Training programs POREČ TRIATLON

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Poreč Triatlon

T.K. SWIBIR

Rec = recovery

Pace 1 = easy - sustainable for 3-7 hours (50-60% of maximum heart rate)

Pace 2 = moderate - sustainable for 1-3 hours (60-80% of maximum heart rate)

Pace 3 = hard - sustainable for 10 - 60min (80-95% of maximum heart rate)

Max D = maximum effort for given distance, max effort on any distance or interval

17 week (06.10 - 12.10)

race week :)

5:30h week		
SWIM	2 sessions	

	BIKE	2 sessions
tue	session 1 - 30min pace 1, 4x10sec Max D rec 1min, 4x2min pace 3, rec 4min	
sat	session 2 - bike and run (bike 45min pace 1, run 15min (10min pace 1,	
	3min pace 3, 2min pace 1)	
sun	**Poreč Triathlon !!!**	

	RUN	2 sessions
mon	session 1 - 10min walk, 10min run pace 1, 3x50m accelerations with 50m walk,	
	main -4x4min pace 3, rec 4min,	
wed	session 2 - - 12min pace 1, 3min walk then 12min (2min pace 1, 1min pace 3)	

6:30h week		
SWIM	3 sessions	

	BIKE	2 sessions
tue	session 1 - 30min pace 1, 4x10sec Max D rec 1min, 4x2min pace 3, rec 4min	
sat	session 2 - bike and run (bike 45min pace 1, run 15min (10min pace 1,	
	3min pace 3, 2min pace 1)	
sun	**Poreč Triathlon !!!**	

	RUN	2 sessions
mon	session 1 - 10min walk, 10min run pace 1, 3x50m accelerations with 50m walk,	
	main -5x4min pace 3, rec 4min,	
wed	session 2 - - 12min pace 1, 3min walk then 15min (2min pace 1, 1min pace 3)	

Remark: sessions can be done as in this programmme, but one can also change the order
of sessions. It is relevant that running sessions aren't done on back to back days.

SWIM SESSION 1 -Monday
WU - 200m cr., 100m mixed
4x25m accelerations, rec 30sec
MAIN - 12x50m pace 3, rec 20sec
CD - 100m backstroke
total -1100m

SWIM SESSION 2 - Wednsesday
WU -4x75m (25m cr, 25m any stroke, 25m legs cr.)
MAIN - 3x200m pace 1, rec 10sec
CD - 100m any stroke
total - 1000m

SWIM SESSION 3 - Friday
WU - 300m any stroke, 4x25m Max D, rec 1min
MAIN - 600m pace 1, after interval exit the water and run 100m,
CD - 100m backstroke
total - 1100m