

Basic Winter Triathlon Training Schedule 14+ hrs a week

Day	Activity	Time	Session description	RPE	% Max HR	HR (Based on Max of 195)	Use club session or main set examples below
Monday	Swim Total: 1 hour Bike (Turbo) Total: 1 hour	15 mins 40 mins 5 mins 10 mins 45 mins 5 mins	Warm up Technique main set Cool down Warm up Main set Cool down	RPE 4-5 RPE 5 RPE 4-5 RPE 4 RPE 6/7 RPE 4	70% 80-85% 70%	140 155/165 140	Alternate 5min@ 50/90/110 RPM
Tuesday	Run Total: 1 hour	15 mins 30 mins 15 mins 10 mins	Warm up Intervals Cool down Stretches	RPE 4-5 RPE 8-9 RPE 4-5	70% 85-90% 70%	140 170-175 140 N/A	6 X 3 mins with 90s rest or 4 X 5 mins with 3 mins rest
Wednesday	Swim Total: 1 hour Bike (Turbo) Total: 1 hour	15 mins 40 mins 5 mins 10 mins 45 mins 5 mins	Warm up Technique main set Cool down Warm up Main set Cool down	RPE 4-5 RPE 5 RPE 4-5 RPE 4 RPE 6/7 RPE 4	70% 80-85% 70%	140 155/165 140	Alternate 5min@ HR155/HR165
Thursday	Rest						
Friday	Run Total: 1 hour Swim Total: 1 hour	1 hour 15 mins 40 mins 5 mins	Steady run Warm up Endurance main set Cool down	RPE 5-6 RPE 4-5 RPE 6 RPE 4-5	70-75%	140-150	4 X 400m with 60 seconds rest or 8 X 200m with 30 seconds rest
Saturday	Bike (Road) Total: 5-6 hrs Brick Total: 30 mins	5-6 hours 30mins	Road ride Bike/Run	RPE 5-6 RPE 5-6	70-75% 70-75%	140-150 140-150	Transition/run
Sunday	Run (am) Total: 2 hours	2 hours	Steady run	RPE 5-6	70-75%	140-150	
Total	RUN	4.5hr	4 sessions				
	BIKE	7-8hr	3 sessions				
	SWIM	3hr	3 sessions				

General advice

Have at least 1 day's rest a week – or more if necessary

Do not train when you are ill or injured

If you need to change your schedule try to keep the same balance of training throughout the week

Have 1 easy week per month

Consider using your bike when commuting

Write down a short term & long term goal

Record your training activities in a simple training log

Invest in a heart rate monitor

Train in groups for some sessions – particularly the longer/steady sessions

Use race bike for indoor sessions

DIFFERENT TRAINING INTENSITIES BASED ON RATING OF PERCEIVED EXERTION (RPE)

RPE	DESCRIPTOR	BREATHING	% OF MAX. HR
1	No effort	No change from resting.	Below 65%
2	Very, very easy	Not much change from resting.	
3	Very easy	A little quicker than resting.	
4	Easy	Quicker than resting but normal conversation is possible.	70%
5	Not so easy	Becoming very regular and conversation is limited to short sentences	75%
6	Quite hard	Regular and deep, conversation is limited to a few words	80%
7	Hard	Regular and very deep, conversation is limited to a few short words	85%
8	Very hard	Quicker, regular and very deep, conversation limited to a word.	90%
9	Very, very hard	Deep, gasping and only grunts possible.	95%
10	Maximal	As above	100%