

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

All swim training this week should be done in tri suit and wetsuit if possible.

16 week (29.09 - 05.10)

2 weeks to go

8:30h week	
	SWIM 2 sessions
	BIKE 3 sessions
tue	session 1 - 30min pace 1, 4x10sec Max D rec 1min, 4x5min pace 3, rec1min
thu	session 2 - 45min pace 1
sun	session 3 (brick -bike and run) - bike 1h pace 1, 30min pace 2, 15min pace3, 15min pace 1, + run 30min (10min pace 1, 10min pace 3, 10min pace 1)
	RUN 2 sessions
mon	session 1 - 10min walk, 10min run pace 1, 5x50m accelerations with 50m walk, main -6x3min pace 3, rec 3min, 5min walk
wed	session 2 - - 10min walk, 5min pace 1, 21min (2min pace 1, 1min pace 3)

10h week	
	SWIM 3 sessions
	BIKE 3 sessions
tue	session 1 - 30min pace 1, 4x10sec Max D rec 1min, 6x4min pace 3, rec1min
thu	session 2 - 1h pace 1
sun	session 3 (brick -bike and run) - bike 1h pace 1, 30min pace 2, 20min pace3, 10min pace 1, + run 35min (10min pace 1, 15min pace 3, 10min pace 1)
	RUN 2 sessions
mon	session 1 - 10min walk, 10min run pace 1, 5x50m accelerations with 50m walk, main -6x3min pace 3, rec 3min, 5min walk
wed	session 2 - - 10min walk, 5min pace 1, 21min (2min pace 1, 1min pace 3)

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
4x25m accelerations, rec 30sec
MAIN - 6x25m legs cr., pace 3, rec 1min 8x100m pace 3, rec 1min 400m pace 2,
CD - 100m backstroke total -1850m
SWIM SESSION 2 - Wednesday
WU -4x75m (25m cr, 25m any stroke, 25m legs cr.)
MAIN - 5x200m pace 1, rec 20sec
CD - 100m any stroke total - 1400m
SWIM SESSION 3 - Friday
WU - 300m any stroke, 2x100m backs., 2x50m pace 3, rec 30sec
MAIN - 3x300m Max D, after each interval exit the water and run 50-100m, rec 1min
CD - 100m backstroke total - 1700m