

TRAINING PROGRAMME

- OLYMPIC

WEEK	DATE	DISCIPLINE	DETAILS
1	Sun 12 Jan	BIKE: 60 mins	15 mins in Zone 1 35 mins in Zone 2 10 mins in Zone 1
	Mon 13 Jan	RUN: 40 mins	Maintain a consistent 10km pace. Every 5 mins, increase your cadence by 5 – 10 strides per minute
	Tues 14 Jan	REST DAY	REST DAY
	Wed 15 Jan	BRICK: 75 mins	BIKE: 10 mins in Zone 1 45 mins in Zone 2 RUN (straight off the bike): 20 mins in Zone 2
	Thu 16 Jan	POOL SWIM: 900m	6 x 100m in Zone 2 with 15 sec break between sets 6 x 50m in Zone 3 with 20 sec break between sets
	Fri 17 Jan	REST DAY	REST DAY
	Sat 18 Jan	OPEN WATER SWIM: 700m	700m non-stop in freestyle (switching to breast-stroke as and when needed). Concentrate on breathing and sighting.
2	Sun 19 Jan	BIKE: 65 mins	10 mins in Zone 1 40 mins Zone 2 15 mins Zone 1
	Mon 20 Jan	RUN: 60 mins	10 mins in Zone 1 12 mins in Zone 3 2 mins walk 12 mins Zone 3 2 mins walk 12 mins Zone 3 10 mins in Zone 1
	Tues 21 Jan	REST DAY	REST DAY
	Wed 22 Jan	BRICK: 85 mins	BIKE: 10 mins in Zone 1 25 mins in Zone 2 15 mins in Zone 3 10 mins in Zone 2 RUN (straight off the bike): 25 mins in Zone 2
	Thu 23 Jan	REST DAY	REST DAY
	Fri 24 Jan	RUN: 40 mins	Maintain a consistent 10km pace. Every 10 mins, increase your cadence by 5 – 10 strides per minute
	Sat 25 Jan	POOL SWIM: 1km	20 x 50m. Pace these evenly in Zone 2. 5 seconds break between each set.
3	Sun 26 Jan	BIKE: 80 mins	10 mins in Zone 1 6 x 18 mins in Zone 4, 2 mins in Zone 1 10 mins in Zone 1
	Mon 27 Jan	RUN: 10km	5 mins in Zone 1 3 x 1 min Zone 5, 1 min Zone 1 10km time trial 5 mins in Zone 1
	Tues 28 Jan	REST DAY	REST DAY
	Wed 29 Jan	BRICK: 110 mins	BIKE: 10 mins in Zone 1 3 x 15 mins at race pace 5 mins recovery RUN (off bike): 10 mins warm-up 2 ½ mins hard effort 30 secs walk (x 10) 10 mins cool down
	Thu 30 Jan	RUN: 10km POOL SWIM: 750m	RUN: 10km time trial at race pace SWIM: 30 x 25m in Zone 2 with 10 secs recovery in between sets
	Fri 31 Jan	REST DAY	REST DAY
	Sat 1 Feb	OPEN WATER SWIM: 1000m	1000m non-stop in freestyle (switching to breast-stroke as and when needed). Do this in a group to get used to swimming with other people around you.
4	Sun 2 Feb	RUN: 60 mins	Activation warm-up exercises 10 mins in Zone 1 4 x 300m in Zone 2 with 100m walk recovery 4 x 300m in Zone 3 with 100m walk recovery 2 x 300m in Zone 4 with 100m walk recovery 10 mins in Zone 1
	Mon 3 Feb	POOL SWIM: 1.5km	3 x 200m with 1 min break between each set 9 x 100m with 30 sec break between each set. All Zone 2.
	Tues 4 Feb	RUN: 40 mins	5 mins in Zone 1 10 mins Zone 2 5 mins in Zone 3 10 mins Zone 1 5 mins in Zone 2 5 mins in Zone 1. Try to find rolling terrain for this session.
	Wed 5 Feb	BIKE: 75 mins	10 mins in Zone 1 15 mins Zone 2 25 mins Zone 3 15 mins Zone 2 10 mins Zone 1. Try to find rolling terrain for this session.
	Thu 6 Feb	REST DAY	REST DAY
	Fri 7 Feb	OPEN WATER SWIM: 1.5KM	500m non-stop followed by 10 x 100m in Zone 3 (30 sec break between sets)
	Sat 8 Feb	BRICK: 70 mins	BIKE: 10 mins in Zone 1 10 mins in Zone 2 10 mins in Zone 3 5 mins in Zone 4 5 mins in Zone 2 RUN (straight of the bike): 30 mins in Zone 2
5	Sun 9 Feb	REST DAY	REST DAY
	Mon 10 Feb	POOL SWIM: 2km	4 x 200m in Zone 2 with 10 secs break between sets 8 x 100m in Zone 3 with 10 secs break between sets 4 x 100m in Zone 4
	Tues 11 Feb	RUN: 55 mins	10 mins in Zone 1 10 mins in Zone 2 6 x 13 ½ mins in Zone 4 1 ½ min in Zone 1 5 mins in Zone 1
	Wed 12 Feb	BIKE: 80 mins	10 mins in Zone 1 2 x 15 mins in Zone 2 15 mins in Zone 3 10 mins Zone 1
	Thu 13 Feb	REST DAY	REST DAY
	Fri 14 Feb	BRICK: 110 mins	BIKE: 10 mins warm-up 60 mins time trial RUN (off the bike): 40 mins in Zone 2
	Sat 15 Feb	Open water swim: 1.5km	Swim for 1500m non-stop in freestyle (switching to breast-stroke as and when needed). We recommend wearing the kit you place to race in for this session.

