and having 10-15sec rest after each interval. The idea is to hold similar times for the intervals. In week 3 you should try a timed 300m to see how you go over the race distance.
- ~ In the Wednesday ride this block we have included some tempo intervals. These are just intervals in which you ride a little faster and try to hold the pace. These should be ridden in the big chain ring if possible and you should be trying to pedal at 85+ revolutions per minute (rpm - the pedals turn 85 times per minute). Have 3min easy spin between the harder intervals.
- ~ The running on Saturday has some 30m surges. Run for 10min to warm-up and then run some 30m intervals on the flat with 90sec recovery (walk or easy jog). These give you an opportunity to run hard without getting tired.
- ~ On Sunday you have a ride and then a run straight from the ride. This will allow your body to get used to changing (transitioning) from the ride to the run.

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PERFORMANCE COACHING

PROGRAM FOR TRI NSW CLUB CHAMPIONSHIPS 13-May-24 to 25-May-24

Date	Swim		Bike			Run		
	Dist(m)	Time	Dist(km)	Time	Intensity	Dist(km)	Time	Intensity
Week 1								
Mon	13-May-24	1000	0:30:00					
Tue	14-May-24						0:30:00	Easy run
Wed	15-May-24			1:00:00	incl. 5x2min hard			
Thu	16-May-24	1000	0:30:00					
Fri	17-May-24							
Sat	18-May-24	300	0:10:00	12	0:40:00	Race practise	3	0:15:00
Sun	19-May-24				1:15:00	Easy spin		
	Total	2300	1:10:00	12	2:55:00		3	0:45:00
Week 2								
Mon	20-May-24	1000	0:30:00					
Tue	21-May-24						0:30:00	Easy run
Wed	22-May-24			1:00:00	incl. 5x2min hard			
Thu	23-May-24	600	0:30:00					
Fri	24-May-24							
Sat	25-May-24	1000		27		Club Championships	8	
Sun	26-May-24							
	Total	2600	1:00:00	27	1:00:00		8	0:30:00
Week 3								
Mon	27-May-24							
Tue	28-May-24							
Wed	29-May-24							
Thu	30-May-24							
Fri	31-May-24							
Sat	1-Jun-24							
Sun	2-Jun-24							
	Total							
Week 4								
Mon	3-Jun-24							
Tue	4-Jun-24							
Wed	5-Jun-24							
Thu	6-Jun-24							
Fri	7-Jun-24							
Sat	8-Jun-24							
Sun	9-Jun-24							
	Total							

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

	Recovery Week
	Rest Day

Comments:

- ~ This block takes you to the race.
- ~ On Saturday in week 1 you have a race replication session. This is to get the feel of doing the race and to get used to changing disciplines. Do this as if it were the race to see how it feels, to give you confidence in your ability to get through the race and to get a feel for the sort of pace that you can maintain. Start each leg conservatively and build into each.
- ~ With the swims, continue with the 300m warm-up and some 50m intervals. Finish each session with 300m solid and a 100m easy cool down.
- ~ The run on Saturday has a couple of 5min intervals running at the pace you want to run in the race. Have 4min easy between the intervals.
- ~ In week 4 you have a light ride on Saturday to "wake the body up" and then the race on Sunday.