

Tri The Beast - 12 WEEK TRAINING PLAN TEMPLATE



TRI THE BEAST,LYNMOUTH: 12 WEEK TRAINING PLAN

The template training programme below provides a base programme for the 12 weeks leading up to TRI THE BEAST Lynmouth. It assumes that athletes have a solid base of triathlon fitness and have around 7-10hrs a week to train. This programme is available in editable format (Numbers/Excel files) so that you can modify sessions to suit your training needs. For full event information visit www.xmanevents.com

CODES:	Each session is coded with an XMAN EFFORT LEVEL (X#) Rated 1 to 5: 1 = minimal effort /recovery, 5 = maximum sustainable effort.		Recovery Weeks = take it a bit easier	XMAN Event Specific Tips: SWIM: Open water swim sessions at Wimbleball Lake: May 21st & June 4th. BIKE: Make sure you get in plenty of hill training. RUN: Include some technical off-road runs to practice your foot work.			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 01	Rest Day	Type: Swim Time: 30mins Instruction: Easy technique session (X1)	Type: Cycle Time: 1.5hr Instruction: Tempo Ride (X3)	Type: Run Time: 1hr Instruction: Tempo Run (X4)	Rest Day	Type: Cycle Time: 1hr Instruction: Easy Ride (X1)	Type: Brick Time: 3hrs Instruction: Bike 2hrs Easy spinning build to Moderate effort (X3) followed by 30min easy run.
Week 02	Rest Day	Type: Swim Time: 45mins Instruction: Speed session 10min warm up (X1) + 16 x 100m (X4) + cool down	Type: Cycle Time: 1.5hr Instruction: Interval Session 10min warm up + 6 x (3min(X5) + 1min (X1) + 10(X3))	Type: Run Time: 1.25hrs Instruction: Endurance Run (X3)	Rest Day	Type: Cycle Time: 1.5hrs Instruction: Tempo Ride (X3)	Type: Brick Time: 3.25hrs Instruction: Bike 2hrs Easy spinning build to Moderate effort (X3) followed by 45min easy run (X2).
Week 03	Rest Day	Type: Swim Time: 1hr Instruction: Speed session warm up + 20 x 100m (X5) + 20s rest, + cool down	Type: Cycle Time: 1.5hrs Instruction: Tempo Ride (X3)	Type: Run Time: 1hr Instruction: interval session - 10 minute warm up, 8 x (4 mins (X4), 1 min recovery (X1)), 10 minute cool down	Type: Swim Time: 1hr Instruction: Tempo / Endurance swim warm up + 5x400m (X3toX4) + 30s rest, + cool down	Type: Run Time: 1hr Instruction: Steady Run (X2)	Type: Brick Time: 3.45hr Instruction: Bike 1hr (X2) + 2hrs (X3) followed by Run 15min (X2) + 30min (X3).
Week 04	Rest Day	Type: Swim Time: 1hr Instruction: Easy technique session (X1 to X2)	Type: Cycle Time: 1hr Instruction: easy Ride (X2)	Type: Run Time: 1hr Instruction: Steady Run (X3)	Rest Day or Easy Swim (X1)	Type: Run Time: 1.25hr Instruction: Steady Run (X2)	Type: Cycle Time: 2hrs Instruction: Easy Ride (X2)
Week 05	Rest Day	Type: Swim Time: 1hr Instruction: Tempo / Endurance warm up + 5x400m (X3to X4) + 30s rest,+ cool down	Type: Cycle Time: 1.5hrs Instruction: Tempo ride (X3)	Type: Run Time: 1.5hrs Instruction: Endurance Run (X2)	Type: Swim Time: 1hr Instruction:Easy technique session (X1 to X2)	Type: Cycle Time: 1hr Instruction: Interval session 10min warm up, 5 x (8mins (X4), 2 mins (X1)), 10 mins cool down (X1)	Type: Brick Time: 3.45hr Instruction: Bike 1hr (X2) + 2hrs (X3) followed by Run 15min (X2) + 30min (X3).
Week 06	Rest Day	Type: Swim Time: 1hr Instruction: Easy technique session (X1 to X2)	Type: Cycle Time: 1.5hrs Instruction: Easy ride (X2)	Type: Run Time: 1hr Instruction: Tempo Run (X4)	Rest Day	Type: Cycle Time: 1hr Instruction: Steady Ride (X2)	Type: Cycle Time: 5hrs Instruction: Endurance Ride (X2) with 5 x 10min efforts (X4)
Week 07	Rest Day	Type: Swim Time: 1hr Instruction: Speed session: warm up; 20 x 100m (X5) + 10s rest; cool down	Type: Cycle Time: 1hr Instruction: Interval session: 10min warm up; 8 x (4 mins (X4), 1min (X1)); 10min cool down (X2)	Type: Run Time: 1hr Instruction: Interval session - 10 minute warm up; 8 x (4 mins (X4), 1 mins (X1)), 10 min cool down	Rest Day	Type: Cycle Time: 1hr Instruction: Tempo ride (X3)	Type: Brick Time: 4hrs Instruction: Bike section: 1hr (X3), 15mins (X4), 45mins (X3), 15 mins (X4), 1hr (X3) Run section: 45 mins (X3)
Week 08	Rest Day	Type: Swim Time: 1hr Instruction: Easy technique session (X1 to X2)	Type: Cycle Time: 1hr Instruction: easy Ride (X2)	Type: Run Time: 1hr Instruction: Steady Run (X3)	Rest Day or Easy Swim (X1)	Type: Run Time: 1.25hr Instruction: Steady Run (X2)	Type: Cycle Time: 2hrs Instruction: Easy Ride (X2)

