



**100%-TRI EARLY WINTER 8-WEEK  
TRAINING PLAN – VITRUVIAN TRI**



## Team 100% Tri supports Vitruvian Triathlon

Great News ... You have secured an entry into the amazing Vitruvian Triathlon. Working closely with Pacesetter Events Team 100% Tri are pleased to provide you with a FREE 8 Week WINTER TRAINING PLAN to kickstart your 2024 training.

We hope that you will enjoy using this structure to motivate you each day to keep up you're training over the next 8 weeks.

We have set out the plan week by week, there are swim, bike and run sessions to complete alongside optional Strength and Conditioning sets. This has plan has embeded links taking you to our resource's portal, follow these links for demo videos.

If you have any concerns about your health and fitness please consult your doctor before undertaking physical exercise and starting this training plan.

**If you require any additional help, please contact us.**

**Paul & Stefan**  
**[www.100tri.uk](http://www.100tri.uk)**



## Join Team 100% Tri for Annual Coaching

Great News ... You have secured an entry into the amazing Vitruvian Triathlon and you already have this awesome FREE 8 Week WINTER TRAINING PLAN to kickstart your 2024 training.

What do you do beyond this?

**Join Team 100% Tri** as a member and receive;

- Monthly coaching
- Free training kit
- Industry discounts
- FREE INVITES to training days

[www.100tri.uk](http://www.100tri.uk)



## Special Coaching Offer for Pacesetter Athletes

Or you can purchase a 16 week specific Vitruvian Triathlon training plan and continue to enjoy self-led guided coaching as you prepare for your awesome Vitruvian event

**Vitruvian 2024 - 16 Week Race Specific Training Plan SPECIAL OFFER WAS £199 ... TO YOU £99**

- Event Specific Swim, Bike & Run Sessions
- Periodised, prioritised training
- Strength & Conditioning
- Swim & Run Drills

<https://www.simpletix.com/e/pacesetter-events-triathlon-training-2024-tickets-142235>



**WEEK #1:**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>SWIM</b>	<b>BIKE</b>	<b>RUN</b>	<b>DAY OFF</b>	<b>SWIM</b>	<b>BIKE</b>	<b>RUN</b>
-300m FR + 20s -4 x 25m KICK -6 x 50m as 2 x #1=EASY, #2=STRONG, #3=FAST) + 20s ----- -6 x 100m STRONG + 30s RECOVERY -4 x 75m EASY+ 30s RECOVERY -6 x 100m STRONG + 30s RECOVERY ----- -2 x 75m Cooldown  <b>(2350m Total)</b> -----  Conditioning <b>(30 mins)</b>	-10 min progressive warm-up building to Upper Z2  -5 x (30s FAST CADENCE + 30s Easy) ----- -8 mins @ Z3 + 2 mins RECOVERY  -2 x (4mins @ Z4 + 2 mins RECOVERY)  -4 x (2 mins @ Z5a + 2 mins RECOVERY) ----- -3 mins Cooldown	-10 min progressive warm-up building to Upper Z2 ----- -30 mins @ Z2  -5 x (15s STRIDES + 45s Recovery) ----- -5 mins Cooldown	Do something today that will have a positive impact upon you and your recovery.  -Eat clean -Drink extra water -Go to bed early to boost your sleep -Relax and take time for you	-200m FR + 20s -4 x 25m LEAD ARM DRILL + 15s -4 x 50m CATCH UP DRILL + 20s  -8 x 250m + 20s RECOVERY  -50m Cooldown <b>(2550m Total)</b> -----  Conditioning <b>(30 mins)</b>	2 – 2 ½ hr Road Ride  Keep the main body of work relaxed and fluid @ Z2. Aim to limit your effort levels on climbs to a max of Z5a.  On the climbs bring some focus to muscular endurance and remain seated on longer climbs (pressuring the pedals), on shorter climbs come out of the saddle and attack them a little.	-8 mins building work- rate to UPPER Z2  -6 x (20m HIGH SKIP DRILL / 20m WALK BACK ON TIP TOES) ----- -45 mins @ Z2 Run off road if you can on a light trail  -5 x (15s STRIDES + 45s Recovery) ----- -2 mins Cooldown
<b>1:30:00</b>	<b>0:56:00</b>	<b>0:50:00</b>		<b>1:00:00</b>	<b>2:30:00</b>	<b>1:06:00</b>
<b>PRIORITY: A</b>	<b>A</b>	<b>C</b>		<b>C</b>	<b>B</b>	<b>A</b>
Get your week off to a great start with this focused swim session.	This is a fantastic general conditioning session with specific work below, at and above your Threshold.	Aim for the main set to feel fluid and sustainable.		Only use CSS+5 as a guide for your pacing through this session. CSS+5 = Aerobic fluid swims. Hold form and be smooth and relaxed with your swimming. <a href="#">Swim Drills: LEAD ARM - YouTube</a> <a href="#">Swim Drills: CATCH UP (superman) - YouTube</a>	Cruise this ride and bring some extra focus to the climbs. Use the climbs as a chance to make yourself stronger.	Run relaxed, run smooth. Think about how you are running and find that sweet spot pace that feels sustainable for a long duration. Below is a link to the run drill video resource. <a href="#">Run Drills: Skips - YouTube</a>

