

Meet the expert

Phil Mosley

Coaching editor of *Triathlon Plus*, Mosley is an experienced coach and elite athlete with a sports degree from the University of Chichester

The plan

BUILD YOUR IRONMAN FOUNDATION

GOT YOUR SIGHTS SET ON AN IRONMAN? START TRAINING NOW AND BUILD THE ENDURANCE AND STRENGTH YOU'LL NEED

IRONMAN is the one triathlon where there can be no shortcuts. Racing a 3.8km swim, 180km bike and 42km run course is gruelling. You need a solid training foundation under your belt before doing one, and that's just what this 12-week plan will help you achieve.

If you've entered a long-distance race in summer 2011 this plan is for you, but even if you haven't it will give you the fitness you need to make the leap into Ironman racing. The plan takes at least eight hours each week, so get family and

friends on board first. To help, we've created two separate plans: a 'time poor' version for those with less than 10 hours a week to train, and a 'time rich' plan for those with more availability.

The plan builds the endurance and strength you'll need for Ironman. After that we'll bring in some race-pace and race-distance sessions in Issue 27. But for now, these sessions will form the backbone of your fitness.

Check out the Key and the intensity Training Zones to get the details right.

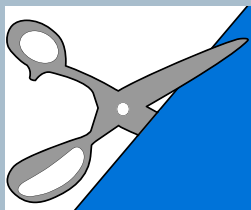
And remember, if you start losing appetite or struggle with sleep or mood, you need to rest for a couple of days at least (and eat lots of chocolate).

IRONMAN TRAINING isn't for everyone, so if you're thinking of trying this plan you should be able to tick these boxes:

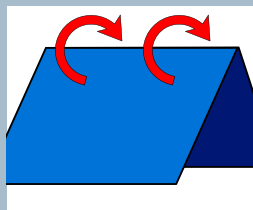
- 1 I can swim 2km non-stop
- 2 I can ride my bike for two hours
- 3 I can run for an hour at a time

How it works

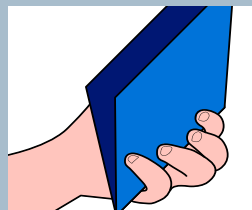
Get your guide ready to go



Cut out the guide following the dotted outline



Fold the guide in quarters using the fold guides



Now carry it with you for reference while training

Photos Corbis Illustrations Phil Nicodem





Triathlon PLUS
YOUR
12-WEEK
PLAN

Ironman foundation

TIME POOR

FOLLOW THIS PLAN IF YOU HAVE UNDER 10 HOURS A WEEK TO TRAIN

FOLD1

	WEEK 01	WEEK 02
Mon	<p>Type Swim Distance 2.4km Instructions W/U (Z2): 100 fc, 100 pull, 50 kick, 100 fc, 50 back. Technique (Z1 to Z3): 200m kick as alternating 25m in Z3, 25m in Z1, +30secs, 200 as 25m fists, 25m fc, +30secs, 200m kick as alternating 25m in Z3, 25m in Z1, +30secs, 200m as alternating 25m doggy paddle, 25m fc, +30secs, Main (Z3): 2x 200 fc + 45secs, 8x 50 pull + 20secs, W/D (Z1): 400 alternating back/fc</p>	<p>Type Swim Distance 2.3km Instructions W/U (Z2): 200 fc, 50 kick, 200 pull, 50 kick. Technique (Z2): 2x 100 as (25 pull ankles, 25 fc, 25 pull ankles, 25 fc) + 30secs, 2x 100 as (25 fists, 25 fc, 25 fists, 25m fc) + 30secs, Main (Z2/Z3): 2x 200m fc + 30secs, 4x 100m pull + 30secs, 4x 50 fc + 10secs, W/D (Z1): 400m back/fc</p>
Tue	<p>Type Run Time 1hr Instructions Steady run in Z2</p>	<p>Type Run Time 1hr Instructions Steady run in Z2</p>
Wed	<p>Type Swim Distance 2.4km Instructions W/U (Z2): 200 fc bi, 50 kick, 50 breast, 200 fc, 50 kick, 50 back. Technique (Z2): 2x 100m as (25 bi, 25m fc, 25m bi, 25m fc), +20secs, Main (Z3): 4x 100m pull + 30secs, 400m fc breathe every 3, 5, 7 strokes + 30secs, 4x 100m fc + 30secs, W/D (Z1): 400m fc</p>	<p>Type Swim Distance 2.7km Instructions W/U (Z2): 500 mas (200 fc, 50 pull, 100 fc, 50 back, 100 fc). Technique (Z2): 200m kick alternating 25m on back, 25m kick on front, 400m as 8x (25 kick on front arms by side, 25 fc). Main (Z2/3): 400m kiccas (25m Z3, 25m Z1) + 30secs, 400m fc + 30secs, 4x 100m pull, W/D (Z1): 400m back/fc</p>
Thur	<p>Type Run Time 40mins Instructions 15mins in Z2, 2x 4 mins at top of Z3 (+2mins jog rest), 15mins in Z2</p>	<p>Type Run Time 40mins Instructions 15mins in Z2, 10 mins at top of Z3, 15mins in Z2</p>
Fri	REST DAY	REST DAY
Sat	<p>Type Brick Time 2hrs Instructions Bike to run session, 1 hour 40 road or MTB in Z2 into run 20 mins in Z2</p>	<p>Type Brick Time 2hrs Instructions Bike to run session, 1 hour 40 road or mtb in Z2 into run 20 mins in Z2</p>
Sun	<p>Type Bike Time 2hrs Instructions Steady bike: road or MTB Z2</p>	<p>Type Bike Time 2hrs Instructions Steady bike: road or MTB Z2</p>

