

# CHOLMONDELEY CASTLE TRIATHLON

Sunday 27th June 2010 . Cholmondeley Castle, Cheshire



## Beginner's 8-week training plan

### The Swim

**WEEK 1:** Total distance: 2.8 to 3.4km  
Session 1: 1 to 1.2km mixed  
Session 2: 1.8 to 2.2km easy

**WEEK 2:** Total distance: 2.2 to 2.7km  
Session 1: 1.2 to 1.5km pace  
Session 2: 1 to 1.2km easy

**WEEK 3:** Total distance: 2 to 2.4km  
Session 1: 1 to 1.2km mixed  
Session 2: 1 to 1.2km mixed

**WEEK 4:** Total distance: 2.5 to 3.2km  
Session 1: 1.5 to 2km pace  
Session 2: 1 to 1.2km speed

**WEEK 5:** Total distance: 1.8 to 2.2km  
Session 1: 800m to 1km easy  
Session 2: 1 to 1.2km mixed

**WEEK 6:** Total distance: 2 to 2.4km  
Session 1: 1 to 1.2km easy  
Session 2: 1 to 1.2km mixed

**WEEK 7:** Total distance: 2 to 2.4km  
Session 1: 1 to 1.2km easy  
Session 2: 1 to 1.2km mixed

**WEEK 8:** Total distance: 1 to 1.2km  
Session 1: 1 to 1.2km pace  
**SESSION 2: THE RACE**

#### KEY

**EASY:** Low-effort session, moderate distances, short rests, mainly front crawl

**MIXED:** Steady session, with arm-only intervals then leg-only ones, using a float. For instance: 100m front crawl, then 50m leg-only crawl, 50m arm-only crawl – repeated for the desired distance.

**PACE:** Moderate to high effort, with good rests, checking times and using interval training (alternating between high and low-intensity 60-sec bursts).

**SPEED:** Easy warm-up, then intensive set covering short distances with plenty of rest.

### The Ride

**WEEK 1:**  
Session 1: 30 mins, easy  
Session 2: 45 mins, easy  
Goals: Don't push big gears and try to achieve 80 to 90 revolutions per minute.

**WEEK 2:**  
Session 1: 30 mins, easy  
Session 2: 45 mins, easy  
Goals: As week 1, but push your 30-min cycle a little harder.

**WEEK 3:**  
Session 1: 30 mins, steady  
Session 2: 60 mins, easy  
Goals: For your 30-min cycle, increase the pace every 10 mins from easy to fairly hard.

**WEEK 4:**  
Session 1: 30 mins, easy  
Session 2: 60 mins, steady  
Goals: For the 60-min cycle, do 20 mins easy, 20 mins fairly hard, and 20 mins steady.

**WEEK 5:**  
Session 1: 60 mins, easy  
Session 2: 45 mins, steady  
Goals: Try a swim before session 2, and build the pace over the session.

**WEEK 6:**  
Session 1: 60 mins, steady  
Session 2: 45 mins, steady, followed by 20-min run  
Goals: Session 1 should be as session 2 in week 4.

**WEEK 7:**  
Session 1: 60 mins, steady  
Session 2: 45 mins, steady  
Goals: Both sessions as week 5, but should feel easier.

**WEEK 8:**  
Session 1: 45 mins, easy  
Session 2: Race  
**GOALS: YOUR TAPER WEEK – EASING OFF TRAINING SO YOU'RE FRESH FOR THE RACE.**

### The Run

**WEEK 1:**  
Session 1: 3.2km, easy jogging pace  
Session 2: 2.4km on track or measured distance. One 400m lap jogging, four laps running, one lap jogging.  
Goals: Keep it relaxed.

**WEEK 2:**  
Session 1: 4.8km, easy pace run/jog  
Session 2: 3.2km as week 1 session 2  
Goals: Raise the pace on session 2, increasing your stride length and using your arms.

**WEEK 3:**  
Session 1: 4.8km easy pace  
Session 2: 1 to 1.2km, mixed  
Goals: Raise the pace gradually on the middle kilometres

**WEEK 4:**  
Session 1: 6.4km, easy pace  
Session 2: On the track – two laps easy, four laps faster than week 1, two laps easy.  
Goals: Significant time improvement on week 1.

**WEEK 5:**  
Session 1: 4.8km, easy pace  
Session 2: 4.8 to 6.4km alternating fast runs with easy jogging. Warm up jog, then four to five 30-90-second bursts, then warm-down jog.  
Goals: Alternate fast sections with 2 minutes easy jogging and try to get a real change in pace.