**WEEK #2:**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SWIM	BIKE	RUN	DAY OFF	SWIM	BIKE	RUN
<p>-300m FR + 20s -4 x 25m KICK -6 x 50m as 2 x #1=EASY, #2=STRONG, #3=FAST) + 20s ----- -3 x 200m STRONG + 45s RECOVERY -4 x 75m EASY + 30s RECOVERY -6 x 100m STRONG + 30s RECOVERY ----- -2 x 75m Cooldown <b>(2350m Total)</b> ----- Conditioning <a href="https://youtu.be/0GHjtySfYIY">https://youtu.be/0GHjtySfYIY</a>  <b>(30 mins)</b></p>	<p>-8 mins building work- rate to UPPER Z2  -4 x (30s FAST CADENCE + 30s EASY RIDING) -4 x (30s SINGLE LEG PEDALLING LEFT / 30s RIGHT) -2 mins @ Z2 (<b>80-85 RPM</b>) ----- - -4 x (8 mins @ Z3 + 2 mins RECOVERY)  <b>USE THE FOLLOWING CADENCES IN THE REPs;</b> <b>#1=85-90, #2=80-85, #3=75- 80 #4=85-90</b> ----- - -2 mins Cooldown</p>	<p>-8 min progressive warm-up building to Upper Z2 -6 x (20m HIGH KNEES DRILL / 20m WALK BACK ON TIP TOES) ----- -35 mins @ Z2 ----- -2 mins Cooldown</p>	<p>Do something today that will have a positive impact upon you and your recovery.  -Eat clean -Drink extra water -Go to bed early to boost your sleep -Relax and take time for you</p>	<p>-200m FR + 20s -4 x 25m LEAD ARM DRILL + 15s -4 x 50m CATCH UP DRILL + 20s  -6 x 300m EASY + 20s RECOVERY  -8 x 25m FAST EFFORTS + 20s RECOVERY  -2 x 50m BK  <b>(2600m Total)</b> ----- Conditioning <a href="https://youtu.be/ZbhzqmKfR48">https://youtu.be/ZbhzqmKfR48</a> <b>(30 mins)</b></p>	<p>2 – 2 ½ hr Road Ride  Keep the main body of work relaxed and fluid @ Z2. Aim to limit your effort levels on climbs to a max of Z5a.  On the climbs bring some focus to muscular endurance and remain seated on longer climbs (pressuring the pedals), on shorter climbs come out of the saddle and attack them a little.</p>	<p>-8 mins building work- rate to UPPER Z2  -6 x (20m HIGH SKIP DRILL / 20m WALK BACK ON TIP TOES) ----- -55 mins @ Z2 Run off road if you can on a light trail  -5 x (15s STRIDES + 45s Recovery) ----- -2 mins Cooldown</p>
<b>1:30:00</b>	<b>0:58:00</b>	<b>0:51:00</b>		<b>1:30:00</b>	<b>2:30:00</b>	<b>1:16:00</b>
<b>PRIORITY: A</b>	<b>A</b>	<b>C</b>		<b>C</b>	<b>B</b>	<b>A</b>
Aim to hold even pace through the strong swims. These should not be max effort but a sustainable pace where you can hold good form.	Fitness wise this session should feel easily sustainable at the start but as fatigue begins to build will require more concentration to maintain. Keep your pedalling smooth and strong through this session and if your set-up allows aim to hold a TT position as much as possible.	Effort wise this should be well within reach and give you chance to cruise this main set. Bring focus to the drill element and try and make this sharp and positive. Below is a link to the run drill video resource. <a href="#">Run Drills: High Knees - YouTube</a>		Don't worry too much about pace through this set, engage with your swimming and aim to feel fluid and smooth in the water. <a href="#">Swim Drills: LEAD ARM - YouTube</a> <a href="#">Swim Drills: CATCH UP (superman) - YouTube</a>	Cruise this ride and bring some extra focus to the climbs. Use the climbs as a chance to make yourself stronger.	Run relaxed, run smooth. Think about how you are running and find that sweet spot pace that feels sustainable for a long duration. Below is a link to the run drill video resource. <a href="#">Run Drills: Skips - YouTube</a>

