

# Intermediate Olympic Triathlon Training Plan



	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1 (5.5 hours)	Swim 1000 yards Strength 25 minutes	Bike or indoor cycle 40 minutes	Run 30 minutes	Bike or indoor cycle 35 minutes Strength 25 minutes	Swim 1000 yards	Bike 1:00 Bodywork 15 minutes	Bike 30 minutes Run 40 minutes
Week 2 (6.3 hours)	Swim 1200 yards Strength 25 minutes	Bike or indoor cycle 45 minutes	Run 30 <u>minutes</u>	Bike or indoor cycle 50 minutes Strength 25 minutes	Swim 40 minutes	Bike 1:10 Bodywork 15 minutes	Bike or indoor cycle 35 minutes Run 45 minutes
Week 3 (6.5 hours)	Swim 1400 yards Strength 25 minutes	Bike or indoor cycle 50 minutes	Run 30 <u>minutes</u>	Bike or indoor cycle 50 minutes Strength 25 minutes	Swim 1400 yards	Bike 1:20 minutes Bodywork 15 minutes	Bike or indoor cycle 40 minutes Run 50 minutes
Week 4 (4.7 hours)	Swim 1000 yards Strength 25 minutes	Bike or indoor cycle 40 minutes	Rest	Run 30 <u>minutes</u> Strength 25 minutes	Swim 1000 yards	Bike or indoor cycle 1:05 Bodywork 15 minutes	Run 35 minutes
Week 5 (7 hours)	Swim 1400 yards Strength 25 minutes	Bike or indoor cycle 50 minutes	Run 45 minutes	Bike or indoor cycle 50 minutes Strength 25 minutes	Swim 1400 yards	Bike or indoor cycle 1:30 Bodywork 15 minutes	Bike or indoor cycle 40 minutes Run 45 minutes
Week 6 (7.7 hours)	Swim 1600 yards Strength 25 minutes	Bike or indoor cycle 55 minutes	Run 40 minutes	Bike or indoor cycle 55 minutes	Swim 1600 yards Strength 25 minutes	Bike or indoor cycle 1:40 Bodywork 15 minutes	Bike 40 minutes Run 45 minutes
Week 7 (8.2 hours)	Swim 1800 yards Strength 25 minutes	Bike or indoor cycle 55 minutes	Run 40 minutes	Bike or indoor cycle 1:00	Swim 1800 yards Strength 25 minutes	Bike or indoor cycle 1:50 Bodywork 15 minutes	Bike 40 minutes Run 50 minutes

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Week 8 (5 hours)	Swim 1400 yards Strength 25 minutes	Bike or indoor cycle 35 minutes Run 15 minutes	Rest	Bike 30 minutes Run 15 <u>minutes</u>	Swim 1400 yards	Bike or indoor cycle 1:20 Run 25 minutes	Rest Bodywork 15 minutes
Week 9 (8.3 hours)	Swim 1800 yards Strength 25 minutes	Bike or indoor cycle 50 minutes <u>15 minute</u> Transition Run – start your run within ten minutes of finishing the bike	Run 50 minutes	Bike or indoor cycle 55 minutes <u>15 minute</u> Transition Run – start your run within ten minutes of finishing the bike Strength 25 minutes	Swim 1800 yards	Bike or indoor cycle 1:50 <u>20 minute</u> Transition Run – start your run within ten minutes of finishing the bike Bodywork 15 minutes	Bike 40 minutes <u>50 minute</u> Transition Run – start your run within ten minutes of finishing the bike
Week 10 ( <u>8.8 hours</u> )	Swim 2000 yards Strength 25 minutes	Bike or indoor cycle 55 minutes <u>15 minute</u> Transition Run – start your run within ten minutes of finishing the bike	Run 50 <u>minutes</u>	Bike or indoor cycle 1:00 <u>20 minute</u> Transition Run – start your run within ten minutes of finishing the bike Strength 25 minutes	Swim 2000 yards	Bike or indoor cycle 2:00 <u>25 minute</u> Transition Run – start your run within ten minutes of finishing the bike	Bike 40 minutes 1:00 Transition Run – start your run within ten minutes of finishing the bike
Week 11 (9.2 hours)	Swim 2200 yards Strength 25 minutes	Bike or indoor cycle 55 minutes <u>20 minute</u> Transition Run – start your run within ten minutes of finishing the bike	Run 50 minutes	Bike or indoor cycle 1:05 <u>20 minute</u> Transition Run – start your run within ten minutes of finishing the bike Strength 25 minutes	Swim 2200 yards	Bike or indoor cycle 2:10 <u>25 minute</u> Transition Run – start your run within ten minutes of finishing the bike	Bike or indoor cycle 30 minutes 1:10 Transition Run – start your run within ten minutes of finishing the bike
Week 12 (6 hours)	Swim 1400 yards Strength 25 minutes	Bike or indoor cycle 40 minutes <u>20 minute</u> Transition Run – start your run within ten minutes of finishing the bike	Rest	Bike or indoor cycle 40 minutes <u>20 minute</u> Transition Run – start your run within ten minutes of finishing the bike	Swim 1400 yards	Bike or indoor cycle 1:30 <u>45 minute</u> Transition Run – start your run within ten minutes of finishing the bike	Rest Bodywork 15 minutes

