

Fundy Extreme Triathlon Club

by Jon Tracy

VIP Training Program

1. Training Plan Snapshot

- ✓ Suggested Annual Training Volume
- ✓ Transitional Season and Off season Workouts
- ✓ Pre Season and In Season Workouts

2. How to use this Plan

- ✓ This section gives a step-by-step guide on how to utilize this training plan.

3. Year in Review

- ✓ This section encourages you to think about the last year of training and racing. It also asks some key questions to help you prepare for setting your goals.
- ✓ Review last year's stats (where can you improve?)
- ✓ Determine weakest sport vs. strongest sport
- ✓ Within each sport think of weak and strong areas:
 - Physical
 - Endurance
 - Speed
 - Power
 - Stamina
 - Strength
 - flexibility
 - Technical
 - Tactical
 - Mental
 - Nutrition

4. Goal Setting

- ✓ This section will help you plan for the next season by setting goals and challenges to work on over the training season.

5. Training Plan

- ✓ **Yearly** - Review the suggested annual training volume, as well as the seasonal workouts covered in the snapshot.
- ✓ **Macrocycles**
 - Suggested Seasonal Training Volumes
 - Suggested Strength Training Plan (Dryland Training)
- ✓ **Mesocycles**
 - Suggested Weekly Training Volumes
 - Training Zones
 - Intensity Guide

6. Resource Section

- A. Overtraining
- B. Time to Experiment
- C. Carbo Loading
- D. Mental Training
- E. Strength Training
- F. Technique, Drills, Flexibility
- G. Sample Workouts
- H. Field Tests

Training Plan Snapshot

Suggested Annual Training Volumes

Grouped by Performance Level

		Age Grouper (Desired Performance Level)									
		Professional		Faster		Fast		Average		Beginner	
		Volume (km)	Hours	Volume (km)	Hours	Volume (km)	Hours	Volume (km)	Hours	Volume (km)	Hours
Swim											
Sprint		525	117	375	94	225	63	175	58	125	52
Olympic		625	139	475	119	325	90	275	92	225	94
Half-Ironman		725	161	575	144	425	118	375	125	325	136
Full Ironman		825	183	675	169	525	146	475	158	425	177
Bike											
Sprint		7,250	345	5,750	274	4,500	214	3,000	143	1,500	71
Olympic		8,000	400	6,500	325	5,000	250	3,500	175	2,000	100
Half-Ironman		9,000	462	7,500	385	6,000	308	4,500	231	3,000	154
Full Ironman		10,500	583	9,000	500	7,500	417	6,000	333	4,500	250
Run											
Sprint		1,300	137	1,000	105	750	79	500	53	300	32
Olympic		1,600	178	1,250	139	1,000	111	750	83	500	56
Half-Ironman		1,900	224	1,600	188	1,400	165	1,150	135	750	88
Full Ironman		2,300	288	2,000	250	1,800	225	1,400	175	1,000	125

Totals	Volume (km)	Hours	Volume (km)	Hours	Volume (km)	Hours	Volume (km)	Hours	Volume (km)	Hours
Sprint	9,075	599	7,125	473	5,475	356	3,675	254	1,925	155
Olympic	10,225	717	8,225	583	6,325	451	4,525	350	2,725	250
Half-Ironman	11,625	847	9,675	717	7,825	591	6,025	491	4,075	378
Full Ironman	13,625	1,054	11,675	919	9,825	788	7,875	666	5,925	552

Race Distances (km)					Swim	Bike	Run
	Swim	Bike	Run	Olympic	1.5	40	10
Try a Tri	400m	10	3	Half-Ironman	2	90	21
Sprint	750m	20	5	Full Ironman	3.8	180	42.2