**WEEK #3:**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SWIM</b>	<b>BIKE</b>	<b>RUN</b>	<b>DAY OFF</b>	<b>SWIM</b>	<b>BIKE</b>	<b>RUN</b>
-300m FR + 20s -4 x 25m KICK -6 x 50m as 2 x #1=EASY, #2=STRONG, #3=FAST) + 20s ----- -3 x 200m STRONG + 45s RECOVERY -4 x 75m EASY + 30s RECOVERY -3 x 200m STRONG + 45s RECOVERY ----- -2 x 75m Cooldown <b>(2350m Total)</b> ----- Conditioning <b>(30 mins)</b>	-8 mins building work- rate to UPPER Z2  -4 x (30s FAST CADENCE + 30s EASY RIDING) -4 x (30s SINGLE LEG PEDALLING LEFT / 30s RIGHT) -2 mins @ Z2 <b>(80-85 RPM)</b> ----- -4 x (8 mins @ Z3 + 2 mins RECOVERY)  <b>USE THE FOLLOWING CADENCES IN THE REPS;</b> #1=85-90, #2=80-85, #3=75- 80 #4=70-75 ----- -2 mins Cooldown	-8 min progressive warm-up building to Upper Z2 -6 x (20m HIGH KNEES DRILL / 20m WALK BACK ON TIP TOES) ----- -40 mins @ Z2 ----- -2 mins Cooldown	Do something today that will have a positive impact upon you and your recovery.  -Eat clean -Drink extra water -Go to bed early to boost your sleep -Relax and take time for you	-300m FR + 20s  -6 x 50m as 25m LEAD ARM / 25m CATCH UP DRILL + 15s -4 x 75m FOCUSED ON SWIMMING WITH LENGTH AND STREAMLINING  -4 x 400m EASY + 30s  -2 x 50m FR <b>(2600m Total)</b> ----- Conditioning <b>(30 mins)</b>	2 ½ - 3hr Road Ride  Keep the main body of work relaxed and fluid @ Z2. Aim to limit your effort levels on climbs to a max of Z5a.  On longer climbs force pedal at a reduced cadence to what is natural. On shorter climbs come out of the saddle and attack them a little.	-8 mins building work- rate to UPPER Z2  -6 x (20m HIGH SKIP DRILL / 20m WALK BACK ON TIP TOES) ----- -55 mins @ Z2 Run off road if you can on a light trail  -5 x (15s STRIDES + 45s Recovery) ----- -2 mins Cooldown
<b>1:30:00</b>	<b>0:58:00</b>	<b>0:56:00</b>		<b>1:30:00</b>	<b>2:45:00</b>	<b>1:16:00</b>
<b>PRIORITY: A</b>	<b>A</b>	<b>C</b>		<b>C</b>	<b>B</b>	<b>A</b>
Maintaining pace will result from maintaining form. Don't try and beat the clock, hold pace across your lengths.	Note the changes in cadence for each rep of your main set. Its structured to force more focus upon forced pedalling and increasing muscular endurance, again focus on a strong TT position if you have the option.	Cruise this as much as possible, don't force the pace instead settle and relax within the zone.		Relaxed form is the key to these longer main sets.	During the climbs this week, really engage with a force pedalling action on the longer efforts, strong smooth pressure on the pedals, engage your core and keep locked on a strong throughout. Don't let your cadence drop below 65 rpm.	This has the potential to be a heavy legged session due to it being week #3 of this phase. Don't worry if it is, cruise through this on whatever sustainable pace you have within you.

**WEEK #4:**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SWIM</b>	<b>BIKE</b>	<b>RUN</b>	<b>DAY OFF</b>	<b>SWIM</b>	<b>BRICK</b>	<b>DAY OFF</b>
-300m FR + 20s -200m as 25m KICK / 25m SWIM + 20s  -4 x 50m FAST + 20s -300m EASY SWIM + 20s -6 x 50m FAST + 20s -200m EASY SWIM + 20s -8 x 50m FAST + 20s -100m EASY SWIM + 20s  -2 x 100m as 25m BK / 25m FR <b>(2200m Total)</b> -----  Conditioning <b>(30 mins)</b>	-12 mins building work-rate to UPPER Z2  -6 x (30s FAST CADENCE + 30s EASY RIDING) ----- -4 mins @ 90 RPM -2 mins @ 95 RPM -1 mins @ 100RPM+ -2 mins @ 95 RPM -4 mins @ 90 RPM ----- -6 mins Cooldown	-8 min progressive warm-up building to Upper Z2 ----- -20 mins @ Z2 or below ----- -2 mins Cooldown	Do something today that will have a positive impact upon you and your recovery.  -Eat clean -Drink extra water -Go to bed early to boost your sleep -Relax and take time for you	-200m FR + 10s -250m FR + 15s -300m FR + 20s -350m FR + 25s -400m FR + 30s -2 x 200m FR + 20s -4 x 100m FR + 10s -8 x 50m FR + 5s  <b>(2700m Total)</b> -----  Conditioning <b>(30 mins)</b>	-75 min AEROBIC RIDE.  Ride easy aiming for 95% of your ride to be within Z2. ----- <b>Brick Run, straight off the bike</b> ----- -20 mins @ Z2  -5 x (15s FAST + 45s LIGHT JOG)  -5 mins Cooldown	Do something today that will have a positive impact upon you and your recovery.  -Eat clean -Drink extra water -Go to bed early to boost your sleep -Relax and take time for you
<b>1:30:00</b>	<b>0:37:00</b>	<b>0:30:00</b>		<b>1:30:00</b>	<b>1:45:00</b>	
<b>PRIORITY: C</b>	<b>B</b>	<b>C</b>		<b>A</b>	<b>A</b>	
If you have the option to use them then swim the reps in between the faster efforts as Pull + Paddles.	All riding in this main set is within Z2. Focus on your leg speed as a priority over power or HR values.	Keep your effort super easy during today's run.		All efforts during this swim are smooth and relaxed, focus on form rather than pace.	Aim to keep your ride flat. When you start your run simply focus upon getting into your running stride (it may take a little while). It will happen and then at that point you can concern yourself with pace and effort levels.	

