

Check out our 8 week training plan, put together for you by John Wood from Tri Coaching.

Week 1				
	Swim	Bike	Run	S&C
Monday	<ul style="list-style-type: none"> <li>• 200m warm up</li> <li>• 4x50m choice drill</li> <li>• 300m smooth and steady swim</li> <li>• 3x100m 30s rest – 75m easy / 25m strong</li> <li>• 4x50m 15s rest – build (get quicker through the 50)</li> <li>• 100m choice cool down</li> </ul>			1 Session
Tuesday		<ul style="list-style-type: none"> <li>• 5-10 mins easy spin warm up</li> <li>• 4x5 mins RPE 8 with 2 mins easy recovery</li> <li>• 5 mins easy cool down</li> </ul>		
Wednesday			<ul style="list-style-type: none"> <li>• 10 mins easy warm up</li> <li>• 3x4 mins at RPE 8 with 2-3 mins easy jog recover</li> <li>• 5-10 mins easy cool down</li> </ul>	
Thursday	<ul style="list-style-type: none"> <li>• 200m warm up</li> <li>• 4x50m 25m kick / 25m swim</li> <li>• 400m smooth and consistent swimming</li> <li>• 200m swim</li> <li>• 4x50m – 15s rest descend – (get quicker each 50m)</li> <li>• 100m choice cool down</li> </ul>			2 Sessions
Friday	REST DAY			
Saturday			<ul style="list-style-type: none"> <li>• 45 mins gentle running. Every 9mins, stretch out and accelerate for 30s, then ease back down. Calm!</li> </ul>	3 Sessions
Sunday		<ul style="list-style-type: none"> <li>• 60 min cycle, include some hills, controlled.</li> </ul>	<ul style="list-style-type: none"> <li>• 5 mins run straight off the bike. Controlled, easy RPE 5</li> </ul>	

## Week 2

	Swim	Bike	Run	S&C
Monday	<ul style="list-style-type: none"> <li>• 200m warm up</li> <li>• 4x50m 25m choice drill / 25m swim</li> <li>• 400m steady swim</li> <li>• 4x100m 30s rest – 25m fast / 75m steady</li> <li>• 4x50m 15s rest – 25m easy / 25m fast</li> <li>• 100m cool down</li> </ul>			4 Sessions
Tuesday		<ul style="list-style-type: none"> <li>• 5-10 mins easy warm up</li> <li>• 4x5 mins RPE 8 with 2 mins recovery</li> <li>• 5 mins easy cool down</li> </ul>		
Wednesday			<ul style="list-style-type: none"> <li>• 10 mins easy warm up</li> <li>• 4x4 mins at RPE 8 with 2-3 mins easy jog recover</li> <li>• 5-10 mins easy cool down</li> </ul>	
Thursday	<ul style="list-style-type: none"> <li>• 200m warm up</li> <li>• 4x50m 25m kick 25m swim</li> <li>• 500m smooth, easy swimming, Control!</li> <li>• 250m swim – quicker than half the 500m</li> <li>• 6x50m – 15s rest – descend 1-3, 4-6 (ie get quicker 1-3, then start again)</li> <li>• 100m choice cool down</li> </ul>			5 Sessions
Friday	REST DAY			
Saturday			<ul style="list-style-type: none"> <li>• 50 Mins negative split run – first half super easy – talking pace. Second half slightly quicker.</li> </ul>	6 Sessions
Sunday		<ul style="list-style-type: none"> <li>• 60 min steady cycle, include some hills,</li> </ul>	<ul style="list-style-type: none"> <li>• 10 mins run straight off the bike. Controlled, easy RPE 5</li> </ul>	

