



16 Week Olympic Distance Training Plan

Liberty Performance Coaching



Word from the Coach:

In order to take your racing to the next level, your training plan needs to develop all aspects of your athleticism with progression and consistency. My philosophy as a coach is to create an environment that enables athletes to understand their tendencies while developing them to be their best. If you want to be a complete, well-rounded athlete, you have to train the full range of all your systems.

This program is designed for intermediate athletes training for an Olympic-distance triathlon. An athlete taking on this eight-week program should have a background of successfully completing and sustaining eight weeks worth of training with a base of at least six hours per week. The key is consistency and adhering to the training zones described here. With the right focus and hard work, you're bound to race your best Olympic this season!

Dave Zimmer

Notes:

Brick session

Here one discipline will follow the other, try to simulate race conditions as much as possible to get the benefit of race scenarios

Phases

Base - Here you will start to lay the foundations for success, building a solid foundation makes the climb to greatness much less steep

Pre Competition - Here the volume starts to decrease but the intensity rises

Competition - Intensity increases again and training should be on like for like terrain

How to measure effort

Rate of Perceived Exertion (RPE) - RPE is a measure for how hard you are working or how hard you should be working. If you are more familiar with Heart Rate (HR) zones then HR and RPE can be approximately aligned. Approximate alignment is as follows

Beats per Minute (BPM) - Using BPM or heart rate zones is an effective way to ensure your effort is both measurable and progressive, understanding the different zones is a worthwhile read

Types of sessions

Speed - Speed sessions are generally short in length due to the intensity, they should allow for appropriate recovery

Endurance - These sessions are generally the long ones and will increase strength

Technical Quality - Sessions where you focus on quality. Cadence when running for example, for the most efficient running pattern a cadence of 180 foot strikes is optimum. Running drills will allow you to over emphasize body movement to increase performance. Bike cadence between 90-100 Revolutions per Minute (RPM) is deemed as optimum.

Planning Sessions

Warming up running - Always prepare yourself prior to any session, warning your body that you are about to carry out some exercise will decrease the risk of injury. When running a warm up could be a gentle jog for 5 minutes building into the main session or a gentle jog followed by some dynamic stretching

Warming up swimming - Always prepare yourself prior to any session, warning your body that you are about to carry out some exercise will decrease the risk of injury. When swimming do some dry side dynamic stretching initially followed by a progressive build in the water. Something like 100m Front crawl, 100m Pull Buoy, 100m Kick, 100m Front Crawl followed by 4 x 25m getting faster (Build)

Warming up bike - Always prepare yourself prior to any session, warning your body that you are about to carry out some exercise will decrease the risk of injury. When cycling make sure you do dynamic stretching followed by a progressive build into your main set. Something like 1 minute spinning on the small ring, 30 seconds left leg only, 30 seconds right leg only, 1 minute spinning small ring, 1 minute out the seat big ring followed by 1 minute building to raise the heart rate

Main set running - All main sets should be focussed and you should clearly understand why you are going out and what the session focus is. For example a technique session could be running drills, the purpose is to improve running form and economy of effort, increasing speed and cadence. Essentially drills are there to allow you to replicate running form in short bursts. Main sets are relevant to the session purpose, endurance sessions where you could be running for some time would be longer than a short sharp technique or speed session. Drills could be achieved by setting out a 25m area where you can carry out reps of each drill you intend to work on

Main set swimming - All main sets should be focussed and you should clearly understand why you are going out and what the session focus is. For example before you can swim a quality endurance session you must be capable of sustaining the stroke in question. The purpose of endurance is to make you capable of going further at a set pace. A typical endurance session if you can sustain a stroke could be a quality warm up (see above) followed by 5 x 500 with a set rest period in between the 500's. Monitoring progress throughout the session is very important and you should be capable of understanding deterioration in order to progress and improve.

Main set cycling - All main sets should be focussed and you should clearly understand why you are going out and what the session focus is. A bike speed set could be done indoors or outdoors, obviously outdoors is much more fun (save the indoors for those winter months). Starting with a good warm up progress into the main set. A speed session should have appropriate recovery and should also result in you hitting RPE 8 or above during your hard efforts.

Notes:

Example; 4 minutes hard, 2 minutes recovery, 2 minutes hard, 1 minute recovery, 1 minute hard, 30 seconds recovery, 1 minute hard and reverse back up, this is known as a pyramid session and distances or times can be increased or decreased depending on ability or goal.