**WEEK #5:**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SWIM</b>	<b>BIKE</b>	<b>RUN</b>	<b>DAY OFF</b>	<b>SWIM</b>	<b>BIKE</b>	<b>RUN</b>
-300m FR + 20s -4 x 25m KICK -6 x 50m as 2 x #1=EASY, #2=STRONG, #3=FAST) + 20s ----- -3 x 200m STRONG + 45s RECOVERY -4 x 75m EASY + 30s RECOVERY -3 x 200m STRONG + 45s RECOVERY ----- -2 x 75m Cooldown <b>(2350m Total)</b> ----- Conditioning <b>(30 mins)</b>	-8 mins building work- rate to UPPER Z2  -4 x (30s FAST CADENCE + 30s EASY RIDING) -4 x (30s SINGLE LEG PEDALLING LEFT / 30s RIGHT) -2 mins @ Z2 <b>(80-85 RPM)</b> ----- -4 x (8 mins @ Z3 + 2 mins RECOVERY)  <b>USE THE FOLLOWING CADENCES IN THE REPS;</b> #1=85-90, #2=80-85, #3=75- 80 #4=70-75 ----- -2 mins Cooldown	-8 min progressive warm-up building to Upper Z2 -6 x (20m HIGH KNEES DRILL / 20m WALK BACK ON TIP TOES) ----- -40 mins @ Z2 ----- -2 mins Cooldown	Do something today that will have a positive impact upon you and your recovery.  -Eat clean -Drink extra water -Go to bed early to boost your sleep -Relax and take time for you	-300m FR + 20s  -6 x 50m as 25m LEAD ARM / 25m CATCH UP DRILL + 15s -4 x 75m FOCUSED ON SWIMMING WITH LENGTH AND STREAMLINING  -4 x 400m EASY + 30s  -2 x 50m FR <b>(2600m Total)</b> ----- Conditioning <b>(30 mins)</b>	2 ½-3 hr Road Ride  Keep the main body of work relaxed and fluid @ Z2. Aim to limit your effort levels on climbs to a max of Z5a.  On longer climbs force pedal at a reduced cadence to what is natural. On shorter climbs come out of the saddle and attack them a little.	-8 mins building work- rate to UPPER Z2  -6 x (20m HIGH SKIP DRILL / 20m WALK BACK ON TIP TOES) ----- -55 mins @ Z2 Run off road if you can on a light trail  -5 x (15s STRIDES + 45s Recovery) ----- -2 mins Cooldown
<b>1:30:00</b>	<b>0:58:00</b>	<b>0:56:00</b>		<b>1:30:00</b>	<b>2:45:00</b>	<b>1:16:00</b>
<b>PRIORITY: A</b>	<b>A</b>	<b>C</b>		<b>C</b>	<b>B</b>	<b>A</b>
Maintaining pace will result from maintaining form. Don't try and beat the clock, hold pace across your lengths.	Note the changes in cadence for each rep of your main set. Its structured to force more focus upon forced pedalling and increasing muscular endurance, again focus on a strong TT position if you have the option.	Cruise this as much as possible, don't force the pace instead settle and relax within the zone.		Relaxed form is the key to these longer main sets.	During the climbs this week, really engage with a force pedalling action on the longer efforts, strong smooth pressure on the pedals, engage your core and keep locked on a strong throughout. Don't let your cadence drop below 65 rpm.	This has the potential to be a heavy legged session due to it being week #3 of this phase. Don't worry if it is, cruise through this on whatever sustainable pace you have within you.