INTENSITY TRAINING ZONES

IRONMAN FOUNDATION

8-10 hours per week

USING THESE Training Zones will help you train at the right intensity for each session. This helps to develop specific aspects of your fitness, as well as making sure you don't overdo it. At this foundation stage of training only Zones 1-3 are used. You can either estimate your intensity, using the Training Zone descriptions, or use a heart-rate monitor for a more precise measure. If you use a heart-rate monitor, use the percentages provided, and subtract them from your maximum heart rate to calculate your zones. Tools like cycle power meters and GPS watches will also help track your training progress, but they're not essential for these plans.

ZONE 1 (Z1) Recovery

60 to 65% of max. Easy pace, feels nice and light

ZONE 2 (Z2) Steady

65 to 75% of max. Fairly easy pace. Easy enough so that you could breathe just through your nose if you wanted to

ZONE 3 (Z3) Tempo

75% to 80% of max. Fairly hard, but sustainable pace

ZONE 4 (Z4) Race tempo

80 to 90% of max. Hard pace, sustainable, but requires real focus

ZONE 5 (Z5) Red line

90% to 100% max. Very hard, requires real focus, not sustainable for long

KEY

MTB Off-road bike **FC** Front crawl **BACK** Backstroke **BREAST** Breaststroke **PULL** FC with pull-buoy float **PULL ANKLES** FC with pull-buoy between ankles **KICK** Kicking on front & holding float **FISTS** FC with closed fists **BI** Bilateral breathing (every 3 strokes) **W/U** Warm up **W/D** Warm down

STAY IN THE TRAINING ZONE WITH TRIATHLON PLUS

	WEEK 03	WEEK 04
Mon	<p>Type Swim Distance 2.4km Instructions W/U (Z2): 800 mas (400 fc, 200 pull, 100 kick, 100 fc). Technique (Z2): 8x 50m as (1-2: head up, 3-4 pull, 5-6 fists, 7-8 fc). Main (Z2/3): 400m pull + 30secs, 300m fc + 20secs, 200m pull + 10secs, 100m fc, W/D (Z1): 200m alternating fc/back/pull/fc</p>	<p>RECOVERY WEEK Type Swim Distance 1.4km Instructions W/U (Z2): 200 pull, 200m fc, Main (Z2): 400m alternating 25 kick, 50 fc, Technique (Z2): 400m alternating 25m pull, 25m bi, W/D (Z1): 200m alternating back/breast</p>
Tue	<p>Type Run Time 50mins Instructions Steady run in Z2</p>	REST DAY
Wed	<p>Type Swim Distance 2.4km Instructions W/U (Z2): 600 mas 2x (100m fc, 100m pull, 100m kick). Technique (Z2): 2x 300m as (50 fists, 50 pull, 50 head up, 50 fc, 50 pull ankles, 50 fc) + 30secs, Main (Z2/3): 8x 100m as (50 fc, 50 pull), W/D (Z1): 400m as (8x 50m alternating kick/fc)</p>	<p>Type Swim Distance 2km Instructions W/U (Z2): 200 fc, 200 kick, 200 pull, 100 fc. Technique (Z2): 400m as (50 fists, 100 fc, 50 pull, 100 fc, 50 head up, 100 fc, 50 doggy paddle, 100 fc) + 30secs, Main (Z2): 400m fc, 200m pull, 100 fc, W/D (Z1): 200m fc</p>
Thur	<p>Type Run Time 30mins Instructions 10mins in Z2, 10 mins at top of Z3, 10 mins in Z2</p>	<p>Type Run Time 30mins Instructions 10mins in Z2, 10 mins at top of Z3, 10 mins in Z2</p>
Fri	REST DAY	REST DAY
Sat	<p>Type Brick Time 2hrs Instructions Bike to run session, 1 hour 40 road or MTB in Z2 into run 20 mins in Z2</p>	<p>Type Brick Time 1 hour 20 Instructions Bike to run session, 1 hour road or MTB in Z2 into run 20 mins in Z2</p>
Sun	<p>Type Bike Time 90mins Instructions Steady bike: road or MTB in Z2</p>	<p>Type Bike Time 90mins Instructions Steady bike: road or MTB in Z2</p>

TRAININGZONE

TIME POOR PLAN

	WEEK 05	WEEK 06	WEEK 07	WEEK 08
Mon	Type Swim Distance 2.7km Instructions W/U (Z2): 400m as (200 fc, 200 pull, 100 fc. Technique (Z1 to Z3): 200m kick as alternating 25m in Z3, 25m in Z1, +30secs. 400m as 25m fists , 25m fc, +30secs. Main (Z3): 2x400 fc +45secs. 8x50 pull +20secs. W/D (Z1): 200m as alternating back /fc	Type Swim Distance 2.6km Instructions W/U (Z2): 600mas (200 fc, 100 kick, 200 pull, 100 kick). Technique (Z2): 2x100 as (25 pull ankles, 25 fc, 25 pull ankles, 25 fc) +30secs. 2x100 as (25 fists , 25 fc, 25 fists , 25m fc) +30secs. Main (Z2/Z3): 2x400m fc +30secs. 4x100m pull +30secs. 4x50 fc +10secs. W/D (Z1): 400m back /fc	AM Type Run Time 40mins Instructions Steady run in Z2 PM Type Swim Distance 2km Instructions W/U (Z2): 200 fc, 200 kick, 200 pull, 100 fc. Technique (Z2): 400mas (50 fists , 100 fc, 50 pull , 100 fc, 50 head up, 100 fc, 50 doggy paddle, 100 fc) +30secs. Main (Z2): 400m fc, 200m pull , 100 fc. W/D (Z1): 200m fc	RECOVERY WEEK Type Swim Distance 1.4km Instructions W/U (Z2): 200 pull, 200m fc. Main (Z2): 400m alternating 25 kick , 50 fc. Technique (Z2): 400m alternating 25m pull , 25m breathe every 3 strokes. W/D (Z1): 200m alternating back /breast
Tue	Type Run Time 80mins Instructions Steady run in Z2	Type Run Time 80mins Instructions Steady run in Z2	Type Run Time 70mins Instructions Steady run in Z2	REST DAY
Wed	Type Swim Distance 2.8km Instructions W/U (Z2): 800mas (200 fc bi, 100 kick, 100 breast, 200 fc, 100 kick, 100 fc). Technique (Z2): 2x200mas (50 bi, 50m fc, 50m bi, 50m fc) +20secs. Main (Z3): 4x200m fc +30secs. 400m pull , breathe every 3, 5, 7 strokes. +30secs. W/D (Z1): 400m pull	Type Swim Distance 2.7km Instructions W/U (Z2): 500mas (200 fc, 50 pull, 100 fc, 50 back, 100 fc). Technique (Z2): 200m kick alternating 25m on back, 25m on front. 400mas 8x (25 kick , 25 fc). Main (Z2/3): 400m kick as (25m Z3, 25m Z1) +30secs. 4x200m pull +30secs. W/D (Z1): 400m back /fc	AM Type Bike Time 45mins Instructions Indoor trainer or road: W/U: 10mins Z2. Main: 2x12mins in Z3, +2mins rest. W/D: 4mins in Z2, 4mins in Z1 PM Type Swim Distance 2.4km Instructions W/U (Z2): 600mas as 2x (100m fc, 100m pull, 100m kick). Technique (Z2): 2x300mas (50 fists , 50 pull, 50 head up, 50 fc, 50 pull ankles, 50 fc) +30secs. Main (Z2/3): 8x100mas (50 fc, 50 pull). W/D (Z1): 400mas (8x50m alternating kick /fc)	Type Swim Distance 2km Instructions W/U (Z2): 200 fc, 200 kick, 200 pull, 100 fc. Technique (Z2): 400mas (50 fists , 100 fc, 50 pull, 100 fc, 50 head up, 100 fc, 50 doggy paddle, 100 fc) +30secs. Main (Z2): 400m fc, 200m pull, 100 fc. W/D (Z1): 200m fc
Thur	Type Run Time 40mins Instructions 15mins in Z2, 10mins at top of Z3, 15mins in Z2	Type Run Time 40mins Instructions 15mins in Z2, 2x4mins at top of Z3 (+2mins jog rest), 15mins in Z2	AM Type Run Time 35mins Instructions 15mins in Z2, 5mins at top of Z3, 15mins in Z2 PM Type Swim Distance 1.5km Instructions Z1 recovery swim: Mix it up with different strokes, pull buoy, kick float and any other swim toys you have	Type Run Time 30mins Instructions 10mins in Z2, 10mins at top of Z3, 10mins in Z2
Fri	REST DAY	REST DAY	REST DAY	REST DAY
Sat	Type Brick Time 2hrs 20mins Instructions Bike to run session. 2 hours road or MTB in Z2 into run 20mins in Z2	Type Brick Time 2hrs 40mins Instructions Bike to run session. 2 hours road or MTB in Z2 into run 20mins in Z2	Type Brick Time 2hours Instructions Bike to run session. 1 hour 40mins road or MTB in Z2 into run 20mins in Z2	Type Brick Time 1 hour 20mins Instructions Bike to run session. 1 hour road or MTB in Z2 into run 20mins in Z2
Sun	Type Bike Time 2hrs 30mins Instructions Steady Z2 bike ride. Include 10mins at top of Z3	Type Bike Time 2hrs 30mins Instructions Steady Z2 bike ride. Include 10mins at top of Z3	Type Bike Time 2 hours Instructions Steady bike, road or MTB in Z2	Type Bike Time 90mins Instructions Steady bike, road or MTB in Z2
	WEEK 09	WEEK 10	WEEK 11	WEEK 12
Mon	Type Swim Distance 3.1km Instructions W/U (Z2): 400 fc, 200 pull, 100 fc. Technique (Z1 to Z3): 400m kick as alternating 25m in Z3, 25m in Z1, +30secs. 400mas as 25m fists , 25m fc +30secs. Main (Z3): 2x400 fc +45secs. 8x50 pull +20secs. W/D (Z1): 400m as alternating back /fc	Type Swim Distance 3.2km Instructions W/U (Z2): 800mas (200 fc, 200 kick, 200 pull, 200 kick). Technique (Z2): 2x100 as (25 pull ankles, 25 fc, 25 pull ankles, 25 fc) +30secs. 4x100as (25 fists , 25 fc, 25 fists , 25m fc) +30secs. Main (Z2/Z3): 2x400m fc +30secs. 4x100m pull +30secs. 4x50 fc +10secs. W/D (Z1): 400m back /fc	Type Swim Distance 2.8km Instructions W/U (Z2): 1,000mas (400 fc, 200 pull, 200 kick, 200 fc). Technique (Z2): 8x50m as (1-2: head up, 3-4: pull, 5-6: fists, 7-8: fc). Main (Z2/3): 400m pull +30secs. 300m fc +20secs. 200m pull +10secs. 100m fc. W/D (Z1): 400m alternating fc /back/pull/fc	RECOVERY WEEK Type Swim Distance 1.4km Instructions W/U (Z2): 200 pull, 200m fc. Main (Z2): 400m alternating 25 kick , 50 fc. Technique (Z2): 400m alternating 25m pull , 25m bi. W/D (Z1): 200m alternating back /breast
Tue	Type Run Time 90mins Instructions Steady run in Z2	Type Run Time 90mins Instructions Steady run in Z2	Type Run Time 80mins Instructions Steady run in Z2	REST DAY
Wed	Type Swim Distance 2.8km Instructions W/U (Z2): 800mas (200 fc bi, 100 kick, 100 breast, 200 fc, 100 kick, 100 fc). Technique (Z2): 3x200mas (50 bi, 50m fc, 50m bi, 50m fc) +20secs. Main (Z3): 4x200m fc +30secs. 400m pull , breathe every 3, 5, 7 strokes. +30secs. W/D (Z1): 400m pull	Type Swim Distance 3km Instructions W/U (Z2): 800mas (200 fc, 200 pull, 200 back, 200 fc). Technique (Z2): 200m kick alternating 25m on back, 25m on front. 400mas as 8x25 kick on front arms by side, 25 fc. Main (Z2/3): 400m kick as (25m Z3, 25m Z1) +30secs. 4x200m pull +30secs. W/D (Z1): 400m back /fc	Type Swim Distance 2.7km Instructions W/U (Z2): 900mas as 3x (100m fc, 100m pull, 100m kick) +45secs. Technique (Z2): 2x300mas (50 fists , 50 pull, 50 head up, 50 fc, 50 pull ankles, 50 fc) +30secs. Main (Z2/3): 8x100mas (50 fc, 50 pull). W/D (Z1): 400mas 8x50m alternating kick /fc	Type Swim Distance 2km Instructions W/U (Z2): 200 fc, 200 kick, 200 pull, 100 fc. Technique (Z2): 400mas (50 fists , 100 fc, 50 pull, 100 fc, 50 head up, 100 fc, 50 doggy paddle, 100 fc) +30secs. Main (Z2): 400m fc, 200m pull, 100 fc. W/D (Z1): 200m fc
Thur	Type Run Time 40mins Instructions 15mins in Z2, 2x4mins at top of Z3 (+2mins jog rest), 15mins in Z2	Type Run Time 40mins Instructions 15mins in Z2, 10mins at top of Z3, 15mins in Z2	Type Run Time 35mins Instructions 15mins in Z2, 5mins at top of Z3, 15mins in Z2	Type Run Time 30mins Instructions 10mins in Z2, 10mins at top of Z3, 10mins in Z2
Fri	REST DAY	REST DAY	REST DAY	REST DAY
Sat	Type Brick Time 2hrs 40mins Instructions Bike to run session. 2 hours 20 road or MTB in Z2 into run 20mins in Z2	Type Brick Time 2hrs 40mins Instructions Bike to run session. 2 hours 20 road or MTB in Z2 into run 20mins in Z2	Type Brick Distance 2hrs 20mins Instructions Bike to run session. 2 hours road or MTB in Z2 into run 20mins in Z2	Type Brick Time 1hrs 20mins Instructions Bike to run session. 1 hour road or MTB in Z2 into run 20mins in Z2
Sun	Type Bike Time 3hrs Instructions Steady Z2 bike ride. Include 2x10 mins at top of Z3	Type Bike Time 3hrs Instructions Steady Z2 bike ride. Include 2x10 mins at top of Z3	Type Bike Time 2hrs 30mins Instructions Steady Z2 bike ride. Include 10mins at top of Z3	Type Bike Time 90mins Instructions Steady bike, road or MTB in Z2



