**TRAINING ZONES**

**Easy: 4/10 effort level**
This is very low intensity training that promotes increased oxygen absorption and can aid in injury prevention and recovery. No feathering is required in this zone, and all your warm-up and cool-down time surrounding workouts should be spent here.

**Aerobic: 6/10 effort level**

The majority of your training each week should be dedicated to this zone, which is moderate in intensity and increases your ability to tolerate higher workloads. Very little concentration is needed, and you should be able to carry on a complete conversation.

**Tempo: 7/10 effort level**
When conversation becomes difficult and you take your first deep breath—that’s when you’ve reached the tempo zone. Your concentration at this effort should start to switch on.

**Threshold: 8/10 effort level**
A large portion of your training should be spent here, as it develops the ability of your fast-twitch muscle fibers and improves your body’s ability to process lactate. Threshold requires solid concentration, and breathing should be labored but manageable.

**VO2 max: 9/10 effort level**
Your VO2 max work is where high speed gains are made. Recovery from this zone takes the longest, and training at this intensity is also difficult in the face of any additional stress or demand.

**Conditioning specific strength endurance: 7/10 effort level**
The effect of this type of training is similar to the tempo zone, but while working with a high load of resistance or using maximum torque to build strength.

**Neuromuscular quickness:** Keep the load extremely light in this zone, with a focus on high, smooth movement. For experienced athletes, this session can aid in recovery. High coordination is required.

---

**8 WEEKS TO YOUR OLYMPIC BEST**

Race your fastest this season with this focused training plan.

In order to take your racing to the next level, your training plan needs to develop all aspects of your athleticism with progression and consistency. My philosophy as a coach is to create an environment that enables athletes to understand their tendencies while developing them to their best. If you want to be a complete, well-rounded athlete, you have to train the full range of all your systems.

This program is designed for intermediate athletes training for an Olympic distance triathlon. An athlete taking on this eight-week program should have a background of successfully completing and sustaining eight weeks worth of training with a base of at least six hours per week. The key is consistency and adhering to the training zones described here. With the right focus and hard work, you’re bound to race your best Olympic this season!
TRIATHLETE.COM August 2016

**SWIM 2100**
- 3x200 as 1 swim/1 pull/1 swim
- 8x50 as 2 drill/swim, 2 build, 25 fast/25 easy
- 8x50 build to fast, 15 sec rest
- 7x100 steady to strong effort, 10 sec rest
- 100 easy cool-down

**BIKE 1:00**
- Warm-up: 10 min
- 4 min, single-leg work: (1 min right leg/1 min left leg/1 min both legs)
- 10 min high cadence work:
  - 1 min at 100 RPM
  - 1 min at 110 RPM
  - 1 min at 90–95 RPM
  - Repeat to total 10 min
- Light gear smooth pedaling
- 20 min big gear work (use 95 RPM as base)
- 1 min base, 1 min at 65 RPM
- 2 min base, 2 min at 80 RPM
- 3 min base, 3 min at 75 RPM
- 4 min base, 4 min at 70 RPM
- 30 sec base, 30 sec at 66 RPM
- 30 sec base, 30 sec at 50 RPM
- Cool down 10 min

**GYM 1:00**
- Jog easy for 10–15 min on flat terrain
- 5x1 min steady-strong uphill, focus on good form. Jog back to the bottom for recovery.
- 5x1 min on a slight downhill or flat road, building cadence throughout the 1 min
- 1 min easy jog between each
- Cool down 10 min jog

**Bike Core routine**
- Warm up 10 min
- Warm-up: 10 min
- Warm-up 20 min: Easy run. Run on the hill.

**Bike Core routine**
- Warm up 10 min
- Warm-up: 10 min
- Warm-up 20 min: Easy run. Run on the hill.

**W**

**SWIM 2500**
- 4x100 as 25 swim/25 choice drill/25 build effort (25 easy, 10 sec rest)
- 8x200 pull with optional gear (band, buoy, paddles), 10 sec rest
- 8x25 kick fast, 15 sec rest
- 100 easy

**BIKE 1:30**
- 10 min easy swim
- 5 min build to steady
- 5 min easy
- For the remaining hour, continuously repeat: 6 min big gear 65–85 RPM, 4 min spin, 30+ RPM
- Cool down 10 min easy swim
- Run 30 min