6	Sun 16 Feb	BRICK: 105 mins	BIKE: 15 mins in Zone 1 4 x 5 mins in high cadence, low cadence (around 65 rpm) with 3 mins in high cadence in between 10 mins in Zone 1 RUN (straight off the bike): 5km run time trial at race pace RACE MANAGEMENT: Check you have all the equipment, nutrition and hydration needed for race day.
	Mon 17 Feb	REST DAY	REST DAY
	Tues 18 Feb	POOL SWIM: 1.5km	15 x 100m in Zone 3 with 30 sec break between sets.
	Wed 19 Feb	BRICK SESSION: 120 mins	BIKE: 10 mins in Zone 1 40 mins time trial 10 mins in Zone 1 RUN (off the bike): 10 mins in Zone 1 20 mins at race pace 5 mins easy 20 mins at race pace 5 mins easy We recommend wearing the kit you plan to race in for this session.
	Thu 20 Feb	Run: 60 mins	10 mins in Zone 1 2 x 10 mins Zone 2 10 mins Zone 3 10 mins in Zone 1
	Fri 21 Feb	REST DAY	REST DAY
	Sat 22 Feb	POOL SWIM: 1km	10 x 100M. Swim number 3, 6 and 9 fast (Zone 4), and the others in Zone 1
7	Sun 23 Feb	REST DAY	REST DAY
	Mon 24 Feb	SWIM: 1km	500m in Zone 1 building to Zone 2 10 x 50 as 25 fast /Zone 4, 25 easy/Zone 1
	Tues 25 Feb	RUN: 60 mins	5 mins warm-up 2 x 10 mins Zone 1 10 mins Zone 3 5 mins Zone 5 5 mins cool down
	Wed 26 Feb	BIKE: 65 mins	10 mins Zone 1 2 x 15 mins Zone 3 2.5 mins recovery 3 mins Zone 4 2.5 mins recovery 8 x 1 min Zone 5, 2 mins recovery 5 mins cool-down
	Thu 27 Feb	REST DAY	REST DAY
	Fri 28 Feb	POOL SWIM: 3km	15 X 200m: #1 in Zone 1 #2 and 3 in Zone 2 #4 in Zone 3 #5 in Zone 5 5 mins cool-down
	Sat 29 Feb	BRICK: 80 mins	BIKE: 10 mins in Zone 1 20 mins in Zone 2 10 mins in Zone 3 5 mins in Zone 4 3 mins in Zone 5 5 mins in Zone 2 RUN (off the bike): 15 mins in Zone 2 10 mins in Zone 3 5 mins in Zone 1
RACE WEEK	Sun 1 March	RUN: 40 mins	10 mins warm-up 6 x (3 mins in Zone 4 1 mins recovery) 6 mins cool-down RACE MANAGEMENT: Check abudhabi.triathlon.org for the most up to date race schedule. The below timings are provisional and subject to change.
	Mon 2 March	REST DAY	REST DAY
	Tues 3 March	SWIM: 15 mins BIKE: 40 mins	SWIM: 15 mins easy (Zone 1 – 2) BIKE: 10 mins in Zone 1 3 x (5 mins at in Zone 4 5 mins easy) 5 mins cool-down RACE MANAGEMENT: Race pack collection in Dubai: 12 – 8pm (venue TBC)
	Wed 4 March	BRICK: 35 mins	BIKE: 10 mins in Zone 1 10 mins race pace RUN (straight off bike): 10 mins race pace 5 mins in Zone 1
	Thu 5 March	REST DAY	REST DAY RACE MANAGEMENT: Race pack collection in Abu Dhabi Dhabi: 10am – 8pm (Yas Marina Circuit)
	Fri 6 March	Fire up the engines	10 mins swim – easy with a couple of accelerations. 10 mins bike – easy with a couple of accelerations. 10 mins run – easy with a couple of accelerations. RACE MANAGEMENT: Race pack collection in Abu Dhabi Dhabi: 10am – 6pm (Yas Marina Circuit) Age Group Swim Familiarization: 12 – 1pm (Yas Marina Circuit) Age Group Race briefing: 1.15 – 2pm (Yas Marina Circuit) Pack your race kit, equipment, nutrition and hydration.
	Sat 7 March	RACE DAY	
POST	Sun 8 March	YOU DID IT! TIME TO CELEBRATE RACE MANAGEMENT: Get your results, download your images and post on social media – make sure to tag us (WTSAbuDhabi)	

- Zone 1:** This is your warm-up / cool-down pace. Easy pace with rhythmic breathing. A jog / very easy swim / very easy spin on the bike.
- Zone 2:** Breathing rate and pace increase slightly. You should be comfortable but with slightly deeper breathing - conversation is possible.
- Zone 3:** This is your “feel good” fast pace. You are breathing a little harder and conversation is difficult to hold.
- Zone 4:** Breathing hard, pace is fast and you’re beginning to get uncomfortable.
- Zone 5:** Breathing is deep and forceful. Pace is all-out sustainable for between 1 and 5 mins.