### Week 3

	Swim	Bike	Run	S&C
Monday	<ul style="list-style-type: none"> <li>• 200m warm up</li> <li>• 4x50m choice drill</li> <li>• 3x100m 20s rest – smooth and consistent</li> <li>• 300m smooth and steady swim</li> <li>• 3 x 100m 30s rest – 75 easy / 25 strong</li> <li>• 4x50m 15s rest – build (get quicker through the 50)</li> <li>• 100m choice cool down</li> </ul>			1 Session
Tuesday		<ul style="list-style-type: none"> <li>• 5-10 mins easy spin warm up</li> <li>• 5x5 mins RPE 8 with 2 mins recovery</li> <li>• 5 mins easy cool down</li> </ul>		
Wednesday			<ul style="list-style-type: none"> <li>• 10 mins easy warm up</li> <li>• 3x5 mins at RPE 8 with 2-3 mins easy jog recover</li> <li>• 5-10 mins easy cool down</li> </ul>	
Thursday	<ul style="list-style-type: none"> <li>• 200m warm up</li> <li>• 4x50m 25m kick / 25m swim</li> <li>• 2x100m 30s rest – swim strong</li> <li>• 400m smooth and consistent swimming</li> <li>• 200m swim</li> <li>• 4x50m – 15s rest descend – (get quicker each 50m)</li> <li>• 100m choice cool down</li> </ul>			2 Sessions
Friday	REST DAY			
Saturday			<ul style="list-style-type: none"> <li>• 55 mins running – 30 super easy, 15 mins RPE 7, 5 mins RPE 8, 5 mins easy cool down</li> </ul>	3 Sessions
Sunday		<ul style="list-style-type: none"> <li>• 60 min cycle, include some hills, controlled.</li> </ul>	<ul style="list-style-type: none"> <li>• 10 mins run straight off the bike. Controlled, easy RPE 5</li> </ul>	

## Week 4

	Swim	Bike	Run	S&C
Monday	<ul style="list-style-type: none"> <li>• 200m warm up</li> <li>• 4x50m 25m choice drill / 25m swim</li> <li>• 200m build swim</li> <li>• 400m steady swim</li> <li>• 4 x 100m 30s rest – 25m fast / 75m steady</li> <li>• 4x50m 15s rest – 25m easy / 25m fast</li> <li>• 100m choice cool down</li> </ul>			4 Session
Tuesday		<ul style="list-style-type: none"> <li>• 5-10 mins easy spin warm up</li> <li>• 6x5 mins RPE 8 with 2 mins recovery</li> <li>• 5 mins easy cool down</li> </ul>		
Wednesday			<ul style="list-style-type: none"> <li>• 10 mins easy warm up</li> <li>• 4x5 mins at RPE 8 with 2-3 mins easy jog recover</li> <li>• 5-10 mins easy cool down</li> </ul>	
Thursday	<ul style="list-style-type: none"> <li>• 200m warm up</li> <li>• 4x50m 25m kick / 25m swim</li> <li>• 500m smooth and consistent swimming</li> <li>• 250m swim – quicker than half the 500m.</li> <li>• 6x50m 15s rest – descend 1-3, 4-6 (ie get quicker 1-3, then start again)</li> <li>• 4x25m – 30s rest</li> <li>• 100m cool down</li> </ul>			5 Sessions
Friday	REST DAY			
Saturday			<ul style="list-style-type: none"> <li>• 45 mins gentle running- Every 9 mins, stretch out and accelerate for 30s, then ease back down. Calm!</li> </ul>	6 Sessions
Sunday		<ul style="list-style-type: none"> <li>• 40 min cycle, include some hills, controlled.</li> </ul>	<ul style="list-style-type: none"> <li>• 5 mins run straight off the bike. Controlled, easy RPE 5</li> </ul>	

## Week 5

	Swim	Bike	Run	S&C
Monday	<ul style="list-style-type: none"> <li>• 200m warm up</li> <li>• 4x50m choice drill</li> <li>• 3x100m 30s rest – 75 easy / 25 fast</li> <li>• 4x50m 15s rest – build (get quicker through the 50)</li> <li>• 100m choice cool down</li> </ul>			1 Session
Tuesday		<ul style="list-style-type: none"> <li>• 5-10 mins easy spin warm up</li> <li>• 8x4 mins RPE 8 with 1.30 mins recovery</li> <li>• 5 mins easy cool down</li> </ul>		
Wednesday			<ul style="list-style-type: none"> <li>• 10 mins easy warm up</li> <li>• 3x6 mins at RPE 8 with 2-3 mins easy jog recover</li> <li>• 5-10 mins easy cool down</li> </ul>	
Thursday	<ul style="list-style-type: none"> <li>• 200m warm up</li> <li>• 4x50m 25m kick / 25m swim</li> <li>• 2x400m 60s rest – smooth and consistent swimming</li> <li>• 2x100m 20s rest – steady swim</li> <li>• 4x50m – 15s rest descend – (get quicker each 50m)</li> <li>• 100m choice cool down</li> </ul>			2 Sessions
Friday	REST DAY			
Saturday			<ul style="list-style-type: none"> <li>• 45 mins running – Every 9 mins, stretch out and accelerate for 30's then ease back down. Calm!</li> </ul>	3 Sessions
Sunday		<ul style="list-style-type: none"> <li>• 60 min cycle, include some hills, controlled.</li> <li>• Last 10mins home increase the effort to RPE 8</li> </ul>	<ul style="list-style-type: none"> <li>• 20 mins run straight off the bike. Controlled, easy RPE 5</li> </ul>	

