

Joe Beer's eight-week off-season training plan

For athletes doing their first Olympic-distance tri (6-7hrs per week)

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
WEEK 1	Swim 1hr squad stamina session	4x [15min turbo plus 8min run bricks]	Run 45-60mins easy pace	Off	Swim "Base" 10 x 200m alternating skill and strength, with 20sec rest intervals	Off	Bike 1.30hr moderate terrain plus run 10mins
WEEK 2	Swim 1hr squad session	Rollers 40-60mins including high cadence, one-handed, drops, single-leg focus plus run brick 20mins steady	Off	Run 40-50mins easy plus turbo 20mins high cadence spin	Swim test including stroke count, kick and freestyle time trials and swim golf (see issue 239 of 220 Triathlon)	Off	Bike 2hr continuous
WEEK 3	Swim 1hr technique session, working on weak areas of stroke	Turbo 1:15hrs with varying effort every 5mins through 60%, 70%, 80% plus run brick 15mins steady effort	Run 60mins steady pace	Swim 75mins as 10mins technique, 5mins AquaJog , 10mins intervals at moderately hard pace (eg 4 x 2mins fast, 30secs active recovery)	Off	Bike 1hr rolling terrain in big chainring	Your choice based on whatever you feel needs an extra session
WEEK 4 (RECOVERY WEEK)	Swim 1hr squad session (drop-down group or a lane) or pre-planned technique session 30-45mins	Turbo 40mins 65% plus run brick 10mins steady effort	Off	Off: light walk and a massage	Swim 30mins all short reps (25-50mins) plus AquaJog 15-25mins	Bike 1hr flat terrain, low-effort spin on small chainring	Off
WEEK 5	Swim 1hr squad session	3 x [20min turbo plus 10min run bricks]; steady effort with focus on smooth transitions and good technique	Off	Run 65-75mins easy, relaxed pace	Swim Warm-up 15mins; 750m time trial – note time; technique 15-20mins total, focus on good practice	Run relaxed 30mins	Bike 1.5hr varying terrain on big chainring for 3 x 15min blocks
WEEK 6	Swim 1hr squad session	Rollers-run 1hr as 5 x [8mins rollers plus 4mins run]	Run 1hr easy plus turbo 15mins high cadence	Swim 40mins drills plus 20mins AquaJog	AM Swim 30mins PM Rollers 30mins	Off	Bike 1.45hr continuous plus run 15mins
WEEK 7	Swim 1hr squad session	Turbo 1hr varying effort 60%, 70%, 80% every 6mins, plus run brick 20-30mins steady	Off (optional AquaJog 30mins)	Swim 1:15hrs split as 10mins technique, 5mins AquaJog , 10mins intervals (eg 10 x 25m @ close to 400m race pace, with 20secs recovery)	Off: massage	Bike 2hr rolling terrain using big chainring for 3 x 15min blocks	Run 30mins steady pace with 4-6 x 50m relaxed stride-outs
WEEK 8 (RECOVERY WEEK)	Swim 30mins technique session	Off	Turbo 60mins 65% plus run brick 10mins steady effort	Off	Swim 40mins short reps (25-50m) technique plus aquajog 20mins	Bike 1hr flat terrain low effort	Bike 1hr flat terrain low effort

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