

Wessex Wizards – Training Plan Guide

These training plan guides are intended as just that, guides. You will need to adapt them to your own particular needs and limitations. For convenience we have split them into sprint, Olympic, middle and long distances, and have included the club nights/ride. The guides are set at a 16 week schedule and can be adapted to suit actual timeframes. The event or race you are preparing for is presumed to be happening at the end of week following the 16th week.

Final points:

- Phrases like 'easy' are relative. An easy ride when training for a sprint event is not going to be the same as an easy ride when training for a full distance event.
- Do not be scared to adapt these to your personal goals, distances and events.
- However, listen to your body. If in doubt, err on the side of caution and take it easy or take a rest day.

Sprint

Week	Mon	Tue	Wed	Thu (Club Night)	Fri	Sat (Club Ride)	Sun
1–4 Base	Easy run 30–40 min + optional 20–30 min technique swim	Bike tempo: 10 min WU, 30–40 min tempo, 10 min CD	Run tempo: 10 min WU, 20–30 min tempo, 10 min CD	Club night: 1 hr spin + 1 hr swim	Rest or easy swim	~40 miles steady	Long run 40–50 min + optional 20 min bike → 10 min run
5–10 Build	Easy run 30–40 min + optional swim	Bike tempo/intervals	Run tempo/intervals	Club night	Rest or easy swim	~40 miles steady	Long run 45–60 min + weekly brick
11–13 Peak	Easy run + optional swim	Sharper tempo/intervals	Sharper tempo/intervals	Club night	Rest	~40 miles steady	Race-pace brick
14–16 Taper	Easy run	Short tempo	Short tempo	Club night	Rest	Shortened ride	Short brick
Race week	Easy run	Easy bike	Easy swim	Skip club night or very light spin/run	Rest	Rest or very light ride/run	Event or Race

Olympic

Week	Mon	Tue	Wed	Thu (Club Night)	Fri	Sat (Club Ride)	Sun
1–4 Base	Easy run 40–50 min + optional	Bike tempo: 10 min WU, 40–50	Run tempo: 10 min WU, 30–40	Club night: 1 hr spin + 1 hr swim	Rest or technique swim	~40 miles steady	Long run 60 min

	swim	min tempo, 10 min CD	min tempo, 10 min CD				
5–10 Build	Easy run + optional swim	Bike tempo/intervals	Run tempo/intervals	Club night	Rest	~40 miles steady	Long run 75 min + brick (45–60 min bike → 20–30 min run)
11–13 Peak	Easy run + optional swim	Race-pace tempo	Race-pace tempo	Club night	Rest	~40 miles steady	Race-pace brick
14–16 Taper	Easy run	Short tempo	Short tempo	Club night	Rest	Shortened ride	Short brick
Race week	Easy run	Easy bike	Easy swim	Skip club night or very light spin/run	Rest	Rest or very light ride/run	Event or Race

Middle

Week	Mon	Tue	Wed	Thu (Club Night)	Fri	Sat (Club Ride)	Sun
1–4 Base	Easy run 45–60 min + 30–45 min swim	Bike tempo: 10 min WU, 50–70 min tempo, 10 min CD	Run tempo: 10 min WU, 40–50 min tempo, 10 min CD	Club night: 1 hr spin + 1 hr swim	Rest or easy swim	Club ride + extra riding to total 2.5–3 hrs	Long run 75–120 min
5–10 Build	Easy run + swim	Bike tempo/sustained efforts	Run tempo/intervals	Club night	Rest	3 hr steady ride	Brick: 2 hr bike → 30–45 min run
11–13 Peak	Easy run + swim	Race-pace sustained efforts	Race-pace tempo	Club night	Rest	3–3.5 hr ride	Race-pace brick
14–16 Taper	Easy run	Short tempo	Short tempo	Club night	Rest	Shortened ride	Short brick
Race week	Easy run	Easy bike	Easy swim	Skip club night or very light spin/run	Rest	Rest or very light ride/run	Event or Race

Long

Week	Mon	Tue	Wed	Thu (Club Night)	Fri	Sat (Club Ride)	Sun
1–4 Base	Easy run 60 min + 45 min swim	Bike tempo: 10 min WU, 60–90 min tempo, 10 min CD	Run tempo: 10 min WU, 45–60 min tempo, 10 min CD	Club night: 1 hr spin + 1 hr swim	Rest or easy swim	Club ride + extra riding to total 4–5 hrs	Long run 2 hrs
5–10 Build	Easy run + swim	Long sustained bike efforts	Run tempo/intervals	Club night	Rest	4–5 hr ride	Brick: 3 hr bike → 45–60 min run
11–13 Peak	Easy run + swim	Race-pace sustained efforts	Race-pace tempo	Club night	Rest	5–6 hr ride	Race-pace brick
14–16 Taper	Easy run	Short tempo	Short tempo	Club night	Rest	Shortened ride	Short brick
Race week	Easy run	Easy bike	Easy swim	Skip club night or very light spin/run	Rest	Rest or very light ride/run	Event or Race

Legend:

Brick - A training session where you complete two disciplines back-to-back, most commonly bike → run. Purpose: teaches your legs to run well after cycling.

WU (Warm Up) - Gentle start to a session to raise heart rate and prepare muscles. Example: 10 minutes easy (Zone 1–2).

CD (Cool Down) - Easy movement at the end of a session to lower heart rate and aid recovery. Example: 10 minutes easy (Zone 1–2).

Tempo - A comfortably hard effort. You can speak in short sentences but not chat. Usually Zone 3–4 depending on athlete level.

Intervals - Repeated short efforts at higher intensity with recovery periods between them. Example: 4 × 5 minutes hard with 2 minutes easy.

Race-pace - The pace or intensity you expect to hold during your event. Used in peak weeks to practise realistic pacing.

Sustained effort - A steady, continuous effort held for an extended period (often 10–30 minutes). Harder than easy pace, easier than intervals. Usually upper Zone 3.

Easy - Relaxed aerobic effort. You can talk comfortably. Zone 1–2.

Steady - A controlled effort slightly above easy but below tempo. Zone 2–low Zone 3.

Long run / long ride - The longest session of the week for that discipline. Builds endurance and confidence.

Pickups - Short bursts of faster pace (20–30 seconds) inside an otherwise easy session. Used in race week to stay sharp.

Technique swim - A swim focused on drills, form and efficiency rather than speed or distance.

Endurance swim - A steady aerobic swim at easy to moderate effort.

Race-week brick - A very short bike → run done in race week to keep legs awake without fatigue.

Zone 1–4 (general guide)

- **Zone 1:** Very easy, warm up / cool down
- **Zone 2:** Easy aerobic, steady endurance
- **Zone 3:** Tempo, comfortably hard
- **Zone 4:** Hard, interval effort