



100%-TRI EARLY WINTER 8-WEEK TRAINING PLAN

For additional coaching and support contact www.100tri.uk

Team 100% Tri supporting your Winter Training

Great News ... You have secured an entry into an amazing event but you are months from race day and heading through winter in the northern hemisphere. How do you stay motivated? Easy – Team 100% Tri are on hand with this amazing multi level training plan to kickstart your 2024 training.

We hope that you will enjoy using this simple structure to motivate you each day and keep up you're training.

Set out week by week our easy to follow structure will help you improve base fitness, training to develop your aerobic capacity and endurance. If you have any concerns about your health and fitness please consult your doctor before undertaking physical exercise and starting this training plan.

If you require any additional help, please contact us.

Paul & Stefan
www.100tri.uk



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Join Team 100% Tri for Annual Coaching

Great News ... You have secured an entry into the amazing event and now you have this awesome FREE 8 Week WINTER TRAINING PLAN to kickstart your 2024 training.

What do you do beyond this?

Join Team 100% Tri as a member and receive;

- Monthly coaching
- Free training kit
- Industry discounts
- FREE INVITES to training days

www.100tri.uk



Special Coaching Offer for all athletes

Or you can purchase a 16 week specific training plan and continue to enjoy self-led guided coaching as you prepare for your awesome event

**2024 - 16 Week Race Specific Training Plan
SPECIAL OFFER WAS £199 ... TO YOU £99**

- Event Specific Swim, Bike & Run Sessions
- Periodised, prioritised training
- Strength & Conditioning
- Swim & Run Drills

<https://www.simpletix.com/e/pacesetter-events-triathlon-training-2024-tickets-142235>



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Free 8-week Winter Training Plan – Sprint / Olympic / Middle Distance

Week 1

1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	SWIM	BIKE	RUN	RECOVERY	SWIM	BIKE	RUN
W/up	200m 4 x 25m Kick 2 x 50m Catch up drill	8 mins building to Upper Z2 5 x (30s FAST LEGS + 30s EASY)	8 mins building to Upper Z2		200m 6 x (50m Build from Easy to Fast + 15s)	ROAD RIDE N/A	8 mins building to Upper Z2
SPRINT	8 x (100m + 20s)	3 x (6 mins @ Z3 + 2 mins RECOVERY)	30 mins @ Z2		4 x (100m EASY + 20s, 100m STRONG + 20s)	1.5 hrs @ Z2	30 mins @ Z2
OLYMPIC	8 x (150m + 20s)	3 x (8 mins @ Z3 + 2 mins RECOVERY)	40 mins @ Z2		6 x (100m EASY + 20s, 100m STRONG + 20s)	2 hrs @ Z2	50 mins @ Z2
MIDDLE	8 x (200m + 20s)	3 x (10 mins @ Z3 + 2 mins RECOVERY)	50 mins @ Z2		8 x (100m EASY + 20s, 100m STRONG + 20s)	2.5 hrs @ Z2	70 mins @ Z2
C/dwn	2 x 50m BK	4 mins LZ2	2 mins @ LZ2		2 x 50m		2 mins @ LZ2

Notes

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Week 2

2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	SWIM	BIKE	RUN	RECOVERY	SWIM	BIKE	RUN
W/up	200m 4 x 25m Kick 2 x 50m Single arm drill	8 mins building to Upper Z2 5 x (30s FAST LEGS + 30s EASY)	8 mins building to Upper Z2		200m 6 x (50m Build from Easy to Fast + 15s)	ROAD RIDE N/A	8 mins building to Upper Z2
SPRINT	4 x (200m + 20s)	3 x (6 mins @ Z3 + 2 mins RECOVERY)	30 mins @ Z2 4 x (15s FAST + 45s EASY)		4 x (100m EASY + 10s, 100m STRONG + 20s)	1.75 hrs @ Z2	40 mins @ Z2
OLYMPIC	4 x (300m + 20s)	3 x (8 mins @ Z3 + 2 mins RECOVERY)	40 mins @ Z2 5 x (15s FAST + 45s EASY)		6 x (100m EASY + 10s, 100m STRONG + 20s)	2.25 hrs @ Z2	60 mins @ Z2
MIDDLE	4 x (400m + 20s)	3 x (10 mins @ Z3 + 2 mins RECOVERY)	50 mins @ Z2 6 x (15s + 45s EASY)		8 x (100m EASY + 20s, 100m STRONG + 10s)	2.75 hrs @ Z2	80 mins @ Z2
C/dwn	2 x 50m BR	4 mins LZ2	2 mins @ LZ2		2 x 50m		2 mins @ LZ2