Off Season General Plan..... 2006 to 2007

Months	October	November					December				January				February			March						
	R E L A X	30	06	13	20	27	04	11	18	25	01	08	15	22	29	05	12	19	26	02	09	16	23	30
		05	12	19	26	03	10	17	24	31	07	14	21	28	04	11	18	25	02	09	16	23	30	06
Weeks		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	
<i>Recover Period</i>					r					R	R		r				R						R	
Target Workouts																								
Swim		2	2	3	2	3	3	4	4	3-4	3-4	3	2	4	3	3	1-2	4	3	4	4	4	1-2	4
Bike		2	2	2	2	2	3	2	2	1-2	1-2	4	3	4	3	3	2-3	3	3	3	3	2	2-3	2
Run		2	3	3	2	4	3	4	3	1-2	1-2	3	2	3	4	4	1-2	3	4	4	4	5	1-2	4
Dryland (weights)		2	2	2	2	2	2	2	2	0	2	2-3	2-3	2-3	2-3	2-3	0	2	2	2	2	2	0	1-2
Flexibility		7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7
Transition Training					✓			✓	✓			✓	✓		✓	✓			✓	✓	✓			
Testing				✓				✓						✓				✓						✓
Core Strength		Two to Four Times per Week																						
Cross Training		(Optional) Substitute a different workout type up to 1-2x per week for bike and/or run.																						
Macro Cycle																								
Training Phase		Transition Season										Off - Season												
Meso Cycle																								
Endurance		Basic		General Build 1			General Build 2		Specific Build		Specific Build 2													
Speed		Transition		General Speed			Specific Speed 1		Specific Speed 2															
Power												General Power		Specific Power 1										
Technique		Improve Technique										Maintain Technique (Indoor)												
Weights		Base										Strength					Power							

Micro Cycle
Weekly Schedule

Example

		x			x	x	AM
x	x	x	x	x			PM
M	T	W	T	F	S	S	

Each Person sets own schedule, which can change from month to month.

Pre Season & In Season General Plan..... 2006 > 2007

Months	October	April					May					June					July					August					September			
	R E L A X	2	9	6	3	0	7	4	1	8	4	1	8	5	2	9	6	3	0	6	3	0	7	3	0	7	4			
		0	1	2	2	0	1	2	2	0	1	1	2	0	0	1	2	2	0	1	1	2	0	0	1	2	3			
		8	5	2	9	6	3	0	7	3	0	7	4	1	8	5	2	9	5	2	9	6	2	9	6	3	0			
Weeks		23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48			
<i>Race Period</i>					r				r	R				r					r						r	r				
Race Day																														
Target Workouts																														
Swim		4	4	4	2	4	4	4	2	2	3-4	3-4	3-4	2	3-4	3-4	3-4	3-4	3-4	2	3-4	3-4	2	3-4	3-4	2	2			
Bike		2	2	3	1	3	3	4	2	2	3	4	3	2	2	4	3	4	4	2	3	4	4	3	3	2	2			
Run		4	5	4	3	4	5	5	3	2	4	3	4	2	4	3	4	4	4	2	4	3	4	3	3	2	2			
Dryland (weights)		1-2	1-2	1-2	1-2	1	1	1	1	1	0-1	0-1	0-1	0-1	0-1	0-1	0-1	0-1	0-1	0-1	0-1	0-1	0-1	0-1	0-1	0-1	0-1			
Flexibility		7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7					7	7	7	7	7			
Transition Training			✓		✓		✓	✓		✓																				
Testing						✓				✓																				
Core Strength		Two to Four Times per Week																												
Cross Training		(Optional) Substitute a different workout type up to 1-2x per week for bike and/or run																												
Micro Cycle																														
Training Phase		Pre Season										In Season																		
Endurance		Specific Build 3										Specific Build 4					Hold			Hold or Decrease			Decrease							
Speed		Specific Speed 3										Specific Build 4					Specific Build 5			Hold			Hold							
Power		Specific Power 1										Specific Build 2					Specific Build 3			Specific Build 4			Hold							
Technique		Improve Outdoor Technique 1										Improve Outdoor Tech 2					Maintain Technique													
Weights		Power										Maintenance										Maintenance or No Weights								