**Bike Core routine**
- Warm up 25 min: Easy, 100 easy
- 4x25 kick, 10 sec rest
- 4x25 head up drill, 10 sec rest
- 5x100 swim, descending 1–5, 15 sec rest
- 50 easy kick
- 5x100 buoy and band, descending 1–5, 10 sec rest
- 50 easy swim
- 5x100 swim target race effort, 15 sec rest
- 100 easy cool-down

**GYM Core routine**
- Warm up 30 min:
  - 4x60 sec right leg only/15 sec both legs/45 sec left leg only/15 sec both)
  - 5 min easy
  - 5 min, build the 5 min to tempo, 5 min easy
  - 15x3 min, alternating power* 1 min/1 min easy sprinting 90–125 RPM
  - Cool down 10 min
- *Power minute: Goal is to hold strong power in a hard gear. Because the gearing is hard, you might start the minute in a lower RPM and ramp it up throughout.

**Run 30 min**
- Run off the bike with a steady effort. Insert 1 min walking into each 10 min block, ending with 8x75 meter strides on 30 sec walking recovery.

**SWIM 3200**
- Goal of the entire workout is to swim the second 1000 faster than the first 1000:
  - 200 easy and relaxed on 15 sec rest
  - 100 easy and relaxed with the middle 25 fast 10 sec rest
  - 100 easy
  - 1000 start easy and build to steady effort (note time)
  - Hill reps should be done on a sufficient grade but not a steep hill. These efforts should be strong but not full speed.
  - Cool down easy to reach total time

**SWIM 2600**
- Goal of the entire workout is to swim the second 1000 faster than the first 1000:
  - 200 easy and relaxed on 15 sec rest
  - 100 easy and relaxed
  - 1000 swim faster than the first one (note change in effort required to swim fast enough)
  - 100 cool-down

**Bike Core routine**
- Warm up 10 min:
  - 4x5 min big gear, 55–65 RPM, 4 min easy spin between each
  - 5 min easy
  - 5 min, change to 65–70 RPM, 6–7/10 effort, 5 min easy between each
  - Cool down to reach total time

**Run 40 min**
- Include 6x20 sec strides/40 sec easy jog
- 4x10 min of each drill:
  - Butt kicks
  - Monster walks
  - Side-to-side shuffles
- Focus is 90+ cadence and keeping the stride short. Think quick feet!
- Jog to cool down.

**BIKE 1:30**
- Warm-up: 10 min
- 4x15 min temp effort, 6–7/10 effort, 5 min easy between each
- Cool down to reach total time

**RUN 1:00**
- Warm-up easy 10 min
- 4x2 min tempo (1 min easy/2 min tempo/1 min easy)
- Tempo is at 75%, easy is 60%
- Cool down 10–15 min

**SWIM 2000**
- 100 easy
- 4x25 kick, 10 sec rest
- 4x25 head up drill, 10 sec rest
- 5x100 swim, descending 1–5, 15 sec rest
- 50 easy kick
- 5x100 buoy and band, descending 1–5, 10 sec rest
- 50 easy swim
- 5x100 swim target race effort, 15 sec rest
- 100 easy cool-down

**GYM Core routine**
- Warm up 45 sec:
  - Include 6x60 sec uphill
  - Slow jog back down for recovery
  - Hill reps should be done on a sufficient grade but not a steep hill. These efforts should be strong but not full speed.
  - Cool down easy to reach total time

**BIKE 1:00**
- Warm up 10 min:
  - 4x60 sec right leg only/15 sec both legs/45 sec left leg only/15 sec both)
  - 1 min easy
  - 5 min, build the 5 min to tempo, 5 min easy
  - 15x3 min, alternating power* 1 min/1 min easy sprinting 90–125 RPM
  - Cool down 10 min
- *Power minute: Goal is to hold strong power in a hard gear. Because the gearing is hard, you might start the minute in a lower RPM and ramp it up throughout.

**Run 30 min**
- Run off the bike with a steady effort. Insert 1 min walking into each 10 min block, ending with 8x75 meter strides on 30 sec walking recovery.

