Long distance

20 week base training program

Max weekly hours - 16

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Triathlon training is about consistency. It does not have to be complicated. That's why this easy to follow 20-week plan contains 200 simple sessions each telling you how hard to work and for how long to ensure you build a solid endurance base upon which to start specific race training.

It contains three weekly sessions for each discipline and two strength sessions. Weekly volumes start at 10 hours and peak at 16 hours. It is a standard three week build and one week recovery approach. The recovery week is also a testing week to monitor your progress.

You can add extra sessions if you wish or alternatively move those that are there to fit your own lifestyle. It is based on a traditional Monday to Friday 9 to 5 job with the longer sessions falling at the weekend. If this isn't you feel free to change. There is also not a specified complete weekly day off although Fridays generally only include a strength session. If you prefer to take a complete day off, then you just need to double up on one of the single workout days or drop the second strength session.

Bike and run training zones are based on your 'lactate threshold heart rate' (LTHR). If you have a power meter, then use the data from that (your functional threshold power) rather than your heart rate and choose the appropriate zone to match. For swimming, we use 'critical swim speed' (CSS).

For more information about testing and setting zones visit:
https://weemancoaching.com/blog/f/how-to-calculate-and-set-your-training-zones.

If you have any questions, please get in touch.

Good luck
WeeMan

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	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1 **10.5 hrs**	SWIM 45 min Warm up 400m 8x50m drills on 1 min 8x50m CSS on 1 min 200m pull Cool down 200m STRENGTH 1	BIKE 45 min Z1/2 Warm up 10 min 10 x 1 min single leg drills each leg 30 sec spin Cool down 5 min RUN 45 min Z1/2	SWIM 60 min Warm up 600m 4x200m CSS+5s 30 sec RI 4x100m CSS+3s 20 sec RI 2x200m pull 30 sec RI Cool down 200m	RUN 45 min Z1/2 inc 6x30 sec strides BIKE 45 min Z1/2 Warm up 10 min 8 x 30 sec spin ups 3 min spin Cool down 7 min	STRENGTH 1	RUN 45 min Z1/2 SWIM 60 min Warm up 800m 8x100m even pace 8x50m descend 1-4/5-8 8x25m sprint Cool down 400m	BIKE 2:30 hrs Z1/2 Move into Z3/4 on climbs as needed
Week 2 **10.5 hrs**	SWIM 45 min Warm up 400m 8x50m drills 8x50m CSS on 1 min 200m kick Cool down 200m STRENGTH 1	BIKE 45 min Z1/2 Warm up 10 min 10 x 1 min single leg drills each leg 30 sec spin Cool down 5 min RUN 45 min Z1/2	SWIM 60 min Warm up 600m 2x200m CSS+5s 30 sec RI 6x100m CSS+1s 20 sec RI 2x150m pull 20 sec RI 4x25m fast kick Cool down 200m	RUN 45 min Z1/2 inc 6x30 sec strides BIKE 45 min Z1/2 Warm up 10 min 10 x 15 sec jumps 2:45 min spin Cool down 5 min	STRENGTH 1	RUN 45 min Z1/2 SWIM 60 min Warm up 800m 4x200m even pace 4x100m descend 8x25m sprint Cool down 400m	BIKE 2:30 hrs Z1/2 Move into Z3/4 on climbs as needed
Week 3 **10.5 hrs**	SWIM 45 min Warm up 400m 8x50m drills 8x50m CSS on 1 min 100m pull 100m kick Cool down 200m STRENGTH 1	BIKE 45 min Z1/2 Warm up 10 min 10 x 1 min single leg drills each leg 30 sec spin Cool down 5 min RUN 45 min Z1/2	SWIM 60 min Warm up 600m 6x200m CSS+5s 30 sec RI 4x100m CSS+2s 20 sec RI 200m pull Cool down 200m	RUN 45 min Z1/2 inc 6x30 sec strides BIKE 45 min Z1/2 Warm up 10 min 8 x 30 sec spin ups 3 min spin Cool down 7 min	STRENGTH 1	RUN 45 min Z1/2 SWIM 60 min Warm up 800m 8x100m descend 1-4/5-8 400m easy pull 4x50m sprint Cool down 400m	BIKE 2:30 hrs Z1/2 Move into Z3/4 on climbs as needed
Week 4 **7.5 hrs**	STRENGTH 1	RUN 45 min Z1/2	SWIM 60 min Test Warm up 600m CSS test Cool down 400m	BIKE 45 min Z1/2 Warm up 10 min 10 x 15 sec jumps 2:45 min spin Cool down 5 min	RUN 60 min Test Warm up 15 min 30 min TT Cool down 15 min	SWIM 60 min Z1/2 Warm up 400m 16x100m descend 1-4/5-8/9-12/13-16 Cool down 400m	BIKE 2:00 hrs Test Warm up 60 min 30 min TT 30 min Z1/2