Triathlon PLUS
YOUR
12-WEEK
PLAN

Ironman Foundation

TIME RICH FOLLOW THIS PLAN IF YOU HAVE OVER 10 HOURS A WEEK TO TRAIN

FOLD1

	WEEK 01	WEEK 02
Mon	AM Type Run Time 30mins Instructions Steady run in Z2 PM Type Swim Distance 2.4km Instructions W/U (Z2): 100 fc, 100 pull, 50 kick, 100 fc, 50 back. Technique (Z1 to Z3): 200m kick as alternating 25m in Z3, 25m in Z1, +30secs. 200 as 25m fists, 25m fc, +30secs. 200m kick as alternating 25m in Z3, 25m in Z1, +30secs. 200m as alternating 25m doggy paddle, 25m fc, +30secs. Main (Z3): 2x200 fc +45secs. 8x50 pull +20secs. W/D (Z1): 400 alternating back/fc	AM Type Run Time 30mins Instructions Steady run in Z2 PM Type Swim Distance 2.1km Instructions W/U (Z2): 200 fc, 50 kick, 200 pull, 50 kick. Technique (Z2): 2x100 as (25 pull ankles, 25 fc, 25 pull ankles, 25 fc) +30secs. 2x100 as (25 fists, 25 fc, 25 fists, 25m fc) +30secs. Main (Z2/Z3): 2x200m fc +30secs. 4x100m pull +30secs. 4x50 fc +10secs. W/D (Z1): 400m back/fc
Tue	Type Run Time 60mins Instructions Steady run in Z2	AM Type Run Time 60mins Instructions Steady run in Z2
Wed	Type Swim Distance 2.4km Instructions Warm up (Z2): 200 fc bi, 50 kick, 50 breast, 200 fc, 50 kick, 50 back. Technique (Z2): 2x100m as (25 bi, 25m fc, 25m bi, 25m fc), +20secs. Main (Z3): 4x100m pull +30secs. 400m fc breathe every 3, 5, 7 strokes. +30secs. 4x100m fc +30secs. W/D (Z1): 400m fc	AM Type Bike Time 45mins Instructions Indoor or road: W/U (Z2): 10 mins. Main (Z3): 10, 9, 8 mins with 90sec rests. W/D: 5 mins in Z2 PM Type Swim Distance 2.1km Instructions W/U (Z2): 500mas (200 fc, 50 pull, 100 fc, 50 back, 100 fc). Main (Z2/Z3): 400m kick as (25m Z3, 25m Z1) +30secs. 400m fc +30secs. 4x100m pull. W/D (Z1): 400m back/fc
Thur	AM Type Run Time 40mins Instructions 15mins in Z2, 2x4 mins at top of Z3 (+2mins jog rest), 15 mins in Z2 PM Type Swim Distance 1.5km Instructions Z1 recovery swim. Mix it up with different strokes, pull buoy, kick float and any other swim toys you have	AM Run Time 40mins Instructions 15mins in Z2, 10 mins at top of Z3, 15 mins in Z2 PM Type Swim Distance 1.5km Instructions Z1 recovery swim. Mix it up with different strokes, pull buoy, kick float and any other swim toys you have
Fri	REST DAY	REST DAY
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Sun	Type Bike Time 2hrs Instructions Steady bike: road or MTB in Z2	Type Bike Time 2hrs Instructions Steady bike: road or MTB in Z2

INTENSITY TRAINING ZONES

IRONMAN FOUNDATION

10-13 hours per week

USING THESE Training Zones will help you train at the right intensity for each session. This helps to develop specific aspects of your fitness, as well as making sure you don't overdo it. At this foundation stage of training only Zones 1-3 are used. You can either estimate your intensity, using the Training Zone descriptions, or use a heart-rate monitor for a more precise measure. If you use a heart-rate monitor, use the percentages provided, and subtract them from your maximum heart rate to calculate your zones. Tools like cycle power meters, and GPS watches will also help track your training progress, but they're not essential for these plans.

ZONE 1 (Z1) Recovery

60 to 65% of max. Easy pace, feels nice and light

ZONE 2 (Z2) Steady

65 to 75% of max. Fairly easy pace. Easy enough so that you could breathe just through your nose if you wanted to

ZONE 3 (Z3) Tempo

75% to 80% of max. Fairly hard, but sustainable pace

ZONE 4 (Z4) Race tempo

80 to 90% of max. Hard pace, sustainable, but requires real focus

ZONE 5 (Z5) Red line

90% to 100% max. Very hard, requires real focus, not sustainable for long

KEY

MTB Off-road bike **FC** Frontcrawl **BACK** Backstroke **BREAST** Breaststroke **PULL** FC with pull-buoy float **PULL ANKLES** FC with pull-buoy between ankles **KICK** Kicking on front & holding float **FISTS** FC with closed fists **BI** Bilateral breathing (every 3 strokes) **W/U** Warm up **W/D** Warm down

