

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, max effort on any distance or interval

15 week (22.09 - 29.09)

3 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 -2h pace 1, to run 3x20min pace 1, rec 2min walk
	RUN 2 sessions
mon	session 1 - 30min pace 1
wed	session 2 - - 40min pace 3

12h week	
	SWIM 3 sessions
	BIKE 3 sessions
tue	session 1 -2h (40min pace 1, 40min pace 2, 40min pace 3, 30min pace 1)
thu	session 2 -2h pace 1
sun	session 3 (brick -swim, bike and run) - swim 30min pace 2, on the bike bike -2h pace 1, to run 3x20min pace 1, rec 2min walk
	RUN 2 sessions
mon	session 1 - 40 pace 1,
wed	session 2 - -3x12 min pace 3, rec 2 min hod

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 800m pace 1, rec 1min 2x100m pace 3, rec 30sec
CD - 100m backstroke total -1600m
SWIM SESSION 2 - Wednesday
WU -500m any stroke,
MAIN - 4x200m pace 2, rec 30sec
CD - 150m any stroke total - 1450m
SWIM SESSION 3 - Friday
WU - 300m any stroke, 2x100m backs.,
MAIN - 500m pace3 12x25m Max D, rec 1min
CD - 100m backstroke total - 1300m