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				Strength 25 minutes			
Week 13 (10.4 hours)	Swim 2200 yards; open water if possible  Strength 25 minutes	Bike or indo or cycle 1:00  <u>20 minute</u> Transition Run – start your run within ten minutes of finishing the bike	Run <u>55 minutes</u>	Bike or indo or cycle 1:10  <u>20 minute</u> Transition Run – start your run within ten minutes of finishing the bike  Strength 25 minutes	Swim 2200 yards	Bike or indoor cycle 2:20  <u>30 minute</u> Transition Run – start your run within ten minutes of finishing the bike	Bike or indoor cycle 40 minutes  1:10 Transition Run – start your run within ten minutes of finishing the bike
Week 14 (10.5 hours)	Swim 2400 yards; open water if possible  Strength 25 minutes	Bike or indo or cycle 1:00  <u>20 minute</u> Transition Run – start your run within ten minutes of finishing the bike	Run <u>55 minutes</u>	Bike or indo or cycle 1:15  <u>20 minute</u> Transition Run – start your run within ten minutes of finishing the bike  Strength 25 minutes	Swim 2400 yards	Bike or indo or cycle 2:30  <u>25 minute</u> Transition Run – start your run within ten minutes of finishing the bike	Bike or indoor cycle 40 minutes  1:20 Transition Run – start your run within ten minutes of finishing the bike
Week 15 (7.5 hours)	Swim 2000 yards; open water if possible  Strength 25 minutes	Bike or indo or cycle 1:00  <u>15 minute</u> Transition Run – start your run within ten minutes of finishing the bike	Run 45 minutes	Bike or indo or cycle 1:00  <u>20 minute</u> Transition Run – start your run within ten minutes of finishing the bike	Swim 2000 yards	Bike or indoor cycle 1:20  <u>20 minute</u> Transition Run – start your run within ten minutes of finishing the bike	Bike or indoor cycle 30 minutes  <u>40 minute</u> Transition Run – start your run within ten minutes of finishing the bike
Week 16 RACE WEEK	Swim 25 minutes; open water if possible	Bike or indo or cycle 30 minutes  <u>15 minute</u> Transition Run – start your run within ten minutes of finishing the bike	Rest  Bodywork 15 minutes	Bike or indo or cycle 30 minutes  <u>10 minute</u> Transition Run – start your run within ten minutes of finishing the bike	Wim 20 minutes, on <u>race course</u> if possible  Bike 25 minutes  Run 15 minutes	Bodywork 15 minutes	RACE!



## Notes:

*\*Begin Z1 & ZR bikes and runs at an easy to moderate pace for five minutes and then increase effort*

*\*Intermediate plans have a mix of recovery, aerobic, and tempo efforts*

## *\*Run/Bike Intensities:*

- Recovery ZR - rate of perceived exertion of 3 or less on a scale of 10 - "singing" pace*
- Aerobic Z1 - rate of perceived exertion of 4-6 on a scale of 10 - "comfortable conversation" pace*
- Tempo Z2 - rate of perceived exertion of 7 on a scale of 10 - "one phrase/one sentence"*
- Tempo Z3 - rate of perceived exertion 8 on a scale of 10 - "one word"*
- BSE (Best Sustainable Effort) /Z4 - rate of perceived exertion of 9-10 on a scale of 10 - "no words"*

- For a more immersive training experience, contact [amy@qt2systems.com](mailto:amy@qt2systems.com)*