**WEEK #6:**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SWIM</b>	<b>BIKE</b>	<b>RUN</b>	<b>DAY OFF</b>	<b>SWIM</b>	<b>BIKE</b>	<b>RUN</b>
-400m FR + 20s -4 x 25m KICK -9 x 50m as 3 x #1=EASY, #2=STRONG, #3=FAST) + 20s ----- -6 x 200m STRONG + 45s RECOVERY ----- -2 x 75m Cooldown <b>(2300m Total)</b> ----- Conditioning <b>(30 mins)</b>	-8 mins building work- rate to UPPER Z2 ----- -4 x (30s FAST CADENCE + 30s EASY RIDING) -4 x (30s SINGLE LEG PEDALLING LEFT / 30s RIGHT) -2 mins @ Z2 (80-85 RPM) ----- -4 x (8 mins @ Z3 + 2 mins RECOVERY) ----- USE THE FOLLOWING CADENCES IN THE REPs; #1=85-90, #2=80-85, #3=75- 80 #4=70-75 ----- -2 mins Cooldown	-8 min progressive warm-up building to Upper Z2 -6 x (20m HIGH KNEES DRILL / 20m WALK BACK ON TIP TOES) ----- -4 x (6 mins @ Z2 + 4 mins @ Z3) ----- -2 mins Cooldown	Do something today that will have a positive impact upon you and your recovery. ----- -Eat clean -Drink extra water -Go to bed early to boost your sleep -Relax and take time for you	-25 x 100m + 20s ----- -SWIM AS REPS: -1-5 = EASY -6-20 = STRONG AND POSITIVE -21-25 = EASY ----- <b>(2500m Total)</b> ----- Conditioning <b>(30 mins)</b>	3hr Road Ride ----- Keep the main body of work relaxed and fluid @ Z2. Aim to limit your effort levels on climbs to a max of Z5a. ----- On longer climbs force pedal at a reduced cadence to what is natural. On shorter climbs come out of the saddle and attack them a little.	-8 mins building work- rate to UPPER Z2 ----- -6 x (20m HIGH SKIP DRILL / 20m WALK BACK ON TIP TOES) ----- -70 mins @ Z2 Run off road if you can on a light trail ----- -5 x (15s STRIDES + 45s Recovery) ----- -2 mins Cooldown
<b>1:30:00</b>	<b>1:00:00</b>	<b>0:56:00</b>		<b>1:30:00</b>	<b>3:00:00</b>	<b>1:31:00</b>
<b>PRIORITY: B</b>	<b>A</b>	<b>C</b>		<b>C</b>	<b>B</b>	<b>A</b>
Maintaining pace will result from maintaining form. Don't try and beat the clock, hold pace	Ensure you keep pressure through the pedals in this session to build muscular endurance.	During the 4-minute increases in pace don't think about running fast, simply open your stride and run strong. The 4 minutes should feel strong and positive rather than fast and ragged.			During the climbs this week, really engage with a force pedalling action on the longer efforts, strong smooth pressure on the pedals, engage your core and keep locked on a strong throughout. Don't let your cadence drop below 65 rpm.	This has the potential to be a heavy legged session. Don't worry if it is, cruise through this on whatever sustainable pace you have within you.

**WEEK #7:**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SWIM</b>	<b>BIKE</b>	<b>RUN</b>	<b>DAY OFF</b>	<b>SWIM</b>	<b>BIKE</b>	<b>RUN</b>
-300m FR + 20s -4 x 25m KICK -3 x 100m as 50m CATCH UP DRILL / 50m SWIM + 20s ----- -400m EASY + 20s -2 x 200m STRONG + 20s -4 x 100m FAST+ 20s -8 x 50m SPRINT+ 20s ----- -2 x 50m BK -100m FR <b>(2450m Total)</b> ----- Conditioning <b>(30 mins)</b>	-8 mins building work- rate to UPPER Z2  -5 x (30s FAST CADENCE + 30s EASY RIDING) ----- -10 mins @ Z3 ( <b>85-                      90rpm</b> ) + 2 mins RECOVERY -8 mins @ Z3 ( <b>80-                      85rpm</b> ) + 2 mins RECOVERY -6 mins @ Z3 ( <b>75-                      80rpm</b> ) + 2 mins RECOVERY -4 mins @ Z3 ( <b>70-                      75rpm</b> ) + 2 mins RECOVERY -8 mins @ Z3 ( <b>85-95                      rpm</b> ) + 2 mins RECOVERY ----- -3 mins Cooldown	-8 min progressive warm-up building to Upper Z2 -6 x (20m HIGH KNEES DRILL / 20m WALK BACK ON TIP TOES) ----- -4 x (6 mins @ Z2 + 3 mins @ Z3 + 1 min @ Z4) ----- -2 mins Cooldown	Do something today that will have a positive impact upon you and your recovery.  -Eat clean -Drink extra water -Go to bed early to boost your sleep -Relax and take time for you	-300m FR + 20s  -6 x 50m as 25m LEAD ARM / 25m CATCH UP DRILL + 15s -4 x 100m FOCUSED ON SWIMMING WITH LENGTH AND STREAMLINING ----- -4 x 400m EASY + 30s ----- -2 x 50m FR <b>(2700m Total)</b> ----- Conditioning <b>(30 mins)</b>	3 hr Road Ride  Keep the main body of work relaxed and fluid @ Z2. Aim to limit your effort levels on climbs to a max of Z5a.  On longer climbs force pedal at a reduced cadence to what is natural. On shorter climbs come out of the saddle and attack them a little.	-8 mins building work- rate to UPPER Z2  -6 x (20m HIGH SKIP DRILL / 20m WALK BACK ON TIP TOES) ----- -75 mins @ Z2 Run off road if you can on a light trail  -5 x (15s STRIDES + 45s Recovery) ----- -2 mins Cooldown
<b>1:30:00</b>	<b>1:02:00</b>	<b>0:56:00</b>		<b>1:30:00</b>	<b>3:00:00</b>	<b>1:36:00</b>
<b>PRIORITY: B</b>	<b>B</b>	<b>A</b>		<b>C</b>	<b>B</b>	<b>A</b>
This is a mixed pace session so ensure you feel a different effort level at each distance. If you need to take extra recovery in the session but enjoy swimming faster as the reps get shorter.		During the 3-minute increases in pace think strong. In the 1-minute step up to Threshold think stronger, these should finish at or just above 10km pace.			During the climbs this week, really engage with a force pedalling action on the longer efforts, strong smooth pressure on the pedals, engage your core and keep locked on a strong throughout. Don't let your cadence drop below 65 rpm.	This has the potential to be a heavy legged session. Don't worry if it is, cruise through this on whatever sustainable pace you have within you.