**WEEK 6:**  
Session 1: Run race distance at a very easy pace  
Session 2: Cycle race distance, then run 3.2km, doing 2.4km steady followed by 0.8km easy.  
Goals: Keep the cycle relaxed and concentrate on your running style

**WEEK 7:**  
Session 1: 1 to 1.2km easy  
Session 2: 6.4km: 1.5km easy, 3.4km steady/fast, 1.5km easy  
Goals: Your last hard session, so use it to feel good, but remember your technique.

**WEEK 8:**  
Session 1: Relaxed 5 to 6km run  
Session 2: Rest  
**GOALS: TAKE IT EASY AND LOOK FORWARD TO THE RACE**



## Intermediate 8-week training plan

If you've done a short-course triathlon in the last three months or feel you have a sufficiently solid base level of fitness, take it up a gear with this schedule:

### WEEK 1

Monday: Swim session 1: 200m warm-up, then 5x200m easy-paced, with 30 secs recovery in between  
Tuesday: Bike session 1: 1 hour ride  
Wednesday: Run session 1: 30 mins easy-paced  
Thursday: Rest  
Friday: Swim session 2: 200m warm-up, then 10x50 hard, with 20 secs recovery between  
Saturday: Bike session 2: 30 mins ride  
Sunday: Run session 2: 10mins warm-up, then 30 secs at race pace, followed by 30 secs easy pace x10. 5 mins warm-down.

### WEEK 2

Monday: Swim session 1: 200m warm-up, then 4x300m easy-paced, with 40 secs recovery between  
Tuesday: Bike session 1: 75mins ride  
Wednesday: Rest  
Thursday: Run session 1: 30 mins easy-paced  
Friday: Swim session 2: 200m warm-up, then 8x50m quick, with 20 secs recovery between. Then 100m easy, and repeat  
Saturday: Bike session 2: 30 mins ride  
Sunday: Run session 2: 10 mins warm-up, then 1 min at race pace, followed by 1 min easy pace x10. 5 mins warm-down.

### WEEK 3

Monday: Swim session 1: 200m warm-up, then 3x500m easy with 1 min recovery between  
Tuesday: Bike session 1: 90 mins ride  
Wednesday: Run session 1: 40 mins easy-paced  
Friday: Swim session 2: 200m warm-up, then 10x75m with 30secs recovery, followed by 6x25m with 15 secs recovery  
Saturday: Bike session 2: 2hr 30 mins ride  
Sunday: Run session 2: 10 mins warm-up, then 3x2 mins at race pace, with 90 secs recovery between. Jog for 3 mins, then repeat. 5 mins warm-down.

### WEEK 4

Monday: Swim session 1: 200m warm-up, then 2x750m easy-paced, with 2 mins recovery  
Tuesday: Bike session 1: 80 mins ride, including hills  
Wednesday: Run session 1: 40 mins easy-paced  
Thursday: Rest  
Friday: Swim session 2: 200m warm-up, then 8x75m with 30 secs recovery, then 6x50m with 20 secs recovery, then 4x25m with 15 secs recovery. 200m warm-down  
Saturday: Bike session 2: 30 mins ride  
Sunday: Run session 2: 10 mins warm-up, then 5x 3 mins at race pace, with 3 mins easy in between. 5 mins warm-down.

### WEEK 5

Monday: Swim session 1: 200m warm-up, then 3x600m easy-paced, with 2 min recovery in between  
Tuesday: Bike session 1: 2 hour ride  
Wednesday: Run session 1: 45 mins easy-paced  
Thursday: Rest  
Friday: Swim session 2: 200m warm-up, then 4x50m, 4x100m and 4x50m hard with 30sec recovery. 200m cool-down  
Saturday: Bike session 2: 10 mins warm-up, then 4x6min at race pace with 3 mins recovery. 10 mins cool-down  
Sunday: Run session 2: 2. 5km time trial - go for it!

### WEEK 6

Monday: Swim session 1: 200m warm-up, then 4x500m easy-paced with 90 secs recovery in between  
Tuesday: Bike session 1: 2 hour ride, including hills, then a 10 min run  
Wednesday: Run session 1: 45 mins easy-paced  
Thursday: Rest  
Friday: Swim session 2: 200m warm-up, then 4x75m hard with 30 secs recovery, 4x 100m with 45 secs recovery, 4x75m with 30 secs recovery. 200m cool down  
Saturday: Bike session 2: 10 mins warm-up, 3x 8 mins at race pace with 3 mins recovery. 10 mins cool-down  
Sunday: Run session 2: 10 mins warm-up, 3x 6mins at race pace with 2 mins recovery. 5 mins cool-down