STAY IN THE TRAINING ZONE WITH TRIATHLON PLUS

	WEEK 03	WEEK 04
Mon	AM Type Run Time 30mins Instructions Steady run in Z2 PM Type Swim Distance 2.4km Instructions W/U (Z2): 600m as (400 fc, 200 pull, 100 kick, 100 fc). Technique (Z2): 8x50m as (1-2: head up, 3-4 pull, 5-6 fists, 7-8 fc). Main (Z2/Z3): 400m pull +30secs. 300m fc +20secs. 200m pull +10secs. 100m fc. W/D (Z1): 200m alternating fc/back/pull/fc	RECOVERY WEEK Type Swim Distance 1.4km Instructions W/U (Z2): 200 pull, 200m fc. Main (Z2): 400m alternating 25 kick, 50 fc. Technique (Z2): 400m alternating 25m pull, 25m breathe every 3 strokes. W/D (Z1): 200m alternating back/breast
Tue	Type Run Time 50mins Instructions Steady run in Z2	REST DAY
Wed	AM Type Bike Time 45mins Instructions Indoor trainer or road: W/U (Z2): 10 mins. Main (Z3): 2x15 mins with 90sec rests. W/D: 3 mins in Z2, 3 mins in Z1 PM Type Swim Distance 2.4km Instructions W/U (Z2): 600m as 2x (100m fc, 100m pull, 100m kick). Technique (Z2): 2x300m as (50 fists, 50 pull, 50 head up, 50 fc, 50 pull ankles, 50 fc) +30secs. Main (Z2/Z3): 8x100m as (50 fc, 50 pull). W/D (Z1): 400m as (8x50m alternating kick/fc)	Type Swim Distance 2km Instructions W/U (Z2): 200 fc, 200 kick, 200 pull, 100 fc. Technique (Z2): 400m as (50 fists, 100 fc, 50 pull, 100 fc, 50 head up, 100 fc, 50 doggy paddle, 100 fc) +30secs. Main (Z2): 400m fc, 200m pull, 100 fc. W/D (Z1): 200m fc
Thurs	AM Type Run Time 30mins Instructions 10mins in Z2, 10 mins at top of Z3, 10 mins in Z2 PM Type Swim Distance 1.5km Instructions Z1 recovery swim. Mix it up with different strokes, pull buoy, kick float and any other swim toys you have	Type Run Time 30mins Instructions 10mins in Z2, 10 mins at top of Z3, 10 mins in Z2
Fri	REST DAY	REST DAY
Sat	Type Brick Time 2hrs Instructions Bike to run session. 1 hour 40 road or MTB in Z2 into run 20 mins in Z2	Type Brick Time 1 hour 20 Instructions Bike to run session. 1 hour road or MTB in Z2 into run 20 mins in Z2
Sun	Type Bike Time 90mins Instructions Steady bike: road or MTB in Z2	Type Bike Time 90mins Instructions Steady bike: road or MTB in Z2

TRAININGZONE

TIME RICH PLAN

	WEEK 05	WEEK 06	WEEK 07	WEEK 08
Mon	AM Type Run Time 40mins Instructions Steady run in Z2 PM Type Swim Distance 2.7km Instructions W/U (Z2): 200fc, 200 pull, 100fc. Technique (Z1 to Z3): 400m kick as alternating 25m in Z3, 25m in Z1, +30secs. 400mas 25m fists, 25m fc, +30secs. Main (Z3): 2x 400fc + 45secs. 8x 50 pull + 20secs. W/D (Z1): 200mas alternating back/fc	AM Type Run Time 40mins Instructions Steady run in Z2 PM Type Swim Distance 2.6km Instructions W/U (Z2): 600mas (200fc, 100kick, 200 pull, 100kick). Technique (Z2): 2x 100as (25 pull ankles, 25fc, 25 pull ankles, 25fc) + 30secs. 2x 100as (25 fists, 25fc, 25 fists, 25m fc) + 30secs. Main (Z2/Z3): 2x 400m fc + 30secs. 4x 100m pull + 30secs. 4x 50fc + 10secs. W/D (Z1): 400m back/fc	AM Type Run Time 40mins Instructions Steady run in Z2 PM Type Swim Distance 2km Instructions W/U (Z2): 200fc, 200 kick, 200 pull, 100fc. Technique (Z2): 400mas (50 fists, 100fc, 50 pull, 100fc, 50 head up, 100fc, 50 doggy paddle, 100fc) + 30secs. Main (Z2): 400m fc, 200m pull, 100fc. W/D (Z1): 200m fc	RECOVERY WEEK Type Swim Distance 1.4km Instructions W/U (Z2): 200 pull, 200m fc. Main (Z2): 400m alternating 25 kick, 50fc. Technique (Z2): 400m alternating 25m pull, 25m breathe every 3 strokes. W/D (Z1): 200m alternating back/breast
Tue	Type Run Time 80mins Instructions Steady run in Z2	Type Run Time 80mins Instructions Steady run in Z2	Type Run Time 70mins Instructions Steady run in Z2	REST DAY
Wed	AM Type Bike Time 45mins Instructions Indoor trainer or road: W/U (Z2): 10mins. Main (Z3): 4x 6mins with 60 secestrs. W/D: 3mins in Z2, 3mins in Z1 PM Type Swim Distance 2.8km Instructions Warm up (Z2): 800mas (200fc bi, 100kick, 100breast, 200fc, 100kick, 100fc). Technique (Z2): 2x 200mas (50bi, 50m fc, 50m bi, 50m fc) + 20secs. Main (Z3): 4x 200m fc + 30secs. 400m pull, breathe every 3, 5, 7 strokes. +30secs. W/D (Z1): 400m pull	AM Type Bike Time 45mins Instructions Indoor trainer or road: W/U (Z2): 10mins. Main (Z3): 6x 4mins with 60 secestrs. W/D: 3mins in Z2, 3mins in Z1 PM Type Swim Distance 2.7km Instructions W/U (Z2): 500mas (200fc, 50 pull, 100fc, 50 back, 100fc). Technique (Z2): 200m kick alternating 25m on back, 25m kick on front. 400mas 8x (25 kick on front arms by side, 25fc). Main (Z2/Z3): 400m kick as (25m Z3, 25m Z1) + 30secs. 4x 200m pull + 30secs. W/D (Z1): 400m back/fc	AM Type Bike Time 45mins Instructions Indoor trainer or road: W/U (Z2): 10mins. Main (Z3): 2x 12mins, +2mins rest. W/D: 4mins in Z2, 4mins in Z1 PM Type Swim Distance 2.4km Instructions W/U (Z2): 600mas 2x (100m fc, 100m pull, 100m kick). Technique (Z2): 2x 300mas (50 fists, 50 pull, 50 head up, 50fc, 50 pull ankles, 50fc) + 30secs. Main (Z2/Z3): 8x 100mas (50fc, 50 pull), W/D (Z1): 400mas 8x 50m alternating kick/fc	Type Swim Distance 2km Instructions W/U (Z2): 200fc, 200kick, 200 pull, 100fc. Technique (Z2): 400mas (50 fists, 100fc, 50 pull, 100fc, 50 head up, 100fc, 50 doggy paddle, 100fc) + 30secs. Main (Z2): 400m fc, 200m pull, 100fc. W/D (Z1): 200m fc
Thur	AM Type Run Time 40mins Instructions 15mins in Z2, 10mins at top of Z3, 15mins in Z2 PM Type Swim Distance 1.5km Instructions Z1 recovery swim. Mix it up with different strokes, pull buoy, kick float and any other swim toys you have	AM Type Run Time 40mins Instructions 15mins in Z2, 2x 4mins at top of Z3 (+2mins jog rest), 15mins in Z2 PM Type Swim Distance 1.5km Instructions Z1 recovery swim. Mix it up with different strokes, pull buoy, kick float and any other swim toys you have	AM Type Run Time 35mins Instructions 15mins in Z2, 5mins at top of Z3, 15mins in Z2 PM Type Swim Distance 1.5km Instructions Z1 recovery swim. Mix it up with different strokes, pull buoy, kick float and any other swim toys you have	Type Run Time 30mins Instructions 10mins in Z2, 10mins at top of Z3, 10mins in Z2
Fri	REST DAY	REST DAY	REST DAY	REST DAY
Sat	Type Brick Time 2hrs 20mins Instructions Bike to run session. 2 hours road or MTB in Z2 into run 20mins in Z2	Type Brick Time 2hrs 20mins Instructions Bike to run session. 2 hours road or MTB in Z2 into run 20mins in Z2	Type Brick Time 2hrs Instructions Bike to run session. 1 hour 40 road or MTB in Z2 into run 20mins in Z2	Type Brick Time 1hrs 20mins Instructions Bike to run session. 1 hour road or MTB in Z2 into run 20mins in Z2
Sun	Type Bike Time 2hrs 30mins Instructions Steady Z2 bike ride	Type Bike Time 2hrs 30mins Instructions Steady Z2 bike ride	Type Bike Time 2hrs Instructions Steady bike, road or MTB in Z2	Type Bike Time 90mins Instructions Steady bike, road or MTB in Z2
	WEEK 09	WEEK 10	WEEK 11	WEEK 12
Mon	AM Type Run Time 50mins Instructions Steady run in Z2 PM Type Swim Distance 3.1km Instructions W/U (Z2): 400fc, 200 pull, 100fc. Technique (Z1 to Z3): 400m kick as alternating 25m in Z3, 25m in Z1, +30secs. 400mas 25m fists, 25m fc, +30secs. Main (Z3): 2x 400fc + 45secs. 8x 50 pull + 20secs. W/D (Z1): 400mas alternating back/fc	AM Type Run Time 50mins Instructions Steady run in Z2 PM Type Swim Distance 3.2km Instructions W/U (Z2): 800mas (200fc, 200 kick, 200 pull, 200kick). Technique (Z2): 2x 100as (25 pull ankles, 25fc, 25 pull ankles, 25fc) + 30secs. 4x 100as (25 fists, 25fc, 25 fists, 25m fc) + 30secs. Main (Z2/Z3): 2x 400m fc + 30secs. 4x 100m pull + 30secs. 4x 50fc + 10secs. W/D (Z1): 400m back/fc	AM Type Run Time 50mins Instructions Steady run in Z2 PM Type Swim Distance 2.4km Instructions W/U (Z2): 1,000mas (400fc, 200 pull, 200kick, 200fc). Technique (Z2): 8x 50m as (1-2 head up, 3-4 pull, 5-6 fists, 7-8 fc). Main (Z2/Z3): 400m pull + 30secs. 300m fc + 20secs. 200m pull + 10secs. 100m fc. W/D (Z1): 400m alternating fc/back/pull/fc	RECOVERY WEEK Type Swim Distance 1.4km Instructions W/U (Z2): 200 pull, 200m fc. Main (Z2): 400m alternating 25 kick, 50fc. Technique (Z2): 400m alternating 25m pull, 25m breathe every 3 strokes. W/D (Z1): 200m alternating back/breast
Tue	Type Run Time 90mins Instructions Steady run in Z2	Type Run Time 90mins Instructions Steady run in Z2	Type Run Time 80mins Instructions Steady run in Z2	REST DAY
Wed	AM Type Bike Time 45mins Instructions Indoor trainer or road: W/U (Z2): 7mins. Main (Z3): 5mins, 6mins, 7mins, 6mins, 5mins, +1min rests. W/D (Z2): 5mins PM Type Swim Distance 3km Instructions W/U (Z2): 800mas (200fc bi, 100kick, 100breast, 200fc, 100kick, 100fc). Technique (Z2): 3x 200mas (50bi, 50m fc, 50m bi, 50m fc) + 20secs. Main (Z3): 4x 200m fc + 30secs. 400m pull, breathe every 3, 5, 7 strokes. +30secs. W/D (Z1): 400m pull	AM Type Bike Time 45mins Instructions Indoor trainer or road: W/U (Z2): 8mins. Main (Z3): 2x 15mins, +2mins rest. W/D (Z2): 5mins PM Type Swim Distance 3km Instructions W/U (Z2): 800mas (200fc, 200 pull, 200 back, 200fc). Technique (Z2): 200m kick alternating 25m on back, 25m kick on front. 400mas 8x (25 kick on front arms by side, 25fc). Main (Z2/Z3): 400m kick as (25m Z3, 25m Z1) + 30secs. 4x 200m pull + 30secs. W/D (Z1): 400m back/fc	AM Type Bike Time 45mins Instructions Indoor trainer or road: W/U (Z2): 10mins. Main (Z3): 7x 3mins + 60sec rests. W/D (Z2): 7mins PM Type Swim Distance 2.7km Instructions W/U (Z2): 900mas 3x (100m fc, 100m pull, 100m kick) + 45secs. Technique (Z2): 2x 300mas (50 fists, 50 pull, 50 head up, 50fc, 50 pull ankles, 50fc) + 30secs. Main (Z2/Z3): 8x 100mas (50fc, 50 pull), W/D (Z1): 400mas (8x 50m alternating kick/fc)	Type Swim Distance 2km Instructions W/U (Z2): 200fc, 200kick, 200 pull, 100fc. Technique (Z2): 400mas (50 fists, 100fc, 50 pull, 100fc, 50 head up, 100fc, 50 doggy paddle, 100fc) + 30secs. Main (Z2): 400m fc, 200m pull, 100fc. W/D (Z1): 200m fc
Thur	AM Type Run Time 40mins Instructions 15mins in Z2, 2x 4mins at top of Z3 (+2mins jog rest), 15mins in Z2 PM Type Swim Distance 1.5km Instructions Z1 recovery swim. Mix it up with different strokes, pull buoy, kick float and any other swim toys you have	AM Type Run Time 40mins Instructions 15mins in Z2, 10mins at top of Z3, 15mins in Z2 PM Type Swim Distance 1.5km Instructions Z1 recovery swim. Mix it up with different strokes, pull buoy, kick float and any other swim toys you have	AM Type Run Time 35mins Instructions 15mins in Z2, 5mins at top of Z3, 15mins in Z2 PM Type Swim Distance 1.5km Instructions Z1 recovery swim. Mix it up with different strokes, pull buoy, kick float and any other swim toys you have	Type Run Time 30mins Instructions 10mins in Z2, 10mins at top of Z3, 10mins in Z2
Fri	REST DAY	REST DAY	REST DAY	REST DAY
Sat	Type Brick Time 2hrs 40mins Instructions Bike to run session. 2 hours 20 road or MTB in Z2 into run 20mins in Z2	Type Brick Time 2hrs 40mins Instructions Bike to run session. 2 hours 20 road or MTB in Z2 into run 20mins in Z2	Type Brick Time 2hrs 20mins Instructions Bike to run session. 2 hours road or MTB in Z2 into run 20mins in Z2	Type Brick Time 1hrs 20mins Instructions Bike to run session. 1 hour road or MTB in Z2 into run 20mins in Z2
Sun	Type Bike Time 3hrs Instructions Steady Z2 bike ride. Include 2x 10mins at top of Z3	Type Bike Time 3hrs Instructions Steady Z2 bike ride. Include 2x 10mins at top of Z3	Type Bike Time 2hrs 30mins Instructions Steady Z2 bike ride. Include 10mins at top of Z3	Type Bike Time 90mins Instructions Steady bike, road or MTB in Z2