

Cronulla Triathlon Club

8 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.

	MON	TUE	WED	THU	FRI	SAT	SUN
Week 1	Day 1	2	3	4	5	6	7
	 Training Zones Easy - Easy 5/10 Mod - Moderate 7/10 Hard - Race pace 8/10 Recovery Day Mondays are for recovery. Give your body time to recover and adapt.	 Do CTC Swim Squad or the sessions provided if swimming on your own Swim Note - "on 15sec" means 15 seconds rest Pool Swim 0:40:00 300 fins easy 4 x 25 build on 15sec 8 x 100 mod on 15sec 200 kick fins	 Club Run 0:40:00 Moderate paced endurance run with the last 2km done harder.	 Bike Intervals can be done on your trainer or a safe stretch of road Ride Intervals 0:45:00 10min warm up 2 x 1min hard / 2min easy 2 x 3min hard / 2min easy Easy cool down to finish	 If you cant get to the ocean do the prescribed pool session Club Ocean Swim 0:40:00 If you cant get to the ocean: - 300 fins easy 12 x 100 mod. on 15sec	 Long Run 1:00:00 Endurance run - easy / mod pace	 Use the club rides or be guided by the distances and paces below Club Ride 1:30:00 Endurance ride - easy / mod pace. Stay on a flat course
Week 2	Day 8	9	10	11	12	13	14
	 Recovery Day	 Pool Swim 0:40:00 300 fins easy 4 x 25 build on 15sec 10 x 100 mod 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 2 x 1min hard / 2min easy 2 x 4min hard / 2min easy Easy cool down to finish	 Club Ocean Swim 0:40:00 If you cant get to the ocean: - 300 fins easy 14 x 100 mod. on 15sec	 Long Run 1:00:00 Endurance run - easy / mod pace	 Club Ride 1:40:00 Endurance ride - easy / mod pace. Stay on a flat course
Week 3	Day 15	16	17	18	19	20	21
	 Recovery Day	 Pool Swim 0:40:00 300 fins easy 4 x 25 build on 15sec 8 x 100 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 0:45:00 10min warm up 3 x 1min hard / 2min easy 3 x 3min hard / 2min easy Easy cool down to finish	 Club Ocean Swim 0:40:00 If you cant get to the ocean: - 300 fins easy 8 x 100 mod. on 5sec 3 x 200 mod on 15sec	 Long Run 1:15:00 Endurance run - easy / mod pace	 Club Ride 1:50:00 Endurance ride - steady pace

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Week 4	Day 22	23	24	25	26	27	28
	 Recovery Week Recovery Day	 Pool Swim 0:30:00 300 fins easy 4 x 25 build on 15sec 4 x 100 easy on 15sec 200 kick fins	 Club Run 0:25:00 Easy run - no efforts and if doing the club run cut the course short	 Day off	 Club Ocean Swim 0:20:00 If you cant get to the ocean: - 1km steady continuous	 Long Run 0:45:00 Endurance run - easy pace	 Club Ride 1:15:00 Endurance ride - easy pace
Week 5	Day 29	30	31	32	33	34	35
	 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 / mod pace. Stay on a flat course
Week 6	Day 36	37	38	39	40	41	42
	 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 2 x 5min hard efforts

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Week 7	Day 43	44	45	46	47	48	49
	<p>Recovery Day</p>	<p>Pool Swim 0:40:00</p> <p>300 fins easy 4 x 50 build on 15 sec 2 x 400 mod on 30sec 6 x 50 hard on 15sec 200 kick fins</p>	<p>Club Run 0:40:00</p> <p>Moderate paced endurance run with the last 2km done harder.</p>	<p>Ride Intervals 0:50:00</p> <p>10min warm up 8 x 1min hard / 2min easy 2 x 3min hard / 2min easy Easy cool down to finish</p> <p>Run off the bike 0:10:00 moderate pace</p>	<p>Club Ocean Swim 0:40:00</p> <p>If you cant get to the ocean: 400 easy fins 800m mod 200 easy fins</p>	<p>Run 1:15:00</p> <p>Endurance run - easy / mod pace</p>	<p>Club Ride 2:00:00</p> <p>Endurance ride - mod pace. Stay on a flat course and do 1 x 15min hard effort</p>
Week 8	Day 50	51	52	53	54	55	56
	<p>Recovery Day</p> <p>Race Week</p> <p>Make sure you get all your gear organised early and have it ready to go.</p>	<p>Pool Swim 0:20:00</p> <p>200 fins easy 4 x 50 build on 15 sec 4 x 100 mod on 15sec 200 kick fins</p>	<p>Club Run 0:20:00</p> <p>Cut the run short today. No efforts at all. Just all nice and easy</p>	<p>Day off</p>	<p>Club Ocean Swim 0:20:00</p> <p>If you cant get to the ocean: 200 easy fins 200m mod 200 easy fins</p>	<p>Easy Bike 0:15:00</p> <p>Easy ride. Do 3 x 1min surges in pace to feel fast. Make sure your bike is ready to go.</p>	<p>Race Day</p> <p>Race Day</p> <p>Eat 2 hours before Arrive 1 hour before Easy 5min run warm up Enjoy your race</p>