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Week 3

3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	SWIM	BIKE	RUN	RECOVERY	SWIM	BIKE	RUN
W/up	200m 3 x 50m Kick 2 x 75m Catch up drill	8 mins building to Upper Z2 5 x (30s FAST LEGS + 30s EASY)	8 mins building to Upper Z2 4 x (15s FAST + 45s EASY)		200m 8 x (50m Build from Easy to Fast + 15s)	ROAD RIDE N/A	8 mins building to Upper Z2
SPRINT	3 x (200m + 20s, 100m + 20s)	3 x (8 mins @ Z3 + 2 mins RECOVERY)	4 x (5 mins @ Z4 + 2 mins @ Z2)		8 x (100m STRONG + 20s)	2hrs @ Z2	40 mins @ Z2 4 x (15s FAST + 45s EASY)
OLYMPIC	4 x (300m + 20s, 150m + 20s)	3 x (10 mins @ Z3 + 2 mins RECOVERY)	4 x (5 mins @ Z4 + 2 mins @ Z2)		12 x (100m STRONG + 20s)	2.5hrs @ Z2	60 mins @ Z2 5 x (15s FAST + 45s EASY)
MIDDLE	4 x (300m + 20s, 200m + 20s)	3 x (12 mins @ Z3 + 2 mins RECOVERY)	6 x (5 mins @ Z4 + 2 mins @ Z2)		16 x (100m STRONG + 20s)	3hrs @ Z2	80 mins @ Z2 6 x (15s + 45s EASY)
C/dwn	2 x 50m BK	4 mins LZ2	4 mins @ LZ2		2 x 50m BR		2 mins @ LZ2

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Week 4

4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	SWIM	BIKE	RUN	RECOVERY	SWIM	BIKE	RUN
W/up	200m 2 x 50m Single arm drill 2 x 75m Catch Up drill	8 mins building to Upper Z2 6 mins building to Z4 + 2 mins RECOVERY	8 mins building to Upper Z2		200m 8 x (50m Build from Easy to Fast + 15s)	ROAD RIDE N/A	8 mins building to Upper Z2
SPRINT	750m	8 x (30s FAST LEGS + 30s EASY)	20 mins @ Z2		10 x (50m FAST + 30s RECOVERY)	1 hr @ Z2	20 mins @ Z2 4 x (15s FAST + 45s EASY)
OLYMPIC	1500m	12 x (30s FAST LEGS + 30s EASY)	30 mins @ Z2		15 x (50m FAST + 30s RECOVERY)	1.25 hrs @ Z2	30 mins @ Z2 5 x (15s FAST + 45s EASY)
MIDDLE	1900m	16 x (30s FAST LEGS + 30s EASY)	40 mins @ Z2		20 x (50m FAST + 30s RECOVERY)	1.5 hrs @ Z2	40 mins @ Z2 6 x (15s + 45s EASY)
C/dwn	100m	4 mins LZ2	2 mins @ LZ2		100m		2 mins @ LZ2