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Week 09	Rest Day	Type: Swim Time: 1hr Instruction: Speed Endurance Sets: warm up; 20 x 100m (X5) + 10s rest; cool down	Type: Cycle Time: 1.5hr Instruction: Tempo Ride	Type: Run Time 1.5hrs Instruction: Steady Endurance Run (X2)	Rest Day	Type: Cycle Time: 1hr Instruction: Interval session: 15 mins warm up; 10 x (2 min efforts (X5), 30s recovery (X1)), 15 mins cool down (X1)	Type: Brick Time: 4.5hrs Instruction: Bike section: 1hr (X2), 2.5hrs (X3) Run section: 15 mins (X2), 45 mins (X3)
Week 10	Rest Day	Type: Swim Time: 1hr Instruction: Tempo -Endurance Session: warm up; 5 x 200m (X3) + 15s rest; 6 x 150m (X4) + 10s rest; cool down	Type: Cycle Time: 1hr Instruction: Interval session: 15 mins warm up, 12 x (2 mins (X5), 30s (X1)), 15 mins cool down (X1)	Type: Run Time: 1.25hrs Instruction: Interval session - 10min warm up; 8 x (5 mins (X4), 1 min (X1)), 15 minute warm down	Rest Day	Type: Run Time: 1.5hrs Instruction: Endurance Run at Race pace (X3-X4)	Type: Brick Time: 4.5hrs Instruction: Bike section: 1hr(X2), 2.25hrs (X3) Run section: 15mins (X2), 1hr (X3)
Week 11	Rest Day	Type: Swim Time: 1hr Instruction: Tempo / Endurance swim: warm up; 8x300m (X3to X4) + 15s rest; cool down	Type: Cycle Time: 2hr Instruction: Tempo Ride (X3)	Type: Run Time: 1hr Instruction: Tempo Run / hill reps (X4)	Type: Swim Time: 1hr Speed session: warm up; 10x50m(X5)+45s rest; 10 x 25m + 45s rest; cool down	Type: Cycle Time: 1hr Instruction: Interval session: 15 mins progressive warm up; 8x (3 mins (X5), 30s (X1)); 15 mins cool down (X2)	Type: Brick Time: 2.75 hr Instruction: Bike: 20mins (X2); 1hr (X3); 5mins (X4); 10mins (X2) Run: 5mins (X2), 30 mins (X3), 5 mins (X4), 5 mins (X1)
Week 12	Rest Day	Type: Swim Time: 1hr Instruction: Speed Session warm up; 10x50m(X5)+45s rest; 10 x 25m + 45s rest, cool down	Type: Cycle Time: 1hr Instruction: Steady Ride (X2-X3) include 10x 30s seated sprints	Rest Day	Type: Cycle Time: 1hr Instruction: Steady Ride (X2-X3) include 10x 30s seated sprints	Type: Run Time: 20-30mins Instruction: Easy jog (X1)	Tri The Beast

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