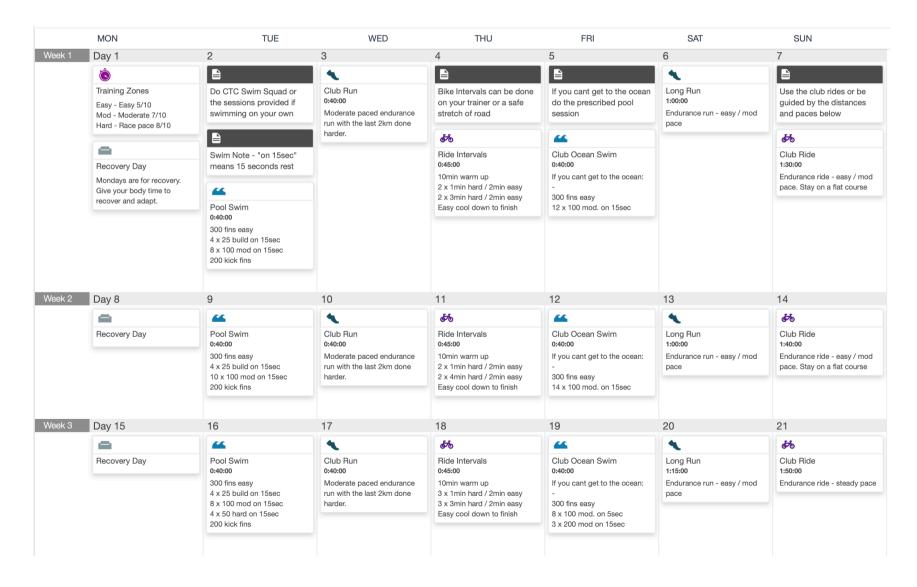
Cronulla Triathlon Club8 week Beginner Standard Distance Training Plan



Created by: Peter Clifford, Triathlon Australia Accredited Performance Coach

This program is designed to make use of Club sessions available but also gives options if you are unable to make it to a session that day.



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	MON	TUE	WED	THU	FRI	SAT	SUN
Week 4	Day 22	23	24	25	26	27	28
		44	•	=	44	•	ĕ *6
	Recovery Week	Pool Swim	Club Run 0:25:00	Day off	Club Ocean Swim	Long Run 0:45:00	Club Ride 1:15:00
		300 fins easy	Easy run - no efforts and if		If you cant get to the ocean:	Endurance run - easy pace	Endurance ride - easy pace
	Recovery Day	4 x 25 build on 15sec 4 x 100 easy on 15sec 200 kick fins	doing the club run cut the course short		1km steady continuous		
Week 5	Day 29	30	31	32	33	34	35
		44	•	<i>&</i> ⁄₀	**	•	€%
	Recovery Day	Pool Swim 0:40:00 300 fins easy 2 x 50 build on 15 sec 10 x 100 mod on 15sec 2 x 50 hard on 15sec 200 kick fins	Club Run 0:40:00 Moderate paced endurance run with the last 2km done harder.	Ride Intervals 0:45:00 10min warm up 3 x 1min hard / 2min easy 3 x 4min hard / 2min easy Easy cool down to finish	Club Ocean Swim 0:40:00 If you cant get to the ocean: - 500 fins 8 x 100 mod. on 15sec 3 x 200 mod on 15sec	Run 1:15:00 Endurance run - easy / mod pace	Club Ride 1:45:00 Endurance ride - easy / mo pace. Stay on a flat course
Week 6	Day 36	37	38	39	40	41	42
		44	•	<i>₫</i> ₺	4	•	<i>ĕ</i> %
	Recovery Day	Pool Swim 0:40:00 300 fins easy 4 x 50 build on 15 sec 4 x 200 mod on 15sec 4 x 50 hard on 15sec 200 kick fins	Club Run 0:40:00 Moderate paced endurance run with the last 2km done harder.	Ride Intervals 0:50:00 10min warm up 4 x 1min hard / 2min easy 4 x 3min hard / 2min easy Easy cool down to finish Run off the bike 0:10:00 moderate pace	Club Ocean Swim 0:40:00 If you cant get to the ocean: - 400 fins 4 x 50 mod. on. 15sec 16 x 100 mod. on 15sec	Run 1:15:00 Endurance run - easy / mod pace	Club Ride 2:00:00 Endurance ride - mod pace Stay on a flat course and do x 5min hard efforts

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