

| | Mon | Tue | Wed | Thurs | Fri | Sat | Sun |
|---------------|---|---------------------------------------|-----------------------------------|----------------------|---------------------------------|--------------------------------------|-------------|
| Week 1 | Swim Program 1 | Optional Easy 20 min Jog | Rest or Optional Cycle 30 - 45min | Easy 20 min Jog | Optional Swim OR Swim Program 1 | Cycle /Run 45 min | Rest |
| week 2 | Swim Program 2 | Easy 20 – 30 min Jog Or run Session 1 | Rest or Optional Cycle 30 - 45min | Easy 20 - 30 min Jog | Swim Program 2 | Cycle 45 - 60 min OR Cycle Session 1 | Rest |
| week 3 | Swim Program 3 | Easy 20 – 30 OR Run Session 2 | Rest or Optional Cycle 30 - 45min | Easy 20 – 30 min Jog | Swim Program 3 | Cycle 45 - 60 min Cycle Session 2 | Rest |
| week 4 | Swim Program 4 | Easy 20 – 30 min Jog OR Run Session 3 | Rest or Optional Cycle 30min | Slow jog 10 – 20 min | Swim Program 4 | Pre race preparation | RACE |
| Notes | For your sessions choose the least number of repetitions until you build up your endurance. Eg. 3-5 x100 choose 3 as you get stronger choose 4. Cycle sessions can be done on a wind trainer or stationary bike also. | | | | | | |

| Effort % | | | | |
|----------|-------|-------|-------|-----|
| e1 | e2 | e3 | e4 | e5 |
| 50-60 | 60-70 | 70-80 | 80-90 | 90+ |

Session 1 Swim

| | | |
|-----------------------------|----|--------------|
| 100 fs,100 kick | e2 | endurance |
| 1-4 x 200 fs (30 rest each) | e3 | long strokes |
| 8 x 25 (1) | e5 | fast |

Session 2 Swim

| Session | Effort | Notes |
|---------------------------------|--------|--------------------|
| 4 x 50 fs 100 kick | e2 | Easy warm up |
| 4 x 25m no freestyle (10s Rest) | e4 | No freestyle build |
| 3-5 x 100 (45 Rest) | e3 | change arms 25m |
| 100-400 fs Find a rhythm | e3 | comfortable |
| 100 bk / bs | e2 | easy deep catches |

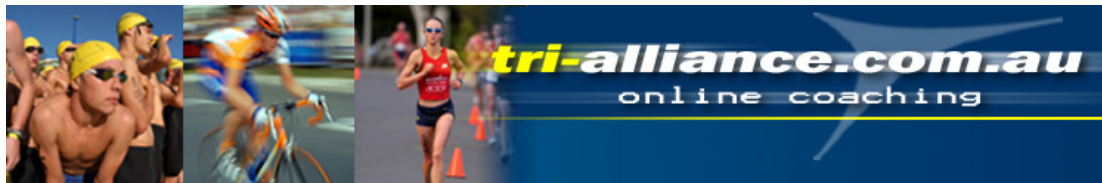
Session 3 Swim

| | | |
|--|------|---------------------------|
| 2 x (100 fs, 100 Breaststroke, 100 kick) | e2 | strength |
| 4 x 50 build fs (30Rest) builds = getting fast in one lap | e3-4 | get faster as you go |
| 2 - 4 x 300 fs paddles buoy, 3/5 (60s) Easy swim recover. | e3 | long strokes, high elbows |
| What ever stroke you prefer 100 – 200m | e2 | |

Session 4 Swim

| | | |
|--|----|--|
| 2 x (200 fs,) | e2 | endurance |
| 2-3 x 200-600 fs swim | e3 | long strokes, high elbows |
| 4-8 x 25 Porpoise/Polo Swim | | Practice your porpoise and polo swimming in the pool |
| 4 x 25 fs fast Easy swim recover. | e5 | fast fast fast |
| What ever stroke you prefer 100 – 200m | | |

For more information on corporate training please email info@tri-alliance.com.au or see our website www.tri-alliance.com.au



Session 1 Cycle Optional

| | | |
|--|------|--------------------------------------|
| 15-20 min wu | e2-3 | comfortable get up a bit of a sweat |
| 3-5 x 3 min build 3 min recovery | e2-5 | Big chain ring peddle at 100rpm |
| 5 min easy gear fast spin | e3 | Keep hips, shoulders still |
| 3 x 30 sec hard gear followed by a 10 min cd | e5 | 1 min recovery between each 70-80rpm |
| cd | e2 | Comfortable |

Session 2 Cycling Optional

| | | |
|---------------------|------|------------------------------|
| 15 min wu | e2-3 | comfortable |
| 15-30min undulating | e2-4 | hilly circuit solid on hills |
| 10 min cool down | | |

Session 1 Run

Warm up, Do approximately 1-2 km warm-up, slow . Stretch.
Main set, find a grass oval or similar run a half lap fast then half lad slow jog or walk. Repeat 4 -8 times
Cool Down, 1-2laps slow jog then stretch.

Session 2 Run

Hill makes you stronger.
Warm up, Do approximately 1-2 km warm-up, slow . Stretch.
Main set, find a track or circuit with a few undulating hills. This run will take you about 10 to 20 minutes. Start with a easy jog and every time you see a hill pick up the pace until you get over the top and jog or walk slow again until you get to the next one. Once you have reached about 20 minutes you can finish.
Cool Down, 1-2laps slow jog then stretch.

Session 3 Run

A little speed does not go a stray.
Warm up, Do approximately 2 km warm-up, slow Stretch.
Main set, find a grass oval or similar flat and safe surface. 200 meters time 4 – 6 Stride out nice and long and then get faster and faster till you are almost sprinting finishing by running through the 200meter point and slowing down easy.
Cool Down, 1-2laps slow jog then stretch.

14 Tips and Tricks

1. Train with a friend, it's safer and much more fun and motivational, If you train alone tell someone where you are going and when you are expected back
2. Get your training gear ready the night before so it is easier to go out and train
3. Assure your equipment is in good working order, get your bike serviced before you start your program, do this at a repudiable bike shop and while you are there get your seating position checked
4. Practise getting on and off and pushing your bike around before race day
5. If you are tired drop a session, it is more important you feel good than keep training and not be able to use god technique because you re tired.
6. If you get any niggles or isolated soreness seek a professional opinion eg. Masseur, osteopath, sports doctor etc. to prevent injury.
7. Technique is most important as it will increase performance and decrease any chance of injury
8. Drink one litre of water per hour of exercise
9. Always have water at the end of the pool in your swim sessions
10. Practise breathing in a rhythm whilst running, in for 2-3 steps and out for 2-3 steps
11. When you go out on a long bike ride, assure you take a bike tube, pump, and some money with you
12. If you get tired while running relax your face, neck and shoulders
13. Eat something within 30 minutes of finishing training to replace your glycogen stores
14. Join a local squad, Tri Alliance has many group sessions which cater for beginners, check out the trialliance web site for locations and many more tips and tricks www.tri-alliance.com.au

For more information on corporate training please email info@tri-alliance.com.au or see our website www.tri-alliance.com.au