**WEEK #8:**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SWIM</b>	<b>BIKE</b>	<b>RUN</b>	<b>DAY OFF</b>	<b>SWIM</b>	<b>BRICK</b>	<b>DAY OFF</b>
-300m FR + 20s -200m as 25m KICK / 25m SWIM + 20s  -4 x 50m FAST + 20s -400m EASY SWIM + 20s -6 x 50m FAST + 20s -300m EASY SWIM + 20s -8 x 50m FAST + 20s -200m EASY SWIM + 20s  -2 x 100m as 25m BK / 25m FR <b>(2500m Total)</b> -----  Conditioning <b>(30 mins)</b>	-12 mins building work-rate to UPPER Z2  -6 x (30s FAST CADENCE + 30s EASY RIDING) ----- -4 mins @ 90 RPM -2 mins @ 95 RPM -1 mins @ 100RPM+ -2 mins @ 95 RPM -4 mins @ 90 RPM ----- -6 mins Cooldown	-8 min progressive warm-up building to Upper Z2 ----- -20 mins @ Z2 or below  -5 x (15s STRIDES + 45s Recovery) ----- -2 mins Cooldown	Do something today that will have a positive impact upon you and your recovery.  -Eat clean -Drink extra water -Go to bed early to boost your sleep -Relax and take time for you	-200m FR + 10s -250m FR + 15s -300m FR + 20s -350m FR + 25s -400m FR + 30s -2 x 200m FR + 20s -4 x 100m FR + 10s -8 x 50m FR + 5s  <b>(2700m Total)</b> -----  Conditioning <b>(30 mins)</b>	-75 min AEROBIC RIDE.  Ride easy aiming for 95% of your ride to be within Z2. ----- <b>Brick Run</b> ----- -11 mins @ Z2 -Turn for home and make it back as quickly as can, aim for as close to 20-minutes as possible.  -5 mins Cooldown	Do something today that will have a positive impact upon you and your recovery.  -Eat clean -Drink extra water -Go to bed early to boost your sleep -Relax and take time for you
<b>1:30:00</b>	<b>0:37:00</b>	<b>0:35:00</b>		<b>1:30:00</b>	<b>1:45:00</b>	
<b>PRIORITY: C</b>	<b>B</b>	<b>C</b>		<b>A</b>	<b>A</b>	
If you have the option to use them then swim the reps in between the faster efforts as Pull + Paddles.	All riding in this main set is within Z2. Focus on your leg speed as a priority over power or HR values.	Run smooth, run easy.		All efforts during this swim are smooth and relaxed, focus on form rather than pace.	Ease into your running and once settled and relaxed, build with confidence and run strong to finish this session.	



**USING YOUR TRAINING PLAN EFFECTIVELY**

# Guiding Your Training - Golden Rules for Adapting Your Training Plan

The 100%-Tri training plan is structured in such a way that we hope for a 90% fit with most people's weeks, we are aware that even with this at the centre of our planning that sessions may need to be moved to suit your week for ease of inclusion. This can sometimes lead to cramming and an increased risk of injury so below are our golden rules for moving / amending sessions:

- **7 days do not fit into 4**

Sometimes something must give, refer to the priority value within the training plan so you know what can be missed.

- **Do not run on 3 consecutive days**

Running is the highest risk activity for injury so ensure that you spread these sessions out, DO NOT run two full sessions back-to-back, a run session followed the next day by a short brick or vice versa is fine but do not run-on day number 3.

- **Don't expect the world**

If you must complete same discipline sessions on consecutive days expect there to be extra fatigue, it's highly unlikely that it will feel as strong as normal so don't worry about it.

- **Don't just drop one discipline**

Ensure that as a minimum you complete one session per discipline in any week you need to amend and tweak.

- **It's not the end of the world**

If situations arise and priorities require your attention elsewhere and a training week must be skipped, **YOU WILL NOT LOSE FITNESS OVER A WEEK!!!** Don't try and catch it up just pick up training as per the plan the following week or at your first opportunity.

- **A short session is better than no session**

## Guiding your training – Understanding Training Zones

Triathlon training equipment offers great versatility in the training metrics we can use to help guide our training. Such tools aid us in controlling your work rate allowing us to reach maximum gains from optimal training work-rates.

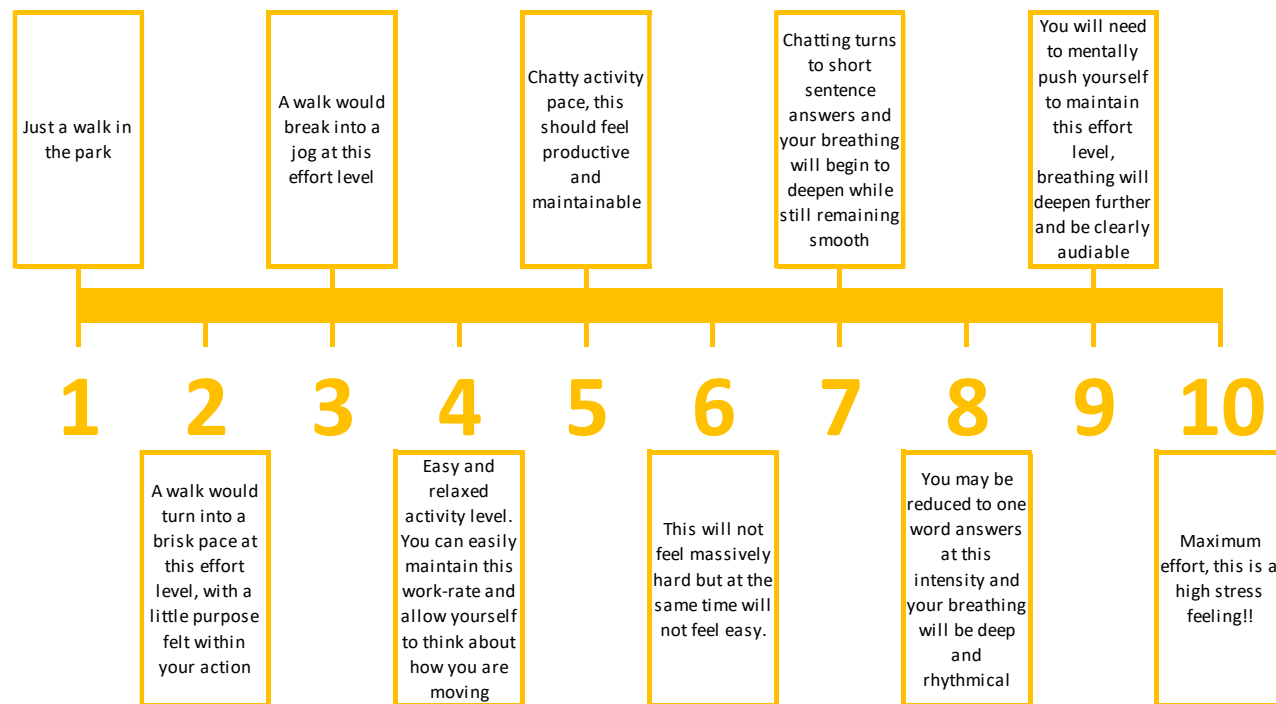
The chart below details some of the more common training modes, Heart rate max (HRM), Lactate threshold Heart Rate (LTHR), Functional Threshold Power (FTP) and the Daniels run pacing formulas. Within the team's program you are guided utilising zones which are determined by different % values derived from values set within your test sessions. Depending on the equipment available to you and any potential kit investment's, you can choose to guide your training with any option available to you. Kit choice is a personal thing and have no fear with what mode you utilise. Each mode offers you the chance to personalise the training program ensuring that it is effective and efficient.

**TABLE Ap1: TRAINING ZONES BASED ON FEEL, %HRM, %R; FTP, RPE and PERCEIVED EFFORT**

ZONE	FEELING	ZONES BASED ON % HRM		ZONES BASED ON % LTHR		BASED ON % R; FTP		PERCEIVED EFFORT	
		RUN	BIKE	RUN	BIKE	RUN	BIKE	RATING OUT OF 10	
Z1	X	<79%	<71%	<85%	<81%	>129%	<55%	<5	
Z2	EASY	79%-83%	71%-78%	85%-89%	81%-89%	129-114%	56-75%	5 to 6	
Z3	MEDIUM	84%-88%	79%-81%	90%-94%	90%-93%	113-106%	76-90%	7 to 8	
Z4		89%-92%	82%-88%	95%-99%	94%-99%	105-98%	91-105%	8 to 9	
Z5a	HARD	93%-94%	89%-90%	100%-102%	100%-102%	100-97%	106-120%	9	
Z5b		95%-97%	90%-93%	103%-106%	103%-106%	96-90	121-150%	9 to 10	
Z5c	X	97%+	93%+	106%+	106%+	<90	150%+	10	

# Guiding Your Training - Understanding RPE (Perceived Effort)

Perceived exertion or effort is how hard you feel like your body is working. It is based on the physical sensations you experience during physical activity, including increased heart rate, increased respiration or breathing rate, increased sweating, and muscle fatigue. We have used a scale of 1 – 10 and kept our scale simple to understand. Have a look at these descriptions of effort level for each training session where effort level is stated.



## Guiding your training – Terminology Key

Below is a key of some of the main abbreviations and instructions within the program tables, this key is not exhaustive and if you have any questions, please don't hesitate to ask via the teams Face book group page.

SWIM	
FR	Front Crawl
BK	Back Crawl
BR	Breaststroke
FLY	Butterfly
8 x	Repeat the distance (---m) Eight times
200m	Swim 200 meters
Easy	Means just this - swim at a comfortable pace
OC	Own Choice
(Plus) +10's	Ten seconds rest before going again
KICK	Using a kickboard, arms outstretched (thumbs on top of board, fingers underneath) kick only, face in the water (unless breathing)
Catch up, Superman Catch Up, Fists and other swim drills	Drills to focus upon one element of your technique. These can be found on the Teams YouTube channel: <a href="#">TEAM 100% TRI Training Resources - YouTube</a>
Building pace through each rep	Start easy with good form and build pace whilst maintaining form. Swim strong rather than fast and if you feel your form start to decrease then slow down
Negative Split	Swim the second half of your rep faster than the first
CSS	Sustainable pace derived from a CSS test noted as a pace per 100m swim (ie 1:30 per 100)
CSS +5, +2, -2	Target pace per 100m (during a steady state swim) based upon your CSS pace. If your CSS was 1:30 per 100m then CSS + 5 would be 1:30 + 5's = 1:35's per 100m. +2 would be adding 2's onto your CSS pace per 100m (1:32) and -2 would be subtracting 2's (1:28 per 100m)
RPE	Rate of perceived effort, a rating out of 10 with 10 being max effort and 0 being no effort.
Pull	Using a pull buoy to enable you to swim with arms only



BIKE	
CD	Cadence ie the revolutions per minute (rpm) of your legs pushing your pedals around
Building to Upper Z2	Generally, a warmup, start in a low resistance gear and increase your gearing while maintaining a natural cadence until you hit the Upper range of Z2 then maintain your effort.
Plus (+)1 Gear	Move up to a higher gearing (smaller cog on your rear cassette)
Fast Legs	Short duration high speed periods of pedalling focused on leg speed (Cadence upwards of 105 rpm) rather than pushing resistance
Drills (Various)	Drills to focus upon one element of your technique. These can be found on the Teams YouTube channel: <a href="#">TEAM 100% TRI Training Resources - YouTube</a>
Easy Riding	Reduced effort riding maintaining your normal cadence and position on the bike
Hard	Short hard duration intervals. Note your heart rate may not respond quick enough so these should feel like an effort roughly 9/10 (if 10 was maximum)
% HRM (eg 78% HRM)	Target work-rate as a % of your Heart rate max (HRM)
RPE	Rate of perceived effort, a rating out of 10 with 10 being max effort and 0 being no effort.
Recovery	Periods of very easy work with reduced cadence and resistance to allow you to recover fully, take this as easy as possible to recover from and get ready for your efforts
C/dwn	Cooldown, reduce your gearing and work-rate each minute to finish your session

RUN	
Building to Upper Z2	Start of easy and increase gradually to the top of Zone 2 to warm up fully, see the TRAINING ZONES page for outlined zones and values
Accelerations	Short efforts building pace rather than sprinting, always feel like you could have gone slightly faster.
Strides	Short duration lifts in pace which should focus you on your form and running well.
Drills (Various)	Drills to focus upon one element of your technique. These can be found on the Teams YouTube channel: <a href="#">TEAM 100% TRI Training Resources - YouTube</a>
Negative Split	Run the second half of the interval at a faster pace than the first
Light Jog Recovery	Ease your pace down but remain light on your feet
Light and Easy Running	Simply make your running feel easy
C/dwn	Cooldown, light and relaxed running reducing in pace each minute to finish your session.
RPE	Rate of perceived effort, a rating out of 10 with 10 being max effort and 0 being no effort.
BRICK RUN	
	A run straight after you have finished riding with minimal delay

## TEAM 100% TRI SUPPORTS VITRUVIAN TRIATHLON

For additional coaching and support contact us at

[www.100tri.uk](http://www.100tri.uk)

Enjoy your training – 100% !!