**SWIM 2500**
- 100 easy
- 5x2 min hard/2 min easy
- 5x2 min hard/2 min easy
- 5x1 min hard/1 min easy
- 5x1 min hard/1 min easy
- Cool down easy to reach total time

**BIKE 1:00**
- Warm up 10 min:
  - 4x4 sec/30 sec easy/30 sec both legs/30 sec both legs
  - 2 min spin easy
  - 1 min cool-down
  - 30 sec hard/30 sec easy
  - 1 min cool-down
  - 5x2 min hard/2 min easy
  - 5x1 min hard/1 min easy
  - 5x30 sec hard/30 sec easy
  - Easy 5 min

**Run 40 min**
- 10 min at target race pace
- 1 min slightly above race pace/30 sec race pace
- Cool down easy to reach total time

**SWIM 1500**
- Warm up 10 min
- 4x100 yard fast/300 yard easy
- Cool down to reach total time

**BIKE 1:30**
- Warm-up: 10 min
- 4x15 min temp effort, 6–7/10 effort, 5 min easy between each
- Cool down to reach total time

**Run 40 min**
- 10 min at target race pace
- 1 min slightly above race pace/30 sec race pace
- Cool down easy to reach total time

**SWIM 1400**
- Warm up 10 min
- 4x100 yard fast/300 yard easy
- Cool down to reach total time

**BIKE 1:30**
- Warm-up: 10 min
- 4x15 min temp effort, 6–7/10 effort, 5 min easy between each
- Cool down to reach total time

**Run 40 min**
- 10 min at target race pace
- 1 min slightly above race pace/30 sec race pace
- Cool down easy to reach total time

**SWIM 1000**
- Warm up 10 min
- 4x100 yard fast/300 yard easy
- Cool down to reach total time

**BIKE 1:30**
- Warm-up: 10 min
- 4x15 min temp effort, 6–7/10 effort, 5 min easy between each
- Cool down to reach total time

**Run 40 min**
- 10 min at target race pace
- 1 min slightly above race pace/30 sec race pace
- Cool down easy to reach total time
**WEEK 6**

**SUNDAY**

**SWIM 3300**
- 100 swim, 4x50 build on 1:00
- 8x100 steady on 10 sec rest
- 200 easy
- 8x100 at race effort, 15 sec rest
- 200 easy
- 8x100 above race effort, 20 sec rest
- 200 easy

**BIKE 1:00**
- 10x1 min RPM 105 light gear, 30 sec easy between
- 4x5 min 50–60 RPM, 2 min easy between
- Cool down easy to reach total time

**MONDAY**

**SWIM 2600**
- 200 warm-up
- 4x50 descending pace 1–4, 10 sec rest
- Pull (buoy, band, paddles): 4x(100 fast, 300 mid race pace effort, 100 easy), 15 sec rest
- 200 easy

**THURSDAY**

**RUN 1:10**
- On flat road or treadmill
- Warm-up 10–15 min
- 10x3 min tempo, build to threshold, 90 sec easy between
- Cool down 10 min easy

**FIREHOUSE 1:30**
- Include 2x10 min tempo effort in race position, 4 min easy between
- 8x1 min hard, 2 min easy between

**RUN 30 min**
- Include 5 min very easy, 5x2 min at race effort, 90 sec easy between
- Cool down easy to reach total time

**FRIDAY**

**SWIM 2500**
- 400 choice warm-up
- Main Set (40x50)
  - 16x50 as 1 fast, 3 steady (x4), all on 5 sec rest
  - 12x50 as 1 fast, 2 steady (x4), all on 10 sec rest
  - 8x50 as 1 fast, 1 steady (x4), all on 15 sec rest
  - 4x50 all fast, 20 sec rest
- Do the first 16 with buoy and band (if you have band experience). Do the next 12 with no gear. Do the next 8 with small paddles.
- Cool-down as needed

**RUN 50 min, track**
- Warm-up 10 min jog
- 4x strides
- 3x600 at 80%, 200 jog
- 2 min rest
- 6x200 at 85–90%, 200 jog
- Cool down jog and stretch

**SATURDAY**

**BIKE 2:30**
- After a warm-up, include:
  - 2x(3x15 min TT position at tempo effort, 5 min easy between, 80–90 RPM)

**RUN 1:10**
- On flat road or treadmill
- Warm-up 10–15 min
- 10x3 min tempo, build to threshold, 90 sec easy between
- Cool down 10 min easy

**WEDNESDAY**

**BIKE 1:00**
- Warm-up, then:
  - 6x5 min big gear (cadence 50–60 RPM)
  - Take 5 min recovery at a cadence of 100 RPM between each interval
  - Cool down 15 min

