

Training programs POREČ TRIATLON

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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, maximum effort on any distance

14 week (15.09 - 21.09)

4 weeks to go

7h week	
	SWIM 2 sessions (session 1 and session 3)
tue	BIKE 2 sessions
sun	session 1 -30min pace 1, 8x10sec Max D, rec 1min, 15min pace 2, 15min pace 1 session 2 - 3h pace 1
mon	RUN 2 sessions
wed	session 1 - 25min pace 1, 5min pace 2 session 2 - 3x12min pace 1, rec 1min walk

9h week	
	SWIM 3 sessions
tue	BIKE 2 sessions
sun	session 1 - 1h pace 1, 10x10sec Max D, rec 1min, 15min pace 2, 10min pace 1 session 2 - 3h pace 1
mon	RUN 2 sessions
wed	session 1 - 25min pace 1, 10min pac 2 session 2 - 5x10min pace 1, rec 1min walk

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 , 4x25m legs crawl
MAIN - 400m pace1, - 3x100m pace 3, rec 1min - 200m pace 2
CD - 100m backstroke total -1300m
SWIM SESSION 2 - Wednesday
WU - 600m
MAIN - 100-300-500m, pace 1, rec 40sec
CD - 200m bacstroke total - 1700m
SWIM SESSION 3 - Friday
WU - 300m any stroke, 200m crawl
MAIN - 1500m pace 1
CD - 200m any stroke total - 2200m