

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

For athletes entering their first long-distance triathlon (10-plus hrs per week)

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
WEEK 1	Swim 1hr squad stamina session	AM Run 45mins PM Turbo/rollers 1hr steady	AM Swim 40mins continuous PM Run 75mins easy pace	Off	AM Turbo 45-60mins (or commute miles) PM Swim "Base" 4 x 1,000m, 10 x 300m, 7 x 500m relaxed stamina set, with 60sec rest intervals	Bike 2.5hrs	Turbo 30mins constant big gear effort 75% HRmax plus run 1hr
WEEK 2	Swim 1hr squad stamina session	AM Run 45mins PM Turbo/rollers 1hr steady	AM Swim 40mins continuous PM Run 90mins easy pace	Off	AM Turbo 45-60mins (or commute miles) PM Swim "Base" 4 x 1,000m, 10 x 300m, 7 x 500m relaxed stamina set, with 60sec rest intervals	Bike 2.75hrs	Turbo 30mins constant big gear effort 75%HRmax plus run 1:15hrs
WEEK 3	Swim 1hr squad stamina session	AM Run 45mins PM Turbo/rollers 1hr steady	AM Swim 40mins continuous PM Run 1.45hrs easy pace	Off	AM Turbo 45-60mins (or commute miles) PM Swim "Base" 4 x 1,000m, 10 x 300m, 7 x 500m relaxed stamina set, with 60sec rest intervals	Bike 3hrs	Turbo 30mins constant big gear effort 75% HRmax plus run 1:30hrs
WEEK 4 (RECOVERY WEEK)	Swim 1hr solo skill session	Turbo/rollers 45mins 65%-70% HRmax plus run 30mins	AM Run 45-60mins easy PM Swim 30mins solo skill session	Off	Swim 1hr skill work plus AquaJog 30mins	Bike 2hr flat terrain, low-effort spin on small chainring	Off (optional rollers 30mins)
WEEK 5	Swim 1-1:30hr squad stamina session	AM Run 45mins PM Turbo/rollers 1:30hrs steady	AM Swim 40mins continuous PM RUN 85mins easy pace	Off	AM Turbo 45mins PM Swim "Stamina" 6 x 10min blocks	Bike 2:30hrs	Turbo 45mins constant big gear effort 75% HRmax plus run 1hr
WEEK 6	Swim 1-1:30hr squad stamina session	AM Run 45mins PM Turbo/rollers 1:30hrs steady	AM Swim 40mins continuous PM Run 100mins easy pace	Off	AM Turbo 1hr PM swim "Stamina" 7 x 10min blocks	Bike 3hrs	Turbo 45mins constant big gear effort 75% HRmax plus run 1hr
WEEK 7	Swim 1-1:30hr Squad stamina session	AM Run 45mins PM Turbo/rollers 1:30hrs steady	AM Swim 40mins continuous PM Run 85mins easy pace	Off	AM Turbo 1:05hrs PM Swim "Stamina" 8 x 10min blocks	Bike 2:30hrs	Turbo 45mins constant big gear effort 75% HRmax plus run 1hr 20mins
WEEK 8 (RECOVERY WEEK)	Swim 1hr Solo skill session	Turbo/rollers 45-60mins 65%-70% HRmax	AM Run 45-60mins easy; PM Swim 30mins Solo skill session	Off	Swim 1hr skill work plus aquajog 30mins	Bike 2hr flat terrain, low-effort spin on small chainring	Off

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