## Week 6

	Swim	Bike	Run	S&C
Monday	<ul style="list-style-type: none"> <li>• 200m warm up</li> <li>• 4x50m 25m choice drill / 25m swim</li> <li>• 4x200m 30s rest – 150m steady / 50m fast</li> <li>• 6x50m 15s rest – 25m easy / 25m fast</li> <li>• 100m choice cool down</li> </ul>			4 Session
Tuesday		<ul style="list-style-type: none"> <li>• 5-10 mins easy spin warm up</li> <li>• 10x3 mins RPE 8 with 1 min easy recovery</li> <li>• 5 mins easy cool down</li> </ul>		
Wednesday			<ul style="list-style-type: none"> <li>• 10 mins easy warm up</li> <li>• 3x8 mins at RPE 8 with 2-3 mins easy jog recover</li> <li>• 5-10 mins easy cool down</li> </ul>	
Thursday	<ul style="list-style-type: none"> <li>• 200m warm up</li> <li>• 4x50m 25m kick / 25m swim</li> <li>• 4x50m 20s rest – smooth, easy swim</li> <li>• 750m swim 30s rest – controlled and consistent</li> <li>• 4x50m 20s rest – smooth and easy swim</li> <li>• 100m cool down</li> </ul>			5 Sessions
Friday	REST DAY			
Saturday			<ul style="list-style-type: none"> <li>• 30 mins gentle running- Every 9 mins, stretch out and accelerate for 30s, then ease back down. Calm!</li> </ul>	6 Sessions
Sunday		<ul style="list-style-type: none"> <li>• 60 min cycle, include some hills, controlled.</li> <li>• Last 10mins home increase the effort to RPE 8</li> </ul>	<ul style="list-style-type: none"> <li>• 25 mins run straight off the bike. Controlled, easy RPE 5</li> </ul>	

## Week 7

	Swim	Bike	Run	S&C
Monday	<ul style="list-style-type: none"> <li>• 200m warm up</li> <li>• 4x50m choice drill</li> <li>• 10x100m 20s rest – Consistent race effort</li> <li>• 4x50m 15s rest – build (get quicker through the 50)</li> <li>• 100m choice cool down</li> </ul>			1 Session
Tuesday		<ul style="list-style-type: none"> <li>• 5-10 mins easy spin warm up</li> <li>• 8x4 mins RPE 8 with 1.30 mins recovery</li> <li>• 5 mins easy cool down</li> </ul>		
Wednesday			<ul style="list-style-type: none"> <li>• 10 mins easy warm up</li> <li>• 3x8 mins at RPE 8 with 2-3 mins easy jog recover</li> <li>• 5-10 mins easy cool down</li> </ul>	
Thursday	<ul style="list-style-type: none"> <li>• 200m warm up</li> <li>• 4x50m 25m kick / 25m swim</li> <li>• 800m 60s rest – controlled and consistent</li> <li>• 2x100m 20s rest – steady swim</li> <li>• 4x50m – 20s rest smooth, easy swim</li> <li>• 100m choice cool down</li> </ul>			2 Sessions
Friday	REST DAY			
Saturday			<ul style="list-style-type: none"> <li>• 30 mins EASY running. No more than RPE 5/6</li> </ul>	3 Sessions
Sunday		<ul style="list-style-type: none"> <li>• 40 min cycle, include some hills, controlled.</li> <li>• Last 10mins home increase the effort to RPE 8</li> </ul>	<ul style="list-style-type: none"> <li>• 25 mins run straight off the bike. Controlled, easy RPE 5</li> </ul>	

## Week 8

	Swim	Bike	Run	S&C
Monday	<ul style="list-style-type: none"> <li>• 200m warm up</li> <li>• 4x50m 25m choice drill / 25m swim</li> <li>• 3x200m 30s rest – 150m steady / 50m fast</li> <li>• 4x50m 15s rest – 25m easy / 25m fast</li> <li>• 100m choice cool down</li> </ul>			4 Session
Tuesday		<ul style="list-style-type: none"> <li>• 5-10 mins easy spin warm up</li> <li>• 6x3 mins from RPE 7 to RPE 9 with 2 min easy recovery</li> <li>• 5 mins easy cool down</li> </ul>		
Wednesday			<ul style="list-style-type: none"> <li>• 10 mins easy warm up</li> <li>• 3x3 mins at RPE 8 with 2mins easy jog recovery</li> <li>• 5 mins cool down</li> </ul>	
Thursday	<ul style="list-style-type: none"> <li>• 200m warm up</li> <li>• 4x50m 25m kick / 25m swim</li> <li>• 6x100m 30s rest – controlled, race pace</li> <li>• 100m cool down</li> </ul>			5 Sessions
Friday	REST DAY			
Saturday	10 mins easy spin or jog. Super Low effort. Just keep the legs fresh for tomorrow			
Sunday	750m	20km	5km	

## RPE

RPE is a scale to establish how hard you are working, or should be working. On the bike and running, this means that you don't have to worry about speed or pace – which can be affected by weather, road surface, or gradients.

