

Training programs POREČ TRIATLON

by Vladimir Žic, vladimir.zic@gmail.com



T.H. SUIBIA

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

13 week (08.09 - 14.09)

6 weeks to go

| 10:30h week | |
|-------------|--|
| SWIM | 2 sessions |
| BIKE | 3 sessions |
| tue | session 1 -2h (30min pace 1, 30min pace 2, 30min pace 3, 30min pace 1) |
| thu | session 2 - 60min pace 1 |
| sun | session 3 (brick -swim, bike and run) - swim 30min pace 2, on the bike bike -90min pace 1, to run 4x15min pace 1, rec 2min walk |
| RUN | 2 sessions |
| mon | session 1 - 30min pace 1,5x3min uphill (2min pace 1, 1min pace 3), rec downhill pace 1, + 10min pace 3 on flats |
| wed | session 2 - - 45min pace 1 |

| 12h week | |
|-------------|--|
| SWIM | 3 sessions |
| BIKE | 3 sessions |
| tue | session 1 -2:30h (40min pace 1, 40min pace 2, 40min pace 3, 30min pace 1) |
| thu | session 2 - 30min pace 1 |
| sun | session 3 (brick -swim, bike and run) - swim 30min pace 2, on the bike bike -90min pace 1, to run 4x15min pace 1, rec 2min walk |
| RUN | 2 sessions |
| mon | session 1 - 30min pace 1,5x3min uphill (2min pace 1, 1min pace 3), rec downhill pace 1, + 10min pace 3 on flats |
| wed | session 2 - - 60min pace 1 |

Remark: sessions can be done as in this programme, 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 |
| MAIN - 4x50m pace 3, rec 30sec 1000m pace 1, rec 1min 2x100m pace 3, rec 30sec |
| CD - 100m backstroke total -1800m |
| SWIM SESSION 2 - Wednesday |
| WU -500m any stroke, |
| MAIN - 5x250m pace 1, rec 30sec |
| CD - 150m any stroke total - 1900m |
| SWIM SESSION 3 - Friday |
| WU - 300m any stroke, 2x100m backs., |
| MAIN - 800m pace1, rec 30sec 10x25m Max D, rec 1min |
| CD - 100m backstroke total - 1650m |