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Week 5

5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	SWIM	BIKE	RUN	RECOVERY	SWIM	BIKE	BRICK
W/up	200m 3 x 50m Kick 2 x 75m Catch up drill	8 mins building to Upper Z2 5 x (30s FAST LEGS + 30s EASY)	8 mins building to Upper Z2 4 x (15s FAST + 45s EASY)		200m 8 x (50m Build from Easy to Fast + 15s)	ROAD RIDE N/A	8 mins building to Upper Z2 5 x (30s FAST LEGS + 30s EASY)
SPRINT	3 x (200m + 20s, 100m + 20s)	3 x (8 mins @ Z3 + 2 mins RECOVERY)	4 x (5 mins @ Z4 + 2 mins @ Z2)		8 x (100m STRONG + 20s)	2hrs @ Z2	BIKE = 45 mins @ Z2 RUN = 30 mins @ Z2
OLYMPIC	4 x (300m + 20s, 100m + 20s)	3 x (10 mins @ Z3 + 2 mins RECOVERY)	4 x (5 mins @ Z4 + 2 mins @ Z2)		12 x (100m STRONG + 20s)	2.5hrs @ Z2	BIKE = 1hr @ Z2 RUN = 45 mins @ Z2
MIDDLE	4 x (300m + 20s, 200m + 20s)	3 x (12 mins @ Z3 + 2 mins RECOVERY)	6 x (5 mins @ Z4 + 2 mins @ Z2)		16 x (100m STRONG + 20s)	3hrs @ Z2	BIKE = 1.25hrs @ Z2 RUN = 1hr @ Z2
C/dwn	2 x 50m BK	4 mins LZ2	4 mins @ LZ2		2 x 50m		2 mins @ LZ2

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Week 6

6	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	SWIM	BIKE	RUN	RECOVERY	SWIM	BIKE	RUN
W/up	200m 4 x 50m Single arm drill 2 x 100m Catch up drill	8 mins building to Upper Z2 5 x (30s FAST LEGS + 30s EASY)	8 mins building to Upper Z2 4 x (15s FAST + 45s EASY)		300m 8 x (50m Build from Easy to Fast + 15s)	ROAD RIDE N/A	8 mins building to Upper Z2 5 x (30s FAST LEGS + 30s EASY)
SPRINT	3 x (300m + 20s)	3 x (6 mins @ Z3, 2 mins @ Z4 + 2 mins RECOVERY)	4 x (5 mins @ Z4 + 2 mins @ Z2)		5 x (150m STRONG + 20s)	1.75 hrs @ Z2	BIKE = 1 hr @ Z2 RUN = 40 mins @ Z2
OLYMPIC	4 x (400m + 20s)	3 x (8 mins @ Z3, 2 mins @ Z4 + 2 mins RECOVERY)	4 x (6 mins @ Z4 + 2 mins @ Z2)		10 x (150m STRONG + 20s)	2.25 hrs @ Z2	BIKE = 1.25 hrs @ Z2 RUN = 60 mins @ Z2
MIDDLE	4 x (500m + 20s)	3 x (10 mins @ Z3, 2 mins @ Z4 + 2 mins RECOVERY)	6 x (6 mins @ Z4 + 2 mins @ Z2)		12 x (150m STRONG + 20s)	2.5 hrs @ Z2	BIKE = 1.5 hrs @ Z2 RUN = 1.25 hrs @ Z2
C/dwn	2 x 50m BR	4 mins LZ2	4 mins @ LZ2		2 x 50m BK		2 mins @ LZ2

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Week 7

7	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	SWIM	BIKE	RUN	RECOVERY	SWIM	BIKE	RUN
W/up	200m 4 x 50m Kick 2 x 100m Catch up drill	8 mins building to Upper Z2 5 x (30s FAST LEGS + 30s EASY)	8 mins building to Upper Z2 4 x (15s FAST + 45s EASY)		300m 9 x (50m Build from Easy to Fast + 15s)	ROAD RIDE N/A	8 mins building to Upper Z2 5 x (30s FAST LEGS + 30s EASY)
SPRINT	3 x (200m + 20s, 100m PULL + 20s)	3 x (4 mins @ Z3, 4 mins @ Z4 + 2 mins RECOVERY)	4 x (6 mins @ Z4 + 2 mins @ Z2)		4 x (200m STRONG + 20s)	2hrs @ Z2	BIKE = 1 hr @ Z2 RUN = 40 mins @ Z2
OLYMPIC	4 x (250m + 20s, 150m PULL + 20s)	3 x (6 mins @ Z3, 4 mins @ Z4 + 2 mins RECOVERY)	4 x (6 mins @ Z4 + 2 mins @ Z2)		8 x (200m STRONG + 20s)	2.5hrs @ Z2	BIKE = 1.25 hrs @ Z2 RUN = 60 mins @ Z2
MIDDLE	4 x (300m + 20s, 200m PULL + 20s)	3 x (8 mins @ Z3, 4 mins @ Z4 + 2 mins RECOVERY)	6 x (6 mins @ Z4 + 2 mins @ Z2)		10 x (200m STRONG + 20s)	3hrs @ Z2	BIKE = 1.5 hrs @ Z2 RUN = 1.25 hrs @ Z2
C/dwn	2 x 50m	4 mins LZ2	4 mins @ LZ2		2 x 50m BR		2 mins @ LZ2