It is incredibly subjective, but ranks on a scale of 1-10, and will help you tune into how your body is feeling at any one time.

0	Sleeping!
1-3	Very Easy, warm up/cool down/recovery effort
4-6	Comfortable, the point where most will start sweating, where conversation goes from easy to more of a challenge
7	Strong – breathing is laboured, can maintain this pace/effort for an hour without slowing
8	Hard – struggle to hold this pace, heart rate is increasing, could maintain for 20-30 mins
9	Very hard – this hurts and can only hold this for up to 5 mins
10	Flat out, 60s effort maximum.

## S&C Sessions

1	Kneeling Hip Flexor Stretch: 2 x 30 seconds each leg	<a href="http://youtu.be/VAvaAilad24">http://youtu.be/VAvaAilad24</a>
	Side Plank: 3 x 45 seconds each side	<a href="http://youtu.be/4gEZ3nORgQk">http://youtu.be/4gEZ3nORgQk</a>
	Single Leg Dead Lift: 3 x 15 each leg	<a href="http://youtu.be/gCN4zxMlhHI">http://youtu.be/gCN4zxMlhHI</a>
2	Hamstring Stretch: 2 x 45 seconds each leg	<a href="http://youtu.be/fN-qUW7UB9c">http://youtu.be/fN-qUW7UB9c</a>
	High Step-Up: 3 x 20 each leg	<a href="http://youtu.be/ddMydlUCXCI">http://youtu.be/ddMydlUCXCI</a>
	Single Leg Reverse Curl: 3 x 20 alternating legs (10 left, 10 right)	<a href="http://youtu.be/XwQyPNzdPjU">http://youtu.be/XwQyPNzdPjU</a>
3	Back Mobility Exercises: 2 x 20 each exercise (10 to left, 10 to right)	<a href="http://youtu.be/MBxRDZ08pyg">http://youtu.be/MBxRDZ08pyg</a>
	Single Leg Sit-to-Stand: 3 x 15 each leg	<a href="http://youtu.be/WV-KpVcWbG0">http://youtu.be/WV-KpVcWbG0</a>
	Single Leg Glute Bridges: 3 x 20 alternating legs (10 left, 10 right)	<a href="http://youtu.be/P3X45Y7JehY">http://youtu.be/P3X45Y7JehY</a>
4	Adductor Stretch: 2 x 30-60sec each side	<a href="http://youtu.be/ANue9qDFg90">http://youtu.be/ANue9qDFg90</a>
	Clock Lunges: 3 x 6 times through on each leg	<a href="http://youtu.be/nYSTidWwaqY">http://youtu.be/nYSTidWwaqY</a>
	Med Ball Twists: 3 x 30 (substitute ~5kg object for med ball)	<a href="http://youtu.be/W_mz-iFALQQ">http://youtu.be/W_mz-iFALQQ</a>
5	Glute Bridges: 3 x 20 (double leg)	<a href="http://youtu.be/YzYSjkqmqL4">http://youtu.be/YzYSjkqmqL4</a>
	Calf Raises: 3 x 25 (double leg)	<a href="http://youtu.be/c5Kv6-fnTj8">http://youtu.be/c5Kv6-fnTj8</a>
	Plank Hold: 3 x 30-60sec holds	<a href="http://youtu.be/PWd2VXg2Mpk">http://youtu.be/PWd2VXg2Mpk</a>
6	Quad Stretch: 2 x 30sec-1min each leg	<a href="http://youtu.be/zBCGE6KCGnE">http://youtu.be/zBCGE6KCGnE</a>
	Bulgarian Split Squat: 3 x 15 each leg (holding weights if desired)	<a href="http://youtu.be/-J8PQsOMtNo">http://youtu.be/-J8PQsOMtNo</a>
	Opposite Arm & Leg Plank: 3 x 1min alternating arms and legs	<a href="http://youtu.be/bEwuaHel5iw">http://youtu.be/bEwuaHel5iw</a>