### WEEK 7

Monday: Swim session 1: 200m warm-up, then 5x 400m building your speed (1x easy, 2x moderate, 1x hard), with 90 secs recovery  
Tuesday: Bike session 1: 2 hour ride, plus 15 min run  
Wednesday: Run session 1: 45 mins easy-paced  
Thursday: Rest  
Friday: Swim session 2: 4x100m hard with 45 secs rec. Rest 2 mins, then repeat  
Saturday: Bike session 2: 10 mins warm-up, 3x10mins at race pace with 3 mins recovery. 10 mins cool-down  
Sunday: Run session 2: 10 mins warm-up, 4x5mins at race pace, with 2 \_ mins recovery in between. 5 mins cool-down

### WEEK 8

Monday: Swim session 1: 200m warm-up, then 2x750 easy-paced with 2 mins recovery  
Tuesday: Bike session 1: 2 hour ride, including hills, then a 15 min run  
Wednesday: Run session 1: 45 mins easy-paced  
Thursday: Rest  
Friday: Swim session 2: 200m warm-up, then 8 x 100m hard with 45 secs recovery  
Saturday: Bike session 2: 10 mins warm-up, 2x15 mins at race pace, with 5 mins recovery. 10 mins cool-down  
Sunday: Run session 2: 10 mins warm-up, 3x7 mins at race pace. 5 mins cool-down

"The difference with triathlon and most single-discipline events is obviously the number of disciplines, which makes getting bespoke advice even more important," says series organiser Tristan King. "Most people have a weakness which they tend to ignore, which is the last thing they should be doing. We want to support those entering our races by offering them training packages through our training partner, thetrillife.com ([www.castletriathlonseries.co.uk/training](http://www.castletriathlonseries.co.uk/training)). The Castle Triathlon Series and thetrillife.com will be offering options ranging from email support, structured training schedules and skill development training days (including coached open water swim sessions) right through to having your own coach. "Our aim is to fully prepare our entrants, particularly those competing for the first time so that they have a great experience at our races," he says.

## Swim like a fish

If it's the swim section that puts you off a triathlon you're not alone – after all, everyone can run and cycle, right, while most of us stopped swimming the moment we left school. Here are some tips to get the first discipline nailed, leaving you primed to carry on with your trusted territories.

### Breathe right

**Your mistake:** You lift your neck to gasp for breath, chucking your body out of alignment.

**Your fix:** Imagine your spine as a fixed line arrowing forward through the water. Keep your head down and roll your shoulders forward with each reach. As your arm extends and you roll to that side, turn your head to gulp a breath.

#### YOUR DRILL: CORKSCREW

Swim three strokes of freestyle without breathing then over-rotate your torso until you're on your back. Take three backstrokes then roll back into freestyle. Do 10 reps of 50 metres (10 x 50), with 10 seconds of rest after each 50.

## Core of the matter

**Your mistake:** You kick from the knees, tiring your quads and causing your own mini-tsunami in the pool.

**Your fix:** Kick from your hips. Small, rhythmic flutters don't make exciting splashes, but they do propel you more efficiently. Bend your knee only slightly with each kick. If spectators are wet and shouting, you've got it wrong.

#### YOUR DRILL: FIN SPRINTS

Wearing foot fins ([www.bgstores.co.uk](http://www.bgstores.co.uk)), push off the wall on your back, with your arms stretched above your head and your biceps pressed against your ears. Do a 10 x 50 set, completing each 50-metre swim and ensuring rest period in 1:30 intervals.

### Pull!

**Your mistake:** You paddle with your hands like a lame puppy, instead of pulling yourself through the water using your forearms.

**Your fix:** Imagine wrapping your forearm over a Swiss ball and pulling yourself over it. If you've just thrown a Swiss ball into the pool, read that last sentence again.

#### YOUR DRILL: CLOSED-FIST SETS

A lack of grip forces you to anchor your forearms, so swim laps with your fists closed.

If it helps, think of that bloke who looked at your girlfriend funny. Do a 4 x 50 set of fist strokes. Rest for 10 seconds after each 50. Then do a 6 x 50 set of full strokes of 1:30 intervals, focusing on pulling with your forearms.

### Work it

**Your mistake:** You treat your pool workout like a Sunday morning jog, doing longer sets at a lazy pace.

**Your fix:** Elite swimmers train by tackling "building sets", which begin slowly and end with lung-busting sprints. They'll give you the stamina of a migrating whale. Without the blubber.

#### YOUR DRILL: COUNT STROKES

Try matching your number of strokes on the first (easy) lap with the number in the final (sprint) lap. Do a 5 x 100 set on 3:00 intervals. The first 25 metres: long and easy. The second: swim at 50% effort. The third: 75%. Final lap: 90%. Then collapse.