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Week 8

8	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	SWIM	BIKE	RUN	RECOVERY	SWIM	BIKE	RUN
W/up	200m 2 x 50m Single arm drill 2 x 75m Catch Up drill	8 mins building to Upper Z2 6 mins building to Z4 + 2 mins RECOVERY	8 mins building to Upper Z2		200m 8 x (50m Build from Easy to Fast + 15s)	ROAD RIDE N/A	8 mins building to Upper Z2
SPRINT	750m	8 x (30s FAST LEGS + 30s EASY)	20 mins @ Z2		10 x (50m FAST + 30s RECOVERY)	1 hr @ Z2	20 mins @ Z2 4 x (15s FAST + 45s EASY)
OLYMPIC	1500m	12 x (30s FAST LEGS + 30s EASY)	30 mins @ Z2		15 x (50m FAST + 30s RECOVERY)	1.25 hrs @ Z2	30 mins @ Z2 5 x (15s FAST + 45s EASY)
MIDDLE	1900m	16 x (30s FAST LEGS + 30s EASY)	40 mins @ Z2		20 x (50m FAST + 30s RECOVERY)	1.5 hrs @ Z2	40 mins @ Z2 6 x (15s + 45s EASY)
C/dwn	100m	4 mins LZ2	2 mins @ LZ2		100m		2 mins @ LZ2

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Guiding Your Training - Golden Rules for Adapting Your Training Plan

The 100%-Tri training plan is structured in such a way that we hope for a 90% fit with most people's weeks, we are aware that even with this at the centre of our planning that sessions may need to be moved to suit your week for ease of inclusion. This can sometimes lead to cramming and an increased risk of injury so below are our golden rules for moving / amending sessions:

- **7 days do not fit into 4**

Sometimes something must give, refer to the priority value within the training plan so you know what can be missed.

- **Do not run on 3 consecutive days**

Running is the highest risk activity for injury so ensure that you spread these sessions out, DO NOT run two full sessions back-to-back, a run session followed the next day by a short brick or vice versa is fine but do not run-on day number 3.

- **Don't expect the world**

If you must complete same discipline sessions on consecutive days expect there to be extra fatigue, it's highly unlikely that it will feel as strong as normal so don't worry about it.

- **Don't just drop one discipline**

Ensure that as a minimum you complete one session per discipline in any week you need to amend and tweak.

- **It's not the end of the world**

If situations arise and priorities require your attention elsewhere and a training week must be skipped, **YOU WILL NOT LOSE FITNESS OVER A WEEK!!!** Don't try and catch it up just pick up training as per the plan the following week or at your first opportunity.

- **A short session is better than no session**

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Guiding your training – Understanding Training Zones

Triathlon training equipment offers great versatility in the training metrics we can use to help guide our training. Such tools aid us in controlling your work rate allowing us to reach maximum gains from optimal training work-rates.

The chart below details some of the more common training modes, Heart rate max (HRM), Lactate threshold Heart Rate (LTHR), Functional Threshold Power (FTP) and the Daniels run pacing formulas. Within the team's program you are guided utilising zones which are determined by different % values derived from values set within your test sessions. Depending on the equipment available to you and any potential kit investment's, you can choose to guide your training with any option available to you. Kit choice is a personal thing and have no fear with what mode you utilise. Each mode offers you the chance to personalise the training program ensuring that it is effective and efficient.