Micro Cycle
Weekly
Schedule

Example

		x			x	x	AM
x	x	x	x	x			PM
M	T	W	T	F	S	S	

*Each Person sets own schedule,
which can change from month
to month*

NOTE: Place a checkmark in the race day section on the week you plan to compete.
P = Primary Race (if primary race is the most challenging, then place Pc on chart)
s = secondary race
t = training race
c = most challenging race

How To Use The Plan

Although it may seem like there is a great deal of information, take the plan in small increments (section by section), somewhat like racing a triathlon race. The smaller the sections in a race, the easier and shorter the race will seem.

Step 1

- Review the training plan snapshot.
- Determine what performance level you would like to compete at next year, and what race distance you want to focus on for next year.
- Refer to the provided tables as you go through the next steps, to help you plan your training (volume, intensity, and workouts/week).
- If you feel that there is too much information, you can always skip to the training section and follow the suggested plan, based on performance level and race distance.

Step 2

- Determine a weekly training plan, or *microcycle* (i.e. How many days a week you can do a workout). Your plan will probably change as the season progresses.
- **Buy a Training Log!** Running Room has great training logs. Always keep a log as it will help you see improvements and show progress as a result of your training. It will also help to keep you consistent, which is a key to successful training.

Step 3

- Complete the year in review section, and fill out the personal page.

Step 4

- Set your goals using the goal setting section. Try and set your goals corresponding to the *macrocycles* and *microcycles*.

Step 5

- Using your new goals, determine what type of workouts you will be doing each week (using sample workouts and training zone guide).
- Always refer to the sections on technique, drills and field testing when determining your workout plan. These tools will provide a great resource in the upcoming year.
- Always think of the general training formula in reference to *'building'* a house. First you need to *'build'* a sound foundation (i.e. develop technique and *'build'* general conditioning), next make the house *'strong'* or structurally sound by framing and insulating it (i.e. Continuing to *'build'* conditioning or endurance, and develop strength). Next, your house needs electricity or *'power'* (i.e. developing power), and you will be *'building'* specific areas (bathroom, kitchen) in your house (i.e. specific endurance). Now that your house is almost *'built'* (i.e. developing technique, general & specific endurance, strength and power), it is now time to put the finishing touches on the house. This is your fine tuning stage where you tweak everything that you have developed over the year and make yourself *'race ready'*. You can now show people what you have *'built'*.

Year in Review

Name

Date

Performance Level

Strongest Sport

Race Distance	Swim(m)	Bike (km)	Run(km)

Weakest Sport

Desired Race line		Desired Split lines			
Total line	Swim	Bike	Run	T1	T2

Strong Areas

Training Volume	Annual	Transition	Off Season	Pre Season	In Season
Swim					
Bike					
Run					

Weak Areas

Best Race

Pace

Race Distance

Total time

Worst Race

Pace

Race Distance

Total time

Splits	Swim	Splits
	Bike	
	Run	
	T1	
	T2	

Next Year

Primary Race

Secondary Races

Most Challenging Race

Training Races

Goal Setting

Using the goal setting sheets attached, try and come up with areas to work on over the season. Each Macrocycle and mesocycle can have specific goals to focus on. There is a goal setting sheet for each sport (swim, bike, run), with three goals allocated for each season and each performance objective. Although three goals are listed, not all objectives will need three goals. Some objectives will have less than three, and some may have more than three. For example, you may not have a lot of goals in the tactical section to work on during the off season. But on the other hand an easy tactical goal for off season is to watch some pro races on TV and analyze the different phases of the race, including the transition, the race starts, equipment, etc.

When setting the goals, you want to make sure they are:

- Specific
- Measurable
- Attainable
- Realistic
- Trainable

For each goal, you need to write down how you are going to develop, train and accomplish that goal. The following are examples of some goals:

- ✓ Think of 1-3 goals per section to train per mesocycle/Macrocycle?
 - Will you focus on physical, technical, tactical, mental, nutrition?
- ✓ Which races do you want to do?
 - Primary races, secondary races, training races?
- ✓ Physical goals could be:
 - What distance are you going to focus on for next year (sprint, Olympic, half, full ironman)?
 - What do you feel was lacking from last season?
 - Which race or races do you want as a new challenge (i.e. half ironman)?
 - Which Sport do you need to work on most?
 - Which Sport do you need to work on least?
- ✓ Technical goals could be:
 - Research one or two technical aspects for each sport and become an expert in these.
 - How do you develop or improve skills and abilities?
 - What are you good at and how do you improve these qualities?
 - What can you do maintenance on?
- ✓ Tactical goals could be:
 - How hard will you go during each phase of the race (100% for each sport)?
 - What position do you maintain during a race? Do you try and get pole position in the swim or come out in second or third pack? Do you give 110% on bike and relax on run? Are you a runner and pass everybody during the last phase, or are you a master of all domains?
 - During a race (or training) split race into smaller segments and give yourself time check points. This makes the race seem smaller and you don't have to go as far to make the next milestone. It also allows you to time check distances to see if you are holding your pace.
 - Focus on one person and make a goal of passing them. Don't worry about people passing you, just focus on the person ahead of you.

- ✓ Mental goals could be:
 - Attentional control (focus and thought parking)
 - Race strategies (pre-competition and during competition) help to reduce nervousness:
 - Knowing what time you will be able to do the race in, and each stage.
 - Race your own race and try to maintain 'your' pace and not someone else's in the race. Just because someone passes you on the bike, doesn't mean you won't pass them on the run.
 - Focus on small goals or checkpoints through out the race. Split race up into smaller segments instead of one big race.
 - Mental toughness
 - Pushing through the pain
 - Power up the hills
 - Maintain cadence or increase it after the hill.
- ✓ Nutritional goals could be:
 - What foods worked good for you and why?
 - What are some foods that others use to race with, have you tried them?
 - Experiment with carbo loading and pre race meals.
 - What foods make you feel sluggish, and which ones make you feel energized?
 - Read up or ask someone about eating carbs, fats and proteins. What combinations, how much, what do you eat before during and after a training session and/or races?

Swimming Goals

Goal Setting					
Physical Objectives		Technical Objectives	Nutritional Objectives	Mental Objectives	Tactical Objectives
Transition Season					
1					
2					
3					
Off Season					
1					
2					
3					
Pre Season					
1					
2					
3					
In Season					
1					
2					
3					

Methods to Develop Goals					
Physical Objectives		Technical Objectives	Nutritional Objectives	Mental Objectives	Tactical Objectives
Transition Season					
1					
2					
3					
Off Season					
1					
2					
3					
Pre Season					
1					
2					
3					
In Season					
1					
2					
3					

Biking Goals

Goal Setting				
Physical Objectives	Technical Objectives	Nutritional Objectives	Mental Objectives	Tactical Objectives
Transition Season				
1				
2				
3				
Off Season				
1				
2				
3				
Pre Season				
1				
2				
3				
In Season				
1				
2				
3				

Methods to Develop Goals				
Physical Objectives	Technical Objectives	Nutritional Objectives	Mental Objectives	Tactical Objectives
Transition Season				
1				
2				
3				
Off Season				
1				
2				
3				
Pre Season				
1				
2				
3				
In Season				
1				
2				
3				

Running Goals

Goal Setting					
Physical Objectives		Technical Objectives	Nutritional Objectives	Mental Objectives	Tactical Objectives
Transition Season					
1					
2					
3					
Off Season					
1					
2					
3					
Pre Season					
1					
2					
3					
In Season					
1					
2					
3					

Methods to Develop Goals					
Physical Objectives		Technical Objectives	Nutritional Objectives	Mental Objectives	Tactical Objectives
Transition Season					
1					
2					
3					
Off Season					
1					
2					
3					
Pre Season					
1					
2					
3					
In Season					
1					
2					
3					

Training Plan

Macrocycles

Suggested Seasonal Training Volumes (Macrocycles)

Faster	Microcycles	Off Season	Pre Season	In Season	Chill Season
	Weeks	(1-22)	(23-31)	(32-48)	(49-52)
Swim					
	Sprint	188	56	131	
	Olympic	238	71	166	
	Half Ironman	288	86	201	
	Ironman	338	101	236	
Bike					
	Sprint	2,300	863	2,588	
	Olympic	2,600	975	2,925	
	Half Ironman	3,000	1,125	3,375	
	Ironman	3,600	1,350	4,050	
Run					
	Sprint	550	150	300	
	Olympic	688	188	375	
	Half Ironman	880	240	480	
	Ironman	1,100	300	600	

Average	Microcycles	Off Season	Pre Season	In Season	Chill Season
	Weeks	(1-22)	(23-31)	(32-48)	(49-52)
Swim					
	Sprint	88	26	61	
	Olympic	138	41	96	
	Half Ironman	188	56	131	
	Ironman	238	71	166	
Bike					
	Sprint	1,200	450	1,350	
	Olympic	1,400	525	1,575	
	Half Ironman	1,800	675	2,025	
	Ironman	2,400	900	2,700	
Run					
	Sprint	275	75	150	
	Olympic	413	113	225	
	Half Ironman	633	173	345	
	Ironman	770	210	420	

Fast	Microcycles	Off Season	Pre Season	In Season	Chill Season
	Weeks	(1-22)	(23-31)	(32-48)	(49-52)
Swim					
	Sprint	113	34	79	
	Olympic	163	49	114	
	Half Ironman	213	64	149	
	Ironman	263	79	184	
Bike					
	Sprint	1,800	675	2,025	
	Olympic	2,000	750	2,250	
	Half Ironman	2,400	900	2,700	
	Ironman	3,000	1,125	3,375	
Run					
	Sprint	413	113	225	
	Olympic	550	150	300	
	Half Ironman	770	210	420	
	Ironman	990	270	540	

Beginner	Microcycles	Off Season	Pre Season	In Season	Chill Season
	Weeks	(1-22)	(23-31)	(32-48)	(49-52)
Swim					
	Sprint	625	187.5	43.75	
	Olympic	1125	337.5	78.75	
	Half Ironman	1625	487.5	113.75	
	Ironman	2125	637.5	148.75	
Bike					
	Sprint	600	225	67.5	
	Olympic	800	300	90	
	Half Ironman	1200	450	135	
	Ironman	1800	675	202.5	
Run					
	Sprint	165	45	90	
	Olympic	275	75	150	
	Half Ironman	412.5	112.5	225	
	Ironman	550	150	300	

Depending on how fast you want to race, determines the table you will choose (ie Faster vs. Average?)

All Distances in Km

Suggested Strength Training (Dryland)

	Off-Season/ Base	Off-Season/ Strength	Off-Season/ Power	Pre-Season Power/Endurance	In-Season/ Maintenance
WEIGHTS	1	2	3	4	5

	2-3 times/week		Approx. duration of Training phase (weeks)
	Sets	Reps	
Base	2-3	10-15	6-8
Strength	2-3	6-8	6-8
Power	2-3	18-20	6-8
Power/Endurance	1-2	20-25+	4-6
Maintenance	1-4	6-8	15-20

Off Season (Base)

- This part of the season, your resistance training is in a transition zone because you are coming off the racing season or maintenance resistance training. You should have taken a short period off resistance (and specific triathlon) training (≥ 3 weeks).

Returning to Training

- You want to condition the large muscle groups, and start with whole body workouts. This is not the time to do sport specific exercises, just stick with general resistance exercises.

Off Season (Strength)

Strength is the maximum amount of force exerted with one contraction.

- This part of the training cycle requires a drop in repetitions and an increase in weight. Your goal is to increase overall strength and then progress to increasing sport specific strength.
- At the start of this cycle, stay with the same resistance exercises as above but after a short period (≥ 2 weeks), add sport specific resistance exercises.
- If you have not already split the workouts into upper and lower body, now would be a good time. This can be done at the beginning of the strength cycle or towards the end of the base cycle.

Off Season (Power)

Power is force exerted per unit time.

- This part of the training season you should increase your repetitions quickly while decreasing your weight moderately (18-20 reps within 2 weeks).
- During this cycle, you will be doing all of your sport specific exercises (and non-sport specific if you wish) at an increased velocity than during the strength cycle.
- The high repetitions and moderate velocity will promote muscular changes that will enhance the rate of force development. Don't do these exercise too fast, keep them moderate.

Pre-Season (Power/Endurance)

- This cycle corresponds to about the time you are getting outside on the bike.
- This cycle should be intense to prepare you for the beginning of the season.
- The high reps will allow your body an earlier transition into higher intensity training, sooner into the competitive season.
- Build to 1-2 reps for 30-45 seconds. This will promote muscular changes that will allow your body to deal with lactic acid more efficiently.

In-Season (Maintenance)

- This cycle corresponds to the racing season. From the time your first race begins.
- Weight training should be done to preserve muscle and fast twitch muscle physiological components.
- Do a workout no more than once a week, using multisegment (large body parts) exercises.
- No more than 6 exercises in total with some sport specific.

Mesocycles

Suggested Weekly Training Volumes (Mesocycles)
Grouped by Race Length

Sprint													
Off Season		Swim (km)				Bike (km)				Run (km)			
Weeks		Faster	Fast	Average	Beginner	Faster	Fast	Average	Beginner	Faster	Fast	Average	Beginner
1-4		19	11	9	6	230	180	120	60	55	41	28	17
5-8		28	17	13	9	345	270	180	90	83	62	41	25
9-12		38	23	18	13	460	360	240	120	110	83	55	33
13-16		47	28	22	16	575	450	300	150	138	103	69	41
17-22		56	34	26	19	690	540	360	180	165	124	83	50
Pre Season													
23-26		28	17	13	9	431	338	225	113	75	56	38	23
27-31		28	17	13	9	431	338	225	113	75	56	38	23
In Season													
32-35		33	20	15	11	647	506	338	169	75	56	38	23
36-39		39	24	18	13	776	608	405	203	90	68	45	27
40-44		33	20	15	11	647	506	338	169	75	56	38	23
45-48		26	16	12	9	518	405	270	135	60	45	30	18

Olympic													
Off Season		Swim (km)				Bike (km)				Run (km)			
Weeks		Faster	Fast	Average	Beginner	Faster	Fast	Average	Beginner	Faster	Fast	Average	Beginner
1-4		24	16	14	11	260	200	140	80	69	55	41	28
5-8		36	24	21	17	390	300	210	120	103	83	62	41
9-12		48	33	28	23	520	400	280	160	138	110	83	55
13-16		59	41	34	28	650	500	350	200	172	138	103	69
17-22		71	49	41	34	780	600	420	240	206	165	124	83
Pre Season													
23-26		36	24	21	17	488	375	263	150	94	75	56	38
27-31		36	24	21	17	488	375	263	150	94	75	56	38
In Season													
32-35		42	28	24	20	731	563	394	225	94	75	56	38
36-39		50	34	29	24	878	675	473	270	113	90	68	45
40-44		42	28	24	20	731	563	394	225	94	75	56	38
45-48		33	23	19	16	585	450	315	180	75	60	45	30