**Note:** Effort on the 5 min is strength focused—hard tension, big gear, strong legs in TT position.

**REST DAY**
### WEEK 7

<table>
<thead>
<tr>
<th><strong>M</strong></th>
<th><strong>SWIM 3025</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>• 3x200 as 1 swim, 1 pull, 1 kick w/fins</td>
</tr>
<tr>
<td></td>
<td>• 15x100 as 1 relaxed on 10 sec rest, 2 steady on 5 sec rest, 2 faster on 5 sec rest, repeat.</td>
</tr>
<tr>
<td></td>
<td>• 100 easy</td>
</tr>
<tr>
<td></td>
<td>• 25x25 fast on 10 sec rest</td>
</tr>
<tr>
<td></td>
<td>• 200 cool-down</td>
</tr>
<tr>
<td><strong>T</strong></td>
<td><strong>BRICK</strong></td>
</tr>
<tr>
<td></td>
<td><strong>BIKE 1:30</strong></td>
</tr>
<tr>
<td></td>
<td>30 min easy, 8x3 min TT at threshold, 85–95 RPM, 3 min easy between, spin easy to finish up</td>
</tr>
<tr>
<td></td>
<td><strong>RUN 30 min</strong></td>
</tr>
<tr>
<td></td>
<td>10 min easy/10 min at target race pace/10 min easy</td>
</tr>
<tr>
<td><strong>W</strong></td>
<td><strong>SWIM 2200</strong></td>
</tr>
<tr>
<td></td>
<td>• 200 warm-up</td>
</tr>
<tr>
<td></td>
<td>• 4x50 single arm swimming with fins on. Right arm for 25/left arm for 25</td>
</tr>
<tr>
<td></td>
<td>• 200 pull</td>
</tr>
<tr>
<td></td>
<td>• 4x50 scull</td>
</tr>
<tr>
<td></td>
<td>• 200 pull</td>
</tr>
<tr>
<td></td>
<td>• 4x50 finger tip drag drill</td>
</tr>
<tr>
<td></td>
<td>• 200 pull</td>
</tr>
<tr>
<td></td>
<td>• 4x50 using a kick board as your buoy like a shark fin</td>
</tr>
<tr>
<td></td>
<td>• 200 pull</td>
</tr>
<tr>
<td></td>
<td>• 4x50 kick fast</td>
</tr>
<tr>
<td></td>
<td>• 200 pull</td>
</tr>
<tr>
<td></td>
<td><strong>BIKE 1:30</strong></td>
</tr>
<tr>
<td></td>
<td>Include the following:</td>
</tr>
<tr>
<td></td>
<td>• 3x8 min big gear on a slight incline (2–3 %), cadence 50–60 RPM</td>
</tr>
<tr>
<td></td>
<td>• Recovery is 4 min, 100 RPM</td>
</tr>
<tr>
<td><strong>TH</strong></td>
<td><strong>REST DAY</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>F</strong></th>
<th><strong>SWIM 1500</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>• 200 swim, 8x50 descend 1–4 on 10 sec rest, 100 kick</td>
</tr>
<tr>
<td></td>
<td>• 2x(10x25 fast with fins/equal rest, 200 swim relaxed)</td>
</tr>
<tr>
<td></td>
<td>• 4x75 as 25 drill/50 swim non-free</td>
</tr>
<tr>
<td></td>
<td><strong>RUN 1:00, track</strong></td>
</tr>
<tr>
<td></td>
<td>• Warm-up 15–20 min</td>
</tr>
<tr>
<td></td>
<td>• 6 strides, light stretching</td>
</tr>
<tr>
<td></td>
<td>• 1200/800/600/400/200 (just over 10K pace), 200 jog (1 min) between each</td>
</tr>
<tr>
<td></td>
<td>• 800/800/400/200 (at 10K pace), 400 jog (2 min) between each</td>
</tr>
<tr>
<td></td>
<td>• 600/400/200 (at 5K pace), 400 jog (2 min) between each</td>
</tr>
<tr>
<td></td>
<td><strong>BIKE 1:30</strong></td>
</tr>
<tr>
<td></td>
<td>Include 2x(3x4 min at threshold, 2 min easy between in TT position at 85–95 RPM) 6 min easy between rounds</td>
</tr>
<tr>
<td></td>
<td><strong>RUN 30 min, easy</strong></td>
</tr>
<tr>
<td><strong>S</strong></td>
<td><strong>RUN 45 min</strong></td>
</tr>
<tr>
<td></td>
<td>• Warm up exactly like race day. Then practice your first three miles exactly like you want to run on race day. End with 6x strides with walking recoveries.</td>
</tr>
</tbody>
</table>