Cool down - All sessions should include a cool down. Similar to warming up a cool down tells the body you are doing something different and in this case you are slowing down, don't forget the heart has been pumping large quantities of blood around the body. The warm down over approx 10 mins should see a slowing down of activity or stretching and will increase the removal of lactic acid which decreases the risk of cramp and aching.

Understand your body - Feel Good Factor (FGF) Use this to record how you are feeling pre, during and post session, looking back at where you started is always fun especially when you think you are having a bad day

Safety

Triathlon Training Warning - Only start this programme if you are confident you are medically fit and you think you can achieve weeks 1 & 2 with some ease? If you are weaker in any one discipline then contact me to discuss improvements. Recovery is a forgotten art and you should use recovery time wisely. If you miss a session do not try and play catch up, just let it go and focus on the next one. The programme is a guide which will allow progressive overload, it is designed to help you build your endurance ability.

Sessions 01/08

Training Phase - Base Weeks 01/04

Week	M	T	W	TH	F	SA	Su	Total (hr/Min)	Remarks
1	Run 28	Bike 80	Swim 40	Run 34	Off	Run 40	Swim 27 Bike 51	5 300	
2	Run 31	Bike 88	Swim 44	Run 37	Off	Run 44	Swim 30 Bike 56	5hr 30 330	
3	Run 34	Bike 97	Swim 48	Run 41	Off	Run 48	Swim 33 Bike 62	6hr 3 363	
4	Run 25	Bike 73	Swim 36	Run 31	Off	Run 36	Swim 25 Bike 46	4hr 32 272	Recovery
FGF	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>		<input type="text"/>	<input type="text"/>	<input type="text"/>	

NOTES

Focus - Getting into a regular pattern and managing your life style around the training

Training Phase - Base Weeks 05/08

Week	M	T	W	TH	F	SA	Su	Total (hr/Min)	Remarks
5	Run 34	Bike 97	Swim 48	Run 41	Off	Run 48	Swim 33 Bike 62	6hr 3 363	
6	Run 37	Bike 107	Swim 53	Run 45	Off	Run 53	Swim 36 Bike 68	6hr 39 399	
7	Run 41	Bike 117	Swim 58	Run 50	Off	Run 58	Swim 40 Bike 75	7hr 19 439	
8	Run 31	Bike 88	Swim 44	Run 37	Off	Run 43	Swim 30 Bike 56	5hr 29 329	Recovery
FGF	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>		<input type="text"/>	<input type="text"/>	<input type="text"/>	

NOTES

Focus - Pattern set now work on that technique, everything you do should be analysed and always strive for quality

Sessions 09/16

Training Phase - Pre Competition Weeks 09/12

Week	M	T	W	TH	F	SA	Su	Total (hr/Min)	Remarks
9	Run 41	Bike 117	Swim 58	Run 50	Off	Run 58	Swim 40 Bike 75	7hr 19 439	
10	Run 45	Bike 129	Swim 64	Run 54	Off	Run 64	Swim 44 Bike 83	8hr 3 483	
11	Run 50	Bike 142	Swim 70	Run 59	Off	Run 65	Swim 48 Bike 91	8hr 52 532	
12	Run 37	Bike 106	Swim 53	Run 45	Off	Run 53	Swim 36 Bike 68	6hr 38 398	Recovery
FGF	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

NOTES

Focus - Are you happy with your nutrition plan? Have you trained in the gear you will be racing in? Don't leave it any longer,

Training Phase - Competition / Taper Weeks 13/16

Week	M	T	W	TH	F	SA	Su	Total (hr/Min)	Remarks
13	Run 50	Bike 142	Swim 70	Run 61	Off	Run 70	Swim 48 Bike 91	8hr 52 532	
14	Run 55	Bike 156	Swim 77	Run 67	Off	Run 77	Swim 53 Bike 100	9hr 45 585	
15	Run 49	Bike 140	Swim 70	Run 60	Off	Run 70	Swim 48 Bike 90	8hr 47 527	
16	Run 24	Bike 70	Swim 35	Run 30	Off	Run 35	Race Race	3hr 14 194	Race Week
FGF	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

NOTES

Focus - Is all your race gear race ready. Pack and re pack and visualise the course and plan how you will manage race day



Well done from the Coach

Congrats on making it to the end. It takes real determination and motivation to follow a plan and see it through. I hope the goal you aimed for has been achieved and this plan has helped you along the way. We produced this plan for free so people like you have a stepping stone to achieving your very best. If you feel this has helped you I would love for you to leave a review on the Liberty Performance

Coaching Facebook page. If there is anything else I can help you with on your triathlon journey then please don't hesitate to get in touch. For now, good luck and I hope we shall meet again soon.

Dave Zimmer