



**Tri-Money.com Race Team  
Weekly Training Plans**

**Week Commencing 30<sup>th</sup> September 2019**

**Focus**

**Post season recovery  
[All Distances]**

**This plan is for the following distances:**

**Triathlon:**

- ✓ Sprint Distance
- ✓ Standard
- ✓ Middle Distance
- ✓ Full Distance

And are covered within the following sections:

**Section 1: All Distances**

**Section 2: Strength and Conditioning**

At present the focus is for the following races:

- ✓ No races planned – now in the Off-Season phase

If you do have a specific race that you're targeting, then please let me know as soon as possible so that I can start putting together a plan for that event.

As with any training plan the days and sessions can be moved around so that it fits into your daily/family routine; we all have different daily priorities; However, do try and complete sessions.

Other important sessions that, if possible, shouldn't be missed, are the strength/core sessions. These tend to have a link to a YouTube site which will allow you to follow the session. These sessions are important in the fact that will help develop a stronger more flexible body which will ultimately flow down to aid performance.

If you do have any queries, then please don't hesitate in giving me a shout by either:

Calling: 07943102739

PM me via FB

Or simply place a comment on the tri-money.com FB page and I'll get back to you.

Important training dates will follow; it will be expected that, as team members, you will do what you can to attend.

## Section 1 – All Distances Distance Training Plan

The following sessions cover the following distances:

- ✓ Sprint Distance

The primary aim for this week is a recovery week. We'll also be starting to think about the off-season training phase.

Days can be moved around as required.

### All Distances Distance Plan – Recovery phase

#### Key:

Fc: Front Crawl

Bk: Back Stroke

Br: Breaststroke

FRIM: Front crawl, Backstroke, Breaststroke, Front crawl – basically IM with front crawl instead of fly

#### Monday

**Swim** - Technique:

w/u:

4 x (50m fc, 25m bk) w15

2 x (25m fc, 25m bk, 25m breaststroke, 25m fc) w15 - known as FRIM

main:

2 x (

4 x (25m catch up, 25m swim)

)w20

200m easy focused swim

4 x (25m catch up with finger trail, 25m swim)

200m easy focused swim

w/d:

200m easy mixed swim

#### Tuesday

**Bike** - 60min ride - road or turbo as:

10 mins easy spin just to get your legs working

5 x (

2 mins seated climb

1 min standing climb

5 mins moderate spin focusing on holding a smooth pedal technique of around 90 cad

)

Finish with 10 mins easy spin followed by stretches

**Core** - 20 min of flexibility.

### **Wednesday**

**Run** – 45 mins run as:

15 mins progressive building hr to around 70% HRMax

5 x (  
60 secs moderate hill rep (approx 3% on a treadmill)  
2 mins easy recovery  
)

Finish with 15 mins steady run followed by stretches

### **Thursday**

**Rest Day**

### **Friday**

**Swim** - Technique:

w/u:

4 x (50m fc, 25m bk) w15

2 x (25m fc, 25m bk, 25m br, 25m fc) w15 - known as FRIM

main:

2 x (

4 x (25m catch up, 25m swim)

)w20

200m easy focused swim

4 x (25m catch up with finger trail, 25m swim)

200m easy focused swim

w/d:

200m easy mixed swim

### **Saturday**

**Run** – 50 - 60 mins easy off-road run - just go out and enjoy yourself

**Core** - 20 min of flexibility.

### **Sunday**

**Bike** - 90 min Ride on a mostly flat course

- Keep it easy, HR around 60 - 65%.

- Cadence should be comfortable

- If it begins to feel like you are working at a harder effort than 60 - 65% normally feels like then stop and stretch

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## Section 2 – Strength and Conditioning

This section is all about developing your overall strength and flexibility. The sessions can be completed during any time of the week at any time of the day. However, it may be best to complete them after a simpler session as these can act as a bit of a warmup prior to completing the session. If not, then make sure you complete at least 15 mins of warming up before starting. This can be in the form of an easy spin on the bike, gentle run, rower etc.

### **Session 1**

10 MINUTE MOVE AND STRETCH | THE BODY COACH

<https://www.youtube.com/watch?v=WKuyToevmO4>

### **Session 2**

20 mins Core HIIT WORKOUT No Equipment 4 WEEK SHRED

<https://www.youtube.com/watch?v=ix3MWsMuOX8>

Stretching exercises that you can complete post training

<http://christophcoaching.blogspot.com/2015/09/crosstraining-workouts-of-week-914.html>

See next page

# Stretching

# Exercises



**1. Neck Flexion/Extension Stretch**  
(forward, then back)



**2. Neck Lateral Flexion Stretch**  
(one side, then the other)



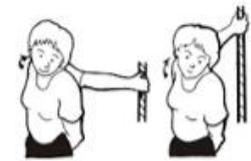
**3. Latissimus Dorsi and Posterior Deltoid Stretch**  
(link hands, push elbows together)



**4. Triceps Stretch**  
(pull elbow across and down)



**5. Shoulder Rotator Stretch**  
(using towel, pull up with the top arm then down with the other)



**6. Pectoral Stretch at 90° and 120°**  
(use a doorway or post)



**7. Bicep Stretch**  
(hands apart)



**8. Supraspinatus Stretch**  
(keep elbow parallel to ground)



**9. Wrist Extensor Stretch**  
(tilt head to opposite side, keep elbow straight)



**10. Thoracic Extension Stretch**  
(reach forward with arms, push chest towards floor, arch back down, backside behind knees)



**11. Lateral Flexion Stretch**  
(one side, then the other, push pelvis across as you bend)



**12. Lumbar Extension and Abdominal Stretch**  
(be gentle if sore)



**13. Lumbar Flexion Stretch**  
(be gentle if sore)



**14. Lumbar Rotation Stretch**  
(rotate legs one side, then the other side, draw in and brace stomach muscles at the same time, breathe)



**15. Hamstring Stretch**  
(straighten leg)  
i. with foot pointed  
ii. with foot pulled back towards the knee



**16. Hamstