

Toronto Triathlon Club

Sprint Competitive Training Program

By Associate Coach Sylvie Dansereau



WHO IS THIS FOR?

This program is designed for athletes who are experienced in sprint distance triathlons and wish to bring their performance to the next level in these events. In order to determine if you are ready to start this program you should be able to very comfortably finish the first week of the training plan. If these numbers are not realistic for you at this point, we suggest you spend more time gradually just getting comfortable with this workload until you feel confident that the amount of time expected in the first week has become easy to you. This program expects the athletes to run the distances in the schedule (versus the run/walk approach sometimes taken by more novice athletes).

THE PROGRAM

The goal of this program is to build up your endurance and speed so that you can race a sprint triathlon from start to finish. The program will include a long swim, an endurance swim, a long ride, an endurance ride, a tempo ride, a threshold ride, a long run, an endurance run, a progression run and a tempo run as well as a BRICK (bike/run) workout.

EFFORT LEVEL

The main goal of your workouts is to build your endurance but we will also introduce training sessions aimed at improving your speed in order to allow you to complete each leg of the race at a higher effort level. This means that as an experienced athlete you will start doing some tempo and threshold work while still working on your endurance in order to allow you to sustain your high effort output for the duration of the event.

Below is a perceived exertion (PE) chart to be used as a guide to judge the appropriate intensities in your workouts. The heart rate (HR) zones are based on lactate test results, a more accurate way to measure the intensity of your training. For those interested in getting lactate testing done to determine precise heart rate training zones, please contact Nigel at nigel@nrgpt.com. The tests are performed at NRG Performance Training and a discounted cost of 100\$+GST/test has been arranged for TTC members.

PERCEIVED EXERTION CHART

PERCEIVED EXERTION	HR ZONE	DESCRIPTION
VERY EASY	Z1	Recovery workout, warm up and warm down, very light effort, breathing is very light.
EASY	Z2	Recovery/Endurance workout, comfortable training pace for long days, base endurance, breathing again is very light.
STEADY	Z3	Endurance workout, effort can be maintained for an extended period of time but takes some focus. Close to Ironman race pace, extensive endurance zone, you will first notice a deeper breathing pattern.
MODERATELY HARD (Mod)	Z4	Tempo workout, takes greater focus to maintain effort, breathing becomes deeper, more frequent, conversation starts becoming difficult.
HARD	Z5	Threshold workout, the level that you start to accumulate lactate and you will feel more fatigue in the arms or legs. Pace makes conversation very difficult and mentally taxing. Deep and frequent breathing pattern.
VERY HARD	Z6	VO2 max workout, these workouts are very taxing and conversation will not be possible, the effort level will feel extremely challenging with a significant burning sensation in the muscles and very laboured breathing.

THE WORKOUTS: Swimming

A set of workouts for the entire program is included and detailed below.

WARM UP (WU) AND WARM DOWN (WD)

For **all** swim workouts the **warm-up and warm down** are done while swimming at an **EASY pace (Z1-2)** and geared towards getting you ready for a bigger effort during the main set. This is also a good time to work on improving your technique. Be sure to work on proper technique during your drills.

The warm up for each swim will be as follows:

- WU: 100m (10 seconds rest) swim easy**
- 4x50m (10 seconds rest) 25 drill / 25 swim**
- 100m (10 seconds rest) kick**
- 4x50m (10 seconds rest) slow building to moderate**
- WD: 100m easy drills/swim of choice**

MAIN SET (MS)

You will be doing 3 types of swims in your program: a continuous swim (C), a technical endurance swim (T) and a recovery (R) swim. The main sets of each workout will be based on a continuous effort (C & R) or repetitive intervals with a short rest after each (T & R). The key to swimming intervals properly is to only swim as hard as you can maintain good technique. If you feel like you are fighting the water then you are swimming too hard and wasting energy, slow down and focus on proper form. During the **MS** of your technical endurance swim, the rest period between each set is noted in (seconds). For example, 2x50 (15) would mean swimming 50m, resting for 15 seconds and swimming another 50m again.

- Day 1 is the **continuous (C) swim**. The goal of this workout is to gradually build the distance you are able to swim continuously. The main sets of your workouts will be gradually longer each week and they are to be swum at a **steady (Z3) to moderate (Z4)** effort level without stopping. So at the start of your main set the effort should feel steady and relatively comfortable and for the second half of the main set the same pace will start to feel like a moderately hard (Z4) effort. The **recovery swim** (day 1 and 3 of recovery weeks) is also a continuous swim but done at a very easy effort (Z1-2) with a focus on technique throughout the swim. The distance marked in your schedule includes the WU and WD described above. So for example, a 1700m continuous swim would break down as 600m WU (see above), 1000m continuous swim for MS and 100 m for WD (see above).
- Day 3 is your **technique endurance (T) swim**. This workout is based on repetitive swims with a short rest after each and should be swum harder (more **steady to hard effort** as described in your specific sets) than your continuous swim. This workout is designed to increase the speed at which you can swim comfortably. Once again remember to only swim as hard as you can while maintaining good technique.
- Starting in build week #4 you should, if possible, start with an **open water swim** (day 6 & 7). The goal here is to get used to swimming in open water, as it is very different to swimming in the pool. Never swim alone, always swim with a buddy for safety and wear a brightly colored swim cap to ensure you are visible in the water. You should stay near shore to increase your comfort level. If you are using a wetsuit then make sure you put it on properly, pulling it up as high as you can so that you get a little extra room in the shoulders to increase mobility. The keys with swimming in open water are being able to relax and swim straight. To practice swimming straight, pick a visible object (a large tree) and swim towards it, check how you straight you are after every 6-10 strokes. Focus on comfort and efficiency.

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You should always strive to maintain good form. Never swim so hard that your technique falls apart!

Swim Workouts

Warm Up: 100m (10 sec rest) swim easy
4x50m (10 sec rest) 25 drill / 25 swim
100m (10 sec rest) kick
4x50 (10 sec rest) slow building to moderate

Warm Down: 100m easy drills/swim of choice

Main Sets:

All Recovery swims for Day 1 & 3:

WU and WD as above (total 700m)

Main Set:

- 200 swim easy (20 sec rest)
100 swim steady (10 sec rest)
Do as many repeats of this sequence as needed to complete distance on the schedule. *Focus on technique.*

Build weeks #1-3

WU and WD as above (total 700m)

Main Set

- 300's (30 sec rest)
100 fast, 100 steady, 100 moderate.
Repeat this sequence as needed to complete distance on the schedule.

Build weeks #4-6

WU and WD as above (total 700m)

Main Set

- 2 x [150 steady (20 sec rest), 100 moderate (15 sec rest), 150 steady (20 sec rest)]
- 50 kick
- 400 moderate (40 sec rest)
- 50 kick
- 50 fast (15 sec rest)
Repeat as needed to complete distance on the schedule.

Build weeks #7-11, race prep week

WU and WD as above (total 700m)

Main Set

- 4x100 (15 sec rest) done as 50 fast, 50 steady
- 400 (40 sec rest) done as 200 steady and 200 moderate
- 100's (15 sec rest) done as 50 steady, 50 moderate to hard.
Repeat as needed to complete distance on the schedule

The Workouts: Cycling

WARM UP (WU) AND WARM DOWN (WD)

For all cycling workouts the **warm-up and warm down** are done while riding at an **EASY pace (Z1-2)** and geared towards getting you ready for a bigger effort during the main set.

WU: 10-15 minutes of easy pace (Z1/2) riding while slowly building to steady pace and focusing on good pedaling technique and high cadence (90-95 rpm). Make sure you warm up on flat terrain.

WD: You should warm down with easy pedaling (Z1-2) for 5-10 minutes nearing the end of your ride once again paying special attention to your technique and cadence

Main Set:

- Long rides: easy to moderate (Z2 to Z4)
- Endurance rides: steady with more time spent in Z3
- Tempo rides: moderately hard effort level with a significant amount of time spent in Z4
- Threshold rides: Hard interval work (Z4/5) with rest (Z1) period in between

Refer to Perceived Exertion Chart for descriptions of effort felt in each zone.

Your program will use 4 types of cycling workouts

- **Long rides:** This is the cycling part of the brick workout (day 6). The goal of this ride is to gradually build the time (and distance) for which you are able to sustain a strong and consistent effort from start to finish. You should easily ride a distance exceeding race goal. The **main set** for your long rides should be done at an **easy (Z2)** to **steady pace (Z3)**, with **moderately hard (Z4)** efforts on the hills. Experienced athlete will aim to sustain a steady endurance effort in Z3 for the biggest portion of the main set with some harder sections in the hills (Z4). This pace will feel from steady near the beginning but will definitely require some focus in order to maintain for the duration and feel moderately hard by the end. If you are feeling energetic and are a more experienced athlete then choose a hilly route especially if your goal race includes significant altitude gain. The hills will then provide a natural increase in intensity to your ride. Make sure to use your gears while riding and try to maintain a cadence of 80-100. Your cadence will drop on some steep hills, but make sure you use your easiest gears
- **Endurance rides:** These are scheduled on day 3 & 4. The goal of these rides is to give you a comfortable amount of time where you can easily keep a steady pace without pushing your limits in duration. It will build your aerobic and muscular endurance over the course of the program and allow you to become more comfortable and efficient on your bike as you spend more hours weekly in the saddle. The **main set** effort level for this ride should be **steady (Z3) effort** if you are feeling good. The terrain you will choose will vary for different stages of your training and the terrain you will race on for your goal race. When choosing a hilly terrain try to choose a route with rolling hills or one or two long gradual hills
- **Tempo rides:** These are scheduled as part of your Brick workout on day 4. The purpose of these rides is to improve muscular endurance (a combination of force and endurance). These rides feel fast, require some work to maintain and are similar to race pace efforts for your HIM. The **main set** effort level for this ride should be **Z4** with some greater efforts (Z5) in the hills if you are feeling good. This can also be done on the indoor trainer
- **Threshold rides:** These are done in intervals of work and recovery and scheduled as part of your Brick workout on day 4. The purpose of these rides is to improve your threshold power. They are

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strenuous workouts and require significant recovery. They are often easiest done on the indoor trainer but can also be done outdoors if you can find a relatively flat, safe and quiet section of road and where you can finish the given interval period uninterrupted (by traffic etc). The WU is 15-20 minutes starting with **easy pace (Z1/2)** building to **steady pace (Z3)**. It is important to be well warmed up before starting these intervals! The main set consists of work intervals in **Z4/5** with rest period between the intervals noted in (brackets). E.g. 3x10 min (2) should be done as WU (see above) then 10 min Z4/5, 2 min easy spinning Z1, 10 min Z4/5, 2 min easy spinning Z1, 10 min Z4/5 followed by WD (Z1/2) for the balance of total ride time.

The Workouts: Running

WARM UP (WU) AND WARM DOWN (WD)

For all running workouts the **warm-up and warm down** are done while running at an **EASY pace (Z1-2)** and geared towards getting you ready for a bigger effort during the main set. Make sure to start your runs on flat terrain.

WU: 10-15 minutes of easy pace (Z1/2) jogging while slowly building to steady pace and focusing on high cadence (85-90 cycles).

WD: You should warm down with easy jogging (Z1-2) for 5-10 minutes nearing the end of your run once again paying special attention to your cadence

Refer to Perceived Exertion Chart for descriptions of effort felt in each zone.

Long run: The goal of this run is to gradually build the time/distance for which you are able to sustain a strong and consistent effort from start to finish. The long runs should be done at a **steady pace (Z3)** with some **moderately hard (Z4)** efforts on the hills if you are feeling energetic and are a more experienced runner. This pace will require some focus to maintain for the duration but shouldn't leave you gasping for breath. Hills are what will provide some variable intensity to your program. The more experienced athletes feel free to choose a hilly route to add some challenge and intensity to this run (again the hills are to be run **moderately hard** not all out). When choosing hilly terrain try to choose a route similar in elevation to the one of your main race (A race) this season. Strive to keep your foot turnover high (avg. 85-90 cycles (right foot strikes)/min).

Endurance run: The goal of this run to give you a comfortable distance where you can easily keep a **steady pace (Z3)** without pushing your limits in duration. It will build a combination of your aerobic and muscular endurance over the course of the program and allow you to become more comfortable on various terrains. The pace for this run should be **easy (Z2) and build to steady (Z3)** but with more time spent at a steady effort level if you are feeling energetic. The terrain will you choose will vary depending on your preference. When choosing a hilly terrain try to choose a route with easy rolling hills or one or a few long gradual hills.

Progression run: The goal of this run is to gradually increase your intensity finishing with a strong threshold effort similar to race pace/effort. The WU: 15 min slowly build your hr from Z1-3, then MS: hr Z2/3 then hr Z4/5 and finally a WD: 5 min easy jog. Example: **Progression run 50 min (20, 10)** would be done as 15 min warm up slowly building HR from Z1 to 3, for main set: 20 min Z2/3 followed by 10 min Z4/5 and a warm down of 5 min light jog (total time adds up to the 50 min).

Tempo run: The goal of this run is to improve endurance and focus by keeping a quality pace for a prolonged time. These runs are moderately hard (4). The WU: is 20 min building to Z3 effort followed

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by main set done as a Z4 effort (time in (brackets) on schedule) followed by Z1/2 easy WD for remainder of total time e.g. Tempo run 60 min (25 min Z4) would be done as: 20 min WU Z1 to Z3, 25 min in Z4 for main set and 15 min Z1/2 for WD

The Workouts: Bricks

Bricks are a very important part of triathlon training and they are sometimes overlooked. Bricks refer to training on two disciplines during the same workout, one after the other with minimal or no interruption in between, just as you would do in a race. Usually when people talk about bricks they refer to a bike/run workout, but bricks could also refer to a swim/bike workout.

The most commonly practiced Brick workouts are the bike/run bricks, mainly because the transition between bike and run is the toughest of the two during a triathlon. When you stop biking and start running your legs can feel “like bricks (hence the name!)”. This feeling is more pronounced at the start of the run and your legs usually get better as time passes. Brick workouts help shorten the time your legs take to start feeling more normal thus allowing you to run better and faster.

Your Brick workouts will include a **WU period building from Z1 to Z2/3 for 10-15 minutes in the first sport** of your brick (The bike for the Bike/Run bricks and the swim for the Swim/Bike/Run bricks). Your transition from one sport to the next should be organized and done as quickly as possible. Near the end of your run you will include a **5-minute gradual WD from Z3 to Z1 effort** focusing on good technique and fast turnover of the legs.

Your **threshold brick on Day 4** starting on Build week 7 will be done as follows:

Warm up on the bike, 15 min slowly building your hr from Z1-3, then do 3x (X min bike/Y min run HR Z4/5, go to Z5 in the last 2 intervals if you feel good) with 2 min rest between each bike/run set. After the 3 reps are finished, jog for 10 min and spin easy for 5 min to warm down. This can easily be done on the trainer (set up in your garage or outdoors) and with running around the bloc for each short run intervals.

Your **swim/bike/run bricks on day 6** will give you the opportunity to practice your transitions and get used to take off your wetsuit. You may also experience a little disorientation as you come out of the swim and head to your bike as you go from lying horizontal and using your upper body to being upright and having the blood now moving to your legs, the key is just to take your time and not rush.