

Training Workouts

Millennium Triathlon

Saturday, Aug 7th, 2021

Miltri.com



ABBOTT RACING

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WEEK 1

Welcome to week 1 of your training plan. Over the next 3 weeks, we will be laying the foundation for the race-specific training that is to come. You will see many low-intensity (Conversation pace) work, commonly labeled as Zone 2 or Aerobic. These are the cornerstone of a solid training foundation, so don't overlook them. Keep the efforts low, 3/10 effort, and enjoy being active. Workout time is noted with a ' for minutes and " for seconds. For example, 25' is 25 minutes and 25" is 25 seconds.

MON

SWIM Instructions: 1200 yards as ... Rest 30" after each 100
-> 4 x 100 / Focus: Arms enter the water at shoulder width
-> 4 x 100 / Focus: High elbow catch, using your Lats
-> 4 x 100 / Focus: Fast feet
After the above do.... -> 200 Aerobic
10 x 30" Vertical Kick / 50 Free (Rest as needed)
100 W/D

TUES

BIKE Instructions: 40' Zone 2 (4/10 effort)

RUN OTB (Off the bike): Instructions: 15' as...
-> 5' Find your run legs
-> 10' Build to a strong aerobic effort
(Should always be able to talk comfortably)

WED

SWIM Instructions: 700 Warm Up as...
-> 400 warm up choice
-> 6x50 build 1-3 and 4-6 on 30" rest
1600 as 2 rounds of..
-> 200 aerobic, rest 20" -> 2x100 aerobic, rest 15"
-> 4x50 aerobic, rest 10" -> 8x25 FAST, rest 30" 100 Easy

THUR

BIKE Instructions: 40' Zone 2 (4/10 effort)

RUN OTB (Off the bike): 30' easy, can be a walk/jog combo

FRI

REST DAY

SAT

BIKE Instructions: 4 x 7' Big Gear*
15' Warm Up 40' as 4 rounds of... -> 7' Big Gear effort 5/10
(see comment below) -> 3' Easy 35' Aerobic ride
RUN OTB (Off the bike): 15' as...
-> 5' Find your run legs
-> 10' Build to a strong aerobic effort
(Should always be able to talk comfortable)

SUN

RUN Instructions: Easy run
Just go for a 45' run. Should be easy, and very relaxed pace. Conversational pace. Stop and walk as needed.



BIKE. RUN. SWIM.

*Big Gear work: should be done at a cadence of <60 RPM
You should feel good pressure on the pedals with a focus on strong muscle recruitment as you drive the pedal down.