



9 Month 9 Sessions Per Week

UK Ironman 70.3 Triathlon Training Program

thetrilife.com 

Any questions? Contact us!

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<p>Monday</p> <p>Day Off: Recovery Day</p> <p>Workout Description: Actively focus on recovery today:</p> <p>Pre Activity Comments: Stay off of legs all you can. Watch nutrition closely, healthy carbs, lean protein, and good fats), stretch for 10minutes in front of TV. Drink water throughout the day. Other common recovery aids include massage, napping, elevating legs.</p> <p>Custom: Welcome</p> <p>Workout Description: Welcome to your training plan from thetrilife.com. We are delighted to have you with us.</p> <p>If you have any questions along the way please contact us at ironmancoach@thetrilife.com. Please do let us know how your training is going.</p>	<p>Tuesday</p> <p>Run</p> <p>Duration (P):0:30:00</p> <p>Workout Description: Run easy on a flat course – practice a cadence of 180 strides per min.</p> <p>EFFORT LEVEL: Heart Rate Zones: 1-2 RPE: 6-11 Or: Can hold a conversation</p> <p>Swim</p> <p>Duration (P):0:45:00</p> <p>Workout Description: Warm up: Flexibility/mobility poolside then 100 easy full stroke</p> <p>We use different drills to help improve our technique. (See Glossary for a description of drills that will be used).</p> <p>Drills: 50 CU, 50 FS, 50 Drill1, 50 FS, 50 CU, 50 FS, 50 Drill1, 50 FS And repeat the drills above!</p> <p>Main Set: 4 x 100 with 20s Rest (or 20sR) focus on quality of your swimming - count strokes and log in your diary. You will aim to reduce this by 1 every 4 weeks!</p> <p>Cool Down 100 cool down any stroke</p> <p>Total: 1400m</p> <p>Your Drill 1 will be Shoulder Touch</p> <p>Pre Activity Comments: Drill 1 is Shoulder Touch Drill 2 is Thigh Touch CU is Catch Up</p> <p>Description of these drills can be found in the glossary attached to Week 1, Day 1 or in the Clubhouse Drills locker or in Stroke Builder App found in the Apple Store</p>	<p>Wednesday</p> <p>Bike: ILT 60min</p> <p>Duration (P):0:45:00</p> <p>Workout Description: WU: Easy pedalling cadence 90 rpm 5 min Increase HR into Zone 2, RPE 8-11 5 min</p> <p>SET 1: Isolated Leg Training (ILT) Single leg right 30s – 60sR Single leg left 30s – 60sR Repeat 2 times</p> <p>SET 2: Development of leg speed and aerobic endurance. Big chain ring eg 52 x 20 for 2 min at 95 rpm. Recover on small chain ring 1 min at 60 rpm – effort should still be RPE 6-8. Perform each repeat in a different position, i.e., sitting up, on hoods, on drops/tri bars. Repeat 4 times</p> <p>SET 3: Maintain effort in Zone 2 RPE 8-11: 90 rpm 1 mins 30s then 30s spin up. Repeat 4 times</p> <p>SET 4: ILT Accelerations Single leg right – spin up! 30s recovery 1 min 30s Single leg left – spin up! 30s recovery 1 min 30s</p> <p>WD: Easy pedalling cadence 90 rpm 5 min use gears to allow HR to drop into Zone 1 RPE 6-8</p> <p>Pre Activity Comments: Pedaling and stroke efficiency</p>	<p>Thursday</p> <p>Run: Base Building</p> <p>Duration (P):0:30:00</p> <p>Workout Description: Base building run</p> <p>Pre Activity Comments: On soft but firm surface, heart rate in zone 1 only. Pretty form and quick cadence.</p> <p>Swim</p> <p>Duration (P):0:45:00</p> <p>Workout Description: Warm Up: Flexibility/mobility poolside then 100 easy full stroke</p> <p>Drills: 50 CU, 50 FS, 50 Drill2, 50 FS, 50 CU, 50 FS, 50 Drill2, 50 FS Repeat these drills</p> <p>Main set: 2 x 200 with 30 s R focus on form</p> <p>Cool down: 100 cool down any stroke</p> <p>Total: 1400m</p> <p>Your Drill 2 will be Thigh Touch</p>	<p>Friday</p> <p>Brick: Turbo Session – Force 45 min</p> <p>Duration (P):0:45:00</p> <p>Workout Description: WU: Easy pedalling cadence 90 rpm 5 min increase effort to Zone 2 RPE 8-11 5 min. Focus on smooth complete pedalling (10) Drills: Isolated Leg Training (ILT) Single leg right 30s – 30sR Single leg left 30s – 30sR Repeat 2 times (4)</p> <p>Set 1 FORCE – raise front wheel 4-6 inches 3 x (3 min seated at 70 rpm 1 min recovery easy at 90 rpm) (12) Increase effort for each interval by increasing gearing until maximal exertion by during last interval.</p> <p>Set 2 FORCE – raise front wheel 4-6 inches 2 x (3 min seated at 70 rpm - stand at 60 rpm for last 1 min and use a larger gear than Set 1, 1 min recovery easy at 90 rpm) (8)</p> <p>Set 3 SPIN UP Maintain effort in Zone 2 RPE 8-11 90 rpm for 2min 30s then 30s spin up.</p> <p>A drill meant to teach better efficiency and economy while pedalling. Slowly increase cadence until you start to bounce on saddle. Back off slightly from the bouncing cadence and hold for 30 sec. Repeat (6)</p> <p>WD: Easy pedalling cadence 90 rpm 5 min use gears to allow HR to drop into Zone 1 RPE 6-8 (5)</p> <p>Pre Activity Comments: Focus on maintaining a firm but relaxed upper body. Work from the hips/glutes down.</p>	<p>Saturday</p> <p>Bike: Easy Ride</p> <p>Duration (P):1:30:00</p> <p>Workout Description: Ride easy RPE 6-8 on a flat to rolling course. Don't exceed RPE 8 for more than a few seconds at a time as when accelerating from a stop light or going up a short hill. Comfortably high rpm. This is intended to be a recovery and aerobic maintenance ride.</p> <p>Pre Activity Comments: Enjoy the ride. SCR only</p> <p>Run</p> <p>Duration (P):0:30:00</p> <p>Workout Description: 30 minute recovery run</p> <p>Pre Activity Comments: Aerobic recovery run</p>	<p>Sunday</p> <p>Run: Zone 1-2, check cadence</p> <p>Duration (P):0:45:00#</p> <p>Workout Description: Long aerobic run of 60mins with 8x30s fast 30s easy</p> <p>Pre Activity Comments: Check cadence: count left foot strikes 15s. Goal is 22 or higher.</p>	
							<p>SUMMARY</p> <p>Swim: 1:30:00</p> <p>Bike: 2:15:00</p> <p>Run: 2:15:00</p> <p>Brick: 0:45:00</p> <p>Total: 6:45:00</p>

<p>Monday Rest Day Rest</p>	<p>Tuesday Swim Duration (P):1:15:00 Workout Description: WU:400swim 400 pull 12 x 25 as 15m sprint, 30s R Ms: 3 x (75, 15s R 25, 30s R 200 easy 50, 15s R 50, 20s R 200 easy 4 x 25 Fast, 20 s R) CD: 300 easy Pre Activity Comments: This is a sprint set. Run Duration (P):1:10:00 Workout Description: WU: 10 minutes progressive MS: 2 x 25min at your goal race pace with 5min easy jog recovery CD: 5 minutes easy Pre Activity Comments: The race course is hilly, run the intervals over an undulating route</p>	<p>Wednesday Bike Duration (P):0:55:00 Workout Description: WU: Easy pedalling cadence 90 rpm 5 min Increase HR into Zone 2, RPE 10 5 min MS:5 x 5 minutes at RPE 14 with 3min easy spin recovery at RPE 10. Target cadence is 65-70RPM (spin up to >100rpm for the final minute of each interval) WD:Easy pedalling cadence 80 rpm 5 min use gears to allow HR to drop into Zone 1 Pre Activity Comments: Turbo Seated over gearing The main set is to be completed in the large chain ring.</p>	<p>Thursday Swim Duration (P):1:30:00 Workout Description: WU: 400s 200KWF 12 x 50 as 1-4 first 25 fast. 5-8 middle 25fast 9-12 final25 fast MS: 800 swim, 90s R 400 swim, 45s R pull & paddles 2 x 200swim, 0s R 6 x 100, 15s R pull & paddles 6 x 50 swim, 10 R CD: 200 easy Run Duration (P):1:40:00 Workout Description: Long run. Include 15sec of pick ups (slightly increase your pace) every 5minutes Pre Activity Comments: Take on board a gel and carb drink 30mins prior to run. Run with hand held water bottle if possible. Run with good form throughout. Your pace should be easy. Stretch well post run</p>	<p>Friday Bike Duration (P):1:30:00 Workout Description: WU:10 minutes - small chainring. Start off in lowest gear and change up every 2 mins. Maintain 100 rpm. MS: 3x10 km building from 75-82% MaxHR RPE 14 to 89-94% 17-18 RPE (5 minute recoveries). CD:5 mins easy RPE 6 Pre Activity Comments: Time trial intervals. Road or Turbo. Flat to slightly rolling course. Challenge yourself with big gears. On time trial set-up. 85-100 rpm. Aero position.</p>	<p>Saturday Bike Duration (P):4:00:00 Workout Description: Ride as you feel Pre Activity Comments: Hydrate and refuel as you would in a race Brick Duration (P):0:30:00 Workout Description: Recovery effort 30minute jog RPE 6 Pre Activity Comments: Focus on maintaining good form</p>	<p>Sunday Run Duration (P):1:00:00 Workout Description: WU: 20minutes easy jog Strides & Drills MS:3 x 2k Target time 90sec recovery CD:15miute easy Pre Activity Comments: Run slightly quicker than goal race pace. Though run controlled, your recovery time is little.</p> <p>SUMMARY Swim: 2:45:00 Bike: 6:25:00 Run: 3:50:00 Brick: 0:30:00 Total: 13:30:00</p>
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