

Tri The Goat - 8 WEEK TRAINING PLAN TEMPLATE



## TRI THE GOAT,LYNMOUTH: 8 WEEK TRAINING PLAN

The template training programme below provides a base programme for the 8 weeks leading up to TRI THE GOAT Lynmouth. It assumes that athletes have a solid base of triathlon fitness and have around 3-6hrs 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](http://www.xmanevents.com)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Rest Day</b>	Type: <b>Swim</b> Time: <b>30mins</b> Instruction: Easy technique session (X1)	Type: <b>Cycle</b> Time: <b>45mins</b> Instruction: Tempo Ride (X3)	Type: <b>Run</b> Time: <b>30mins</b> Instruction: Tempo Run (X4)	<b>Rest Day</b>	Type: <b>Cycle</b> Time: <b>1hr</b> Instruction: Easy Ride (X1)	Type: <b>Brick</b> Time: <b>1hrs</b> Instruction: Bike 1hrs Easy spinning build to Moderate effort (X3) followed by 20min easy run.
<b>Rest Day</b>	Type: <b>Swim</b> Time: <b>30mins</b> Instruction: Speed session 10min warm up (X1) + 16 x 100m (X4) + cool down	Type: <b>Cycle</b> Time: <b>45mins</b> Instruction: Interval Session 10min warm up + 6 x (3min(X5) + 1min (X1) + 10(X3))	Type: <b>Run</b> Time: <b>40mins</b> Instruction: Endurance Run (X3)	<b>Rest Day</b>	Type: <b>Cycle</b> Time: <b>1.2hrs</b> Instruction: Tempo Ride (X3)	Type: <b>Brick</b> Time: <b>2hrs</b> Instruction: Bike 1.5hrs Easy spinning build to Moderate effort (X3) followed by 30min easy run (X2).
<b>Rest Day</b>	Type: <b>Swim</b> Time: <b>35mins</b> Instruction: Speed session warm up + 20 x 100m (X5) + 20s rest, + cool down	Type: <b>Cycle</b> Time: <b>1.5hrs</b> Instruction: Tempo Ride (X3)	Type: <b>Run</b> Time: <b>1hr</b> Instruction: interval session - 10 minute warm up, 8 x (4 mins (X4), 1 min recovery (X1)), 10 minute cool down	Type: <b>Swim</b> Time: <b>45mins</b> Instruction: Tempo / Endurance swim warm up + 5x400m (X3toX4) + 30s rest, + cool down	Type: <b>Run</b> Time: <b>1hr</b> Instruction: Steady Run (X2)	Type: <b>Brick</b> Time: <b>1.45hr</b> Instruction: Bike 1hr (X2) + 2hrs (X3) followed by Run 10min (X2) + 30min (X3).
<b>Rest Day</b>	Type: <b>Swim</b> Time: <b>30mins</b> Instruction: Easy technique session (X1 to X2)	Type: <b>Cycle</b> Time: <b>1hr</b> Instruction: easy Ride (X2)	Type: <b>Run</b> Time: <b>30mins</b> Instruction: Steady Run (X3)	<b>Rest Day</b> or Easy Swim (X1)	Type: <b>Run</b> Time: <b>1.hr</b> Instruction: Steady Run (X2)	Type: <b>Cycle</b> Time: <b>1.30hrs</b> Instruction: Easy Ride (X2)
<b>Rest Day</b>	Type: <b>Swim</b> Time: <b>35min</b> Instruction: Tempo / Endurance warm up + 5x400m (X3to X4) + 30s rest,+ cool down	Type: <b>Cycle</b> Time: <b>1.5hrs</b> Instruction: Tempo ride (X3)	Type: <b>Run</b> Time: <b>1.hrs</b> Instruction: Endurance Run (X2)	Type: <b>Swim</b> Time: <b>40mins</b> Instruction:Easy technique session (X1 to X2)	Type: <b>Cycle</b> Time: <b>1hr</b> Instruction: Interval session 10min warm up, 5 x (8mins (X4), 2 mins (X1)), 10 mins cool down (X1)	Type: <b>Brick</b> Time: <b>3.hr</b> Instruction: Bike 2.5hr (X2) + 2.5hrs (X3) followed by Run 15min (X2) + 15min (X3).
<b>Rest Day</b>	Type: <b>Swim</b> Time: <b>1hr</b> Instruction: Easy technique session (X1 to X2)	Type: <b>Cycle</b> Time: <b>1.5hrs</b> Instruction: Easy ride (X2)	Type: <b>Run</b> Time: <b>1hr</b> Instruction: Tempo Run (X4)	<b>Rest Day</b>	Type: <b>Cycle</b> Time: <b>1hr</b> Instruction: Steady Ride (X2)	Type: <b>Cycle</b> Time: <b>2hrs</b> Instruction: Endurance Ride (X2) with 5 x 10min efforts (X4)
<b>Rest Day</b>	Type: <b>Swim</b> Time: <b>30mins</b> Instruction: Speed session: warm up; 20 x 100m (X5) + 10s rest; cool down	Type: <b>Cycle</b> Time: <b>1hr</b> Instruction: Interval session: 10min warm up; <b>8 x</b> (4 mins (X4), 1min (X1)); 10min cool down (X2)	Type: <b>Run</b> Time: <b>1hr</b> Instruction: Interval session - 10 minute warm up; <b>8 x</b> (4 mins (X4), 1 mins (X1)), 10 min cool down	<b>Rest Day</b>	Type: <b>Cycle</b> Time: <b>1hr</b> Instruction: Tempo ride (X3)	Type: <b>Brick</b> Time: <b>1hrs</b> Instruction: Bike section: 40mins (X3), Run section: 20 mins (X3)



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<b>CODES:</b>	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 08	Rest Day	Type: Swim Time: 20mins Instruction: Easy technique session (X1 to X2)	Type: Cycle Time: 45mins Instruction: easy Ride (X2)	Type:Run Time: 30mins Instruction: Steady Run (X3)	Rest Day or Easy Swim (X1)	Type: Cycle Time: 45mins Instruction: Steady Run (X2)	Tri The Goat

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