

3 ESSENTIAL WORKOUTS FOR A FAST TRIATHLON

SESSION 1: SWIM - 1000-1600M WITH 200S:

GOAL: To find a good steady pace in the first 150m, be patient, and then make sure you have a clear change of pace in the last 50m.

- 200 easy swim warmup - no hard strokes!
- 4x50 drill (6 kick switch, fist drill)

Main Set:

- 3-6x(150 steady, 50 hard) (20" recovery between each)
- 200 easy cool down swim

SESSION 2: BRICK - BIKE AND RUN SESSION:

GOAL: To get some work in near Olympic Triathlon pace right into a hard run. Make sure your shoes and run gear are ready to go for a quick transition to get the full effect.

60min Ride:

Warmup(15mins): 10mins of easy at 50%FTP, 3x(20seconds 100%FTP, 40 seconds 40%FTP), 2mins very easy.

Main Set(39mins): 3x(9mins at 90-95%FTP, 4mins easy at 40%FTP)

Cool down: 6mins easy spin

25mins run: 3mins easy jog, 2x(8mins at olympic tri effort, 3mins easy between), 3mins easy cool down

**Olympic tri pace would be around an 8-9/10 or similar to your Open half marathon pace

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SESSION 3: RUN - 800M RUN REPS:

GOAL: Work on running economy at a pace that is faster than your olympic tri pace. Pick a flat loop or use a track.

Warmup(15mins): 10mins of easy jogging, 3x(20seconds at 5K pace, 40 seconds walk/easy jog), 2mins very easy.

Main Set: 4-8x800m hard, 200m very easy walk/jog
***800 reps should be done around your 5K-10K race pace (around 10-20sec/km faster than olympic tri pace)

Cooldown: 5-10mins of very easy jogging.

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