Half Ironman													
Off Season		Swim (km)				Bike (km)				Run (km)			
Weeks		Faster	Fast	Average	Beginner	Faster	Fast	Average	Beginner	Faster	Fast	Average	Beginner
1-4		29	21	19	16	300	240	180	120	88	77	63	41
5-8		43	32	28	24	450	360	270	180	132	116	95	62
9-12		58	43	38	33	600	480	360	240	176	154	127	83
13-16		72	53	47	41	750	600	450	300	220	193	158	103
17-22		86	64	56	49	900	720	540	360	264	231	190	124
Pre Season													
23-26		43	32	28	24	563	450	338	225	120	105	86	56
27-31		43	32	28	24	563	450	338	225	120	105	86	56
In Season													
32-35		50	37	33	28	844	675	506	338	120	105	86	56
36-39		60	45	39	34	1013	810	608	405	144	126	104	68
40-44		50	37	33	28	844	675	506	338	120	105	86	56
45-48		40	30	26	23	675	540	405	270	96	84	69	45

Ironman													
Off Season		Swim (km)				Bike (km)				Run (km)			
Weeks		Faster	Fast	Average	Beginner	Faster	Fast	Average	Beginner	Faster	Fast	Average	Beginner
1-4		34	26	24	21	360	300	240	180	110	99	77	55
5-8		51	39	36	32	540	450	360	270	165	149	116	83
9-12		68	53	48	43	720	600	480	360	220	198	154	110
13-16		84	66	59	53	900	750	600	450	275	248	193	138
17-22		101	79	71	64	1080	900	720	540	330	297	231	165
Pre Season													
23-26		51	39	36	32	675	563	450	338	150	135	105	75
27-31		51	39	36	32	675	563	450	338	150	135	105	75
In Season													
32-35		59	46	42	37	1013	844	675	506	150	135	105	75
36-39		71	55	50	45	1215	1013	810	608	180	162	126	90
40-44		59	46	42	37	1013	844	675	506	150	135	105	75
45-48		47	37	33	30	810	675	540	405	120	108	84	60

The Training (Intensity) Zones

- ✎ Zone 1 = Power 0 – 30 seconds = Alactic
- ✎ Zone 2 = Power 30 sec – 2 min = Alactic
- ✎ Zone 3 = Speed 2 – 10 min = High Lactic
- ✎ Zone 4 = Speed 10 – 30 min = High>Mod Lactic
- ✎ Zone 5 = Endurance 30 – 90 min = Low Lactic
- ✎ Zone 6 = Endurance 90+ min = Low Lactic

➤ Use Intensity Guide to achieve Goals & Develop Microcycles

Intensity Guide Swim, Bike, Run

➤ These are sample workouts to give you an idea of what type of workout corresponds to each zone.

	Recovery	Zone 6	Zone 5	Zone 4	Zone 3	Zone 2	Zone 1
Duration	1-60 min	90+ min	30-90 min	10-30 min	2-10 min	30sec-2min	0-30sec
% Max HR	60-70	70-75	75-80	80-92	90-95	95-100	100+
RPE	Very, very light	Light to somewhat hard	Somewhat Hard	Hard	Harder	Very Hard	Very, very Hard
Details	Race and interval recovery	Aerobic conditioning	Sub-threshold	Race Pace Olympic Distance	Supra threshold	Aerobic Capacity	Neuro, speed development
Work:Rest	-----	-----	Short rest	Short rest	2:1	1:1	1:2 1:3
Swim	500-1000m long & easy	Warm ups, drills, pull sets, kick	2-5x500m, 30-60sec rest	2-5 300m 30 sec rest, even splits	5-15x200m 45 sec rest Hard	8-20x100m Pace time Harder	5x20 25/50m rest 30
Bike	15-20 min, spinning	1-3 hrs steady state	High rpm spinning, varied terrain	15-40k TT	3-5x 5min, 1min rest, above race pace (trainer)	Hills or Surges	Surges or Hills
Run	12-20min Jog soft surface	30-120 min steady state	20-60min mod pace rolling/flat	2-5 3000m hold or descend pace	2-6 mile repeats above race pace	Hills or 600/800's at track	Hills or 200/400m at track