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Week 5 **12 hrs**	SWIM 45 min Warm up 400m 8x50m drills 4x100m @CSS +10 sec turnaround 200m pull 200m kick Cool down 200m STRENGTH 2	BIKE 45 min Z1/2 Warm up 10 min 10 x 1 min big gear low cadence 2 min spin Cool down 5 min RUN 45 min Z1/2	SWIM 60 min Warm up 600m 100m, 200m, 300m, 400m, 300m, 200, 100m with 20 sec RI Cool down 200m	RUN 45 min Z1/2 inc 6x30 sec strides BIKE 45 min Z1/2 Warm up 10 min 8 x 1min Z3 3min spin Cool down 3 min	STRENGTH 2	RUN 50 min Z1/2 SWIM 60 min Warm up 800m 8x100m descend 8x50m descend 8x25m sprint Cool down 400m	BIKE 3:00 hrs Z1/2 Move into Z3/4 on climbs as needed
Week 6 **12.5 hrs**	SWIM 45 min Warm up 400m 8x50m drills 4x100m @CSS +10 sec turnaround 200m pull 200m kick Cool down 200m STRENGTH 2	BIKE 45 min Z1/2 Warm up 10 min 10 x 90 sec big gear low cadence 90 sec spin Cool down 5 min RUN 45 min Z1/2	SWIM 60 min Warm up 600m 3x300m @CSS+5s 30 sec RI 2x200m @CSS+3s 20 sec RI 4x100m @CSS 15 sec RI Cool down 200m	RUN 45 min Z1/2 inc 6x30 sec strides BIKE 45 min Z1/2 Warm up 10 min 8 x 2min Z3 2min spin Cool down 3 min	STRENGTH 2	RUN 55 min Z1/2 SWIM 60 min Warm up 800m 4x200m even pace 4x100m descend 8x25m sprint Cool down 400m	BIKE 3:15 hrs Z1/2 Move into Z3/4 on climbs as needed
Week 7 **13 hrs**	SWIM 45 min Warm up 400m 8x50m drills 4x100 @CSS +10 sec turnaround 200m pull 200m kick Cool down 200m STRENGTH 2	BIKE 45 min Z1/2 Warm up 10 min 10 x 2 min big gear low cadence 1 min spin Cool down 5 min RUN 45 min Z1/2	SWIM 60 min Warm up 600m 4x100m 20 sec RI 3x200m 30 sec RI 1x400m 2x200m pull Cool down 200m	RUN 45 min Z1/2 inc 6x30 sec strides BIKE 45 min Z1/2 Warm up 10 min 8 x 3min Z3 1min spin Cool down 3 min	STRENGTH 2	RUN 60 min Z1/2 SWIM 60 min Warm up 800m 4x200m descend 8x50m even pace 8x25m sprint Cool down 400m	BIKE 3:30 hrs Z1/2 Move into Z3/4 on climbs as needed
Week 8 **7.5 hrs**	STRENGTH 2	RUN 45 min Z1/2	SWIM 60 min Test Warm up 600m CSS test Cool down 400m	BIKE 45 min Z1/2 Warm up 10 min 10 x 15 sec jumps 2:45 min spin Cool down 5 min	RUN 60 min Test Warm up 15 min 30 min TT Cool down 15 min	SWIM 60 min Warm up 400m 8x200m even pace Cool down 400m	BIKE 2:00 hrs Test Warm up 60 min 30 min TT 30 min Z1/2

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Week 9 **13 hrs**	SWIM 45 min Warm up 400m 4x100m @CSS +5s 2x100m @CSS+3s 4x100m @CSS 200m pull 200m kick Cool down 200m STRENGTH 3	BIKE 60 min Z1/2 Warm up 10 min 10 x 1 min Z3 4 min spin Cool down 10 min RUN 45 min Z1/2	SWIM 60 min Warm up 600m 100m, 200m, 300m, 400m, 300m, 200, 100m with 20 sec RI Cool down 200m	RUN 45 min Z1/2 inc 6 x 1 min Z3 1 min recovery BIKE 45 min Z1/2 Warm up 10 min 6 x 3 min Z3 2min spin Cool down 5 min	STRENGTH 3	RUN 70 min Z1/2 SWIM 60 min Warm up 800m 8x100m even pace 8x50m descend 8x25m sprint Cool down 400m	BIKE 3:30 hrs Z1/2 Move into Z3/4 on climbs as needed
Week 10 **13.5 hrs**	SWIM 45 min Warm up 400m 2x200m @CSS+5s 2x200m @CSS+3s 2x200m @ CSS 200m pull 200m kick Cool down 200m STRENGTH 3	BIKE 60 min Z1/2 Warm up 10 min 10 x 2 min Z3 2 min spin Cool down 10 min RUN 45 min Z1/2	SWIM 60 min Warm up 600m 2x200m @CSS+3s 30 sec RI 6x100m @CSS+2s 20 sec RI 4x75m pull 15 sec RI 4x25m fast kick Cool down 200m	RUN 45 min Z1/2 inc 6 x 90 sec Z3 1 min recovery BIKE 45 min Z1/2 Warm up 10 min 5 x 4 min Z3 2min spin Cool down 5 min	STRENGTH 3	RUN 80 min Z1/2 SWIM 60 min Warm up 800m 4x200m descend 4x100m even pace 8x25m sprint Cool down 400m	BIKE 3:45 hrs Z1/2 Move into Z3/4 on climbs as needed
Week 11 **14 hrs**	SWIM 45 min Warm up 400m 2x300m @CSS+5s 1x300m @CSS+3s 1x300m @CSS 200m pull 200m kick Cool down 200m STRENGTH 3	BIKE 60 min Z1/2 Warm up 10 min 10 x 3 min Z3 1 min spin Cool down 10 min RUN 45 min Z1/2	SWIM 60 min Warm up 600m 3x300m 30 sec RI 3x200m 20 sec RI 3x100m 15 sec RI Cool down 200m	RUN 45 min Z1/2 inc 6 x 2 min Z3 1 min recovery BIKE 45 min Z1/2 Warm up 10 min 4 x 5 min Z3 2min spin Cool down 7 min	STRENGTH 3	RUN 90 min Z1/2 SWIM 60 min Warm up 600m 12x100m even pace 8x50m descend 4x25m sprint Cool down 200m	BIKE 4:00 hrs Z1/2 Move into Z3/4 on climbs as needed
Week 12 **7.5 hrs**	STRENGTH 3	RUN 45 min Z1/2	SWIM 60 min Test Warm up 600m CSS test Cool down 400m	BIKE 45 min Z1/2 Warm up 10 min 10 x 15 sec jumps 2:45 min spin Cool down 5 min	RUN 60 min Test Warm up 15 min 30 min TT Cool down 15 min	SWIM 60 min Warm up 400m 16x100m descend 1-4/5-8/9-12/13-16 Cool down 400m	BIKE 2:00 hrs Test Warm up 60 min 30 min TT 30 min Z1/2

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Week 13 **14 hrs**	SWIM 45 min Warm up 400m 2x200m @CSS+5s 4x200m @CSS+3s 2x200m @CSS 200m pull 200m kick Cool down 200m STRENGTH 3	BIKE 75 min Z1/2 Warm up 15 min 4 x 10 min Z3 3 min spin Cool down 8 min RUN 45 min Z1/2	SWIM 60 min Warm up 600m 4x200m 30 sec RI 4x100m 20 sec RI 2x200m pull Cool down 200m	RUN 45 min Z1/2 inc 6 x 3 min Z3 1 min recovery BIKE 50 min Z1/2 Warm up 10 min 6 x 3 min Z4 2min spin Cool down 10 min	STRENGTH 3	RUN 1:40 hrs Z1/2 SWIM 60 min Warm up 800m 4x200m even pace 8x50m descend 8x25m sprint Cool down 400m	BIKE 4:00 hrs Z1/2 Move into Z3/4 on climbs as needed
Week 14 **14.5 hrs**	SWIM 45 min Warm up 400m 3x300m @CSS+5s 2x300m @CSS+3s 1x300m @CSS 200m pull 200m kick Cool down 200m STRENGTH 3	BIKE 75 min Z1/2 Warm up 10 min 4 x 12 min Z3 3 min spin Cool down 5 min RUN 45 min Z1/2	SWIM 60 min Warm up 600m 3x300m 30 sec RI 2x200m 20 sec RI 4x100m 15 sec RI Cool down 200m	RUN 45 min Z1/2 inc 5 x 4 min Z3 2 min recovery BIKE 60 min Z1/2 Warm up 10 min 8 x 3 min Z4 2min spin Cool down 10 min	STRENGTH 3	RUN 1:50 hrs Z1/2 SWIM 60 min Warm up 800m 6x150m even pace 6x75m descend 6x25m sprint Cool down 300m	BIKE 4:15 hrs Z1/2 Move into Z3/4 on climbs as needed
Week 15 **15 hrs**	SWIM 45 min Warm up 400m 2x400m @CSS+5 1x400m @CSS+3s 1x400m @CSS 200m pull 200m kick Cool down 200m STRENGTH 3	BIKE 75 min Z1/2 Warm up 10 min 3 x 15 min Z3 5 min spin Cool down 5 min RUN 45 min Z1/2	SWIM 60 min Warm up 600m 2x200m 30 sec RI 6x100m 20 sec RI 2x150m pull 20 sec RI 4x25m fast kick Cool down 200m	RUN 45 min Z1/2 inc 4 x 5 min Z3 2 min recovery BIKE 70 min Z1/2 Warm up 10 min 10 x 3 min Z4 2min spin Cool down 10 min	STRENGTH 3	RUN 2:00 hrs Z1/2 SWIM 60 min Warm up 800m 8x100m descend 8x50m even pace 8x25m sprint Cool down 400m	BIKE 4:30 hrs Z1/2 Move into Z3/4 on climbs as needed
Week 16 **7.5 hrs**	 STRENGTH 3	RUN 45 min Z1/2	SWIM 60 min Test Warm up 600m CSS test Cool down 400m	BIKE 45 min Z1/2 Warm up 10 min 10 x 15 sec jumps 2:45 min spin Cool down 5 min	RUN 60 min Test Warm up 15 min 30 min TT Cool down 15 min	SWIM 60 min Warm up 400m 8x200m even pace Cool down 400m	BIKE 2:00 hrs Test Warm up 60 min 30 min TT 30 min Z1/2

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Week 17 **15 hrs**	SWIM 45 min Warm up 400m 2x200m @CSS+5s 2x200m @CSS+3s 4x200m @CSS 200m pull 200m kick Cool down 200m STRENGTH 3	BIKE 75 min Z1/2 Warm up 10 min 3 x 14 min Z3 1 min Z4 5 min spin Cool down 5 min RUN 45 min Z1/2	SWIM 60 min Warm up 600m 100m, 200m, 300m, 400m, 300m, 200, 100m with 20 sec RI Cool down 200m	RUN 50 min Z1/2 inc 4 x 6 min Z3 2 min recovery BIKE 60 min Z1/2 Warm up 15 min 6 x 4 min Z4 2min spin Cool down 9 min	STRENGTH 3	RUN 2:00 hrs Z1/2 SWIM 60 min Warm up 800m 4x200m even pace 4x100m descend 8x25m sprint Cool down 400m	BIKE 4:30 hrs Z1/2 Move into Z3/4 on climbs as needed
Week 18 **15.5 hrs**	SWIM 45 min Warm up 400m 2x300m @CSS+5s 2x300m @CSS+3s 2x300m @CSS 200m pull 200m kick Cool down 200m STRENGTH 3	BIKE 75 min Z1/2 Warm up 10 min 3 x 12 min Z3 3 min Z4 5 min spin Cool down 5 min RUN 45 min Z1/2	SWIM 60 min Warm up 600m 4x200m 30 sec RI 8x100m 20 sec RI Cool down 200m	RUN 55 min Z1/2 inc 4 x 7 min Z3 2 min recovery BIKE 65 min Z1/2 Warm up 10 min 8 x 4 min Z4 2min spin Cool down 7 min	STRENGTH 3	RUN 2:00 hrs Z1/2 SWIM 60 min Warm up 800m 8x100m descend 8x50m even pace 8x25m sprint Cool down 400m	BIKE 4:45 hrs Z1/2 Move into Z3/4 on climbs as needed
Week 19 **16 hrs**	SWIM 45 min Warm up 400m 1x400m @CSS+5s 2x400m @CSS+3s 1x400m @CSS 200m pull 200m kick Cool down 200m STRENGTH 3	BIKE 75 min Z1/2 Warm up 10 min 3 x 10 min Z3 5 min Z4 5 min spin Cool down 5 min RUN 45 min Z1/2	SWIM 60 min Warm up 600m 3x100m 15 sec RI 3x200m 20 sec RI 3x300m 30 sec RI Cool down 200m	RUN 60 min Z1/2 inc 4 x 8 min Z3 2 min recovery BIKE 75 min Z1/2 Warm up 10 min 10 x 4 min Z4 2min spin Cool down 5 min	STRENGTH 3	RUN 2:00 hrs Z1/2 SWIM 60 min Warm up 800m 8x100m descend 400m easy pull 4x50m sprint Cool down 400m	BIKE 5:00 hrs Z1/2 Move into Z3/4 on climbs as needed
Week 20 **7.5 hrs**	 STRENGTH 3	RUN 45 min Z1/2	SWIM 60 min Test Warm up 600m CSS test Cool down 400m	BIKE 45 min Z1/2 Warm up 10 min 10 x 15 sec jumps 2:45 min spin Cool down 5 min	RUN 60 min Test Warm up 15 min 30 min TT Cool down 15 min	SWIM 60 min Warm up 400m 4x400m even pace Cool down 400m	BIKE 2:00 hrs Test Warm up 60 min 30 min TT 30 min Z1/2

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KEY TO ABBREVIATIONS AND DESCRIPTIONS	
Strength 1	3 x 20 reps of each exercise starting with low weight
Strength 2	3 x 15 reps of each exercise starting with more weight
Strength 3	3 x 10 reps of each exercise ending on max weight
Swim CSS	Threshold pace based on latest CSS test
Descend	Get faster on each repetition
Run strides	30 left foot strikes with 80% acceleration good form
Bike spin ups	45 secs building cadence to >110 RPM
Bike jumps	First 10 secs @ max effort
Bike BG	Big gear cycling i.e. harder gears
Bike RPM	Revolutions per minute – 80-90 is 'standard'
Single leg drills	Best done on a turbo. Alternate 30-60 seconds with one leg only - the other on a chair. 7-10 minutes per leg total in the workout.

KEY TO ZONES	
Zone 1	Recovery <85% LTHR
Zone 2	Aerobic 85% - 90% LTHR
Zone 3	Tempo 90% - 95% LTHR
Zone 4	Threshold 95% - 100% LTHR
Zone 5	Super threshold 100% - 105% LTHR

STRENGTH EXERCISES*

1. Squat (front or back)
2. Seated low row
3. Deadlift
4. Chest press or push up
5. Lunge or step up
6. Lat pull down or chin up
7. Leg extension
8. Shoulder press
9. Leg curls
10. Leg press

*Do odds on day 1 and evens on day 2 of strength sessions.
Specific core work is in addition to the above.
Allow 50-60 mins per session including core work.