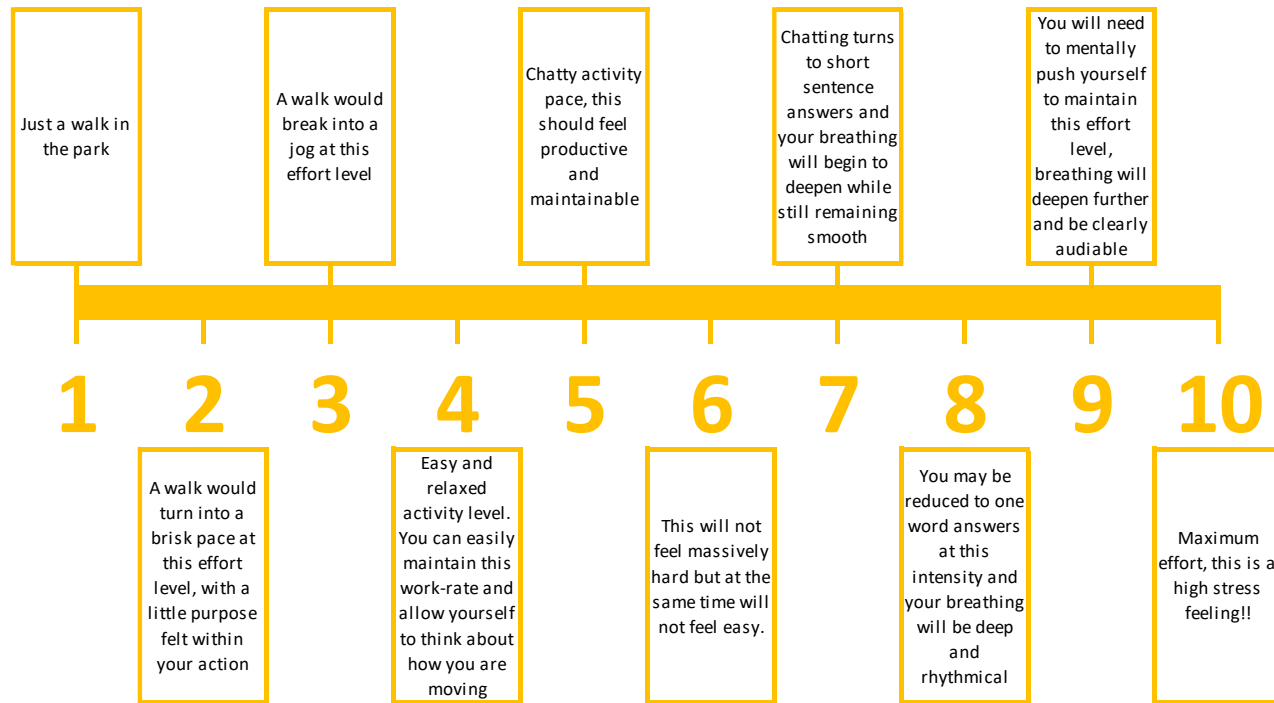
TABLE Ap1: TRAINING ZONES BASED ON FEEL, %HRM, %R; FTP, RPE and PERCEIVED EFFORT

ZONE	FEELING	ZONES BASED ON % HRM		ZONES BASED ON % LTHR		BASED ON % R; FTP	BASED ON %FTP	PERCEIVED EFFORT
		RUN	BIKE	RUN	BIKE	RUN	BIKE	RATING OUT OF 10
Z1	X	<79%	<71%	<85%	<81%	>129%	<55%	<5
Z2	EASY	79%-83%	71%-78%	85%-89%	81%-89%	129-114%	56-75%	5 to 6
Z3	MEDIUM	84%-88%	79%-81%	90%-94%	90%-93%	113-106%	76-90%	7 to 8
Z4		89%-92%	82%-88%	95%-99%	94%-99%	105-98%	91-105%	8 to 9
Z5a	HARD	93%-94%	89%-90%	100%-102%	100%-102%	100-97%	106-120%	9
Z5b		95%-97%	90%-93%	103%-106%	103%-106%	96-90	121-150%	9 to 10
Z5c	X	97%+	93%+	106%+	106%+	<90	150%+	10

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Guiding Your Training - Understanding RPE (Perceived Effort)

Perceived exertion or effort is how hard you feel like your body is working. It is based on the physical sensations you experience during physical activity, including increased heart rate, increased respiration or breathing rate, increased sweating, and muscle fatigue. We have used a scale of 1 – 10 and kept our scale simple to understand. Have a look at these descriptions of effort level for each training session where effort level is stated.



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