### WEEK 8

<table>
<thead>
<tr>
<th><strong>M</strong></th>
<th><strong>SWIM 2600</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Threshold focus:</td>
</tr>
<tr>
<td></td>
<td>• Warm up 200 choice, 6x50 as descending 1–3, 15 sec rest, 100 easy</td>
</tr>
<tr>
<td></td>
<td>• Main Set</td>
</tr>
<tr>
<td></td>
<td>• 2 rounds of 8x100 at race pace, 10 sec rest</td>
</tr>
<tr>
<td></td>
<td>• 100 easy between rounds. Pace consistently across the set.</td>
</tr>
<tr>
<td></td>
<td>• Cool-down: 200 pull/paddles cruise, 200 kick/swim easy</td>
</tr>
<tr>
<td><strong>T</strong></td>
<td><strong>BRICK</strong></td>
</tr>
<tr>
<td></td>
<td><strong>BIKE 45 min</strong></td>
</tr>
<tr>
<td></td>
<td>• Warm-up: 10 min</td>
</tr>
<tr>
<td></td>
<td>• 3x2 min, build to 85% of race effort, 2 min between each interval</td>
</tr>
<tr>
<td></td>
<td>• 10 min easy</td>
</tr>
<tr>
<td></td>
<td>• 5 min at tempo</td>
</tr>
<tr>
<td></td>
<td>• Cool down easy to reach total time</td>
</tr>
<tr>
<td></td>
<td><strong>RUN 10 min</strong></td>
</tr>
<tr>
<td></td>
<td>• Off the bike as 3 min at race pace, 5x30 sec fast/30 sec walk, 2 min jog to finish</td>
</tr>
<tr>
<td><strong>W</strong></td>
<td><strong>SWIM 1200</strong></td>
</tr>
<tr>
<td></td>
<td>• 100 swim, 100 back, 100 scull</td>
</tr>
<tr>
<td></td>
<td>• 3x200 buoy only, 10 sec rest</td>
</tr>
<tr>
<td></td>
<td>• 8x25 kick build to fast, 15 sec rest</td>
</tr>
<tr>
<td></td>
<td>• 100 easy</td>
</tr>
<tr>
<td></td>
<td><strong>BIKE 45 min, easy</strong></td>
</tr>
<tr>
<td><strong>TH</strong></td>
<td><strong>REST DAY: Today is a good day for a pre-race massage!</strong></td>
</tr>
</tbody>
</table>

### PRE-RACE WORKOUTS

<table>
<thead>
<tr>
<th><strong>RUN</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>RUN</strong></td>
</tr>
<tr>
<td>• Pre-race: 10 min easy, include 4x30 sec strides (controlled, smooth, faster than race pace, but not forced). Full recovery between strides, 2 min jog.</td>
</tr>
<tr>
<td><strong>BIKE</strong></td>
</tr>
<tr>
<td>• On the race course: Warm-up for 15 min easy, then ride 5 min progressive build to a comfortable but steady effort around race pace. Ride 5 min easy, then 4x30 sec faster than race pace with 90 sec easy between each. Cool down with 10 min easy.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>SWIM</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>• On the race course: Warm up 100 mixed strokes, easy. Then do a progressive build effort for 100, followed by 50 easy. Practice 2–3 race starts with 10 strokes fast followed by easy swimming back to the start in between. Finish with 100 easy, mixed strokes.</td>
</tr>
<tr>
<td>• Have a look at sighting markers, the entry and exit paths to/from transition, and for any currents in the water.</td>
</tr>
</tbody>
</table>

### RACE DAY

<table>
<thead>
<tr>
<th><strong>RUN</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>• Warm-up: Jog 3 min very easy, 2x1 min build to race effort, 30 sec walk, 3 min jog.</td>
</tr>
<tr>
<td>• If possible, get in the water to do 2–3 10 stroke pick-ups with full recovery followed by a couple easy minutes.</td>
</tr>
<tr>
<td>• Alternatively, try the swim cord routine at Triathlete.com/swimcordwarmup.</td>
</tr>
</tbody>
</table>

### CELEBRATE!

Marilyn Chychota is a former elite cyclist and triathlete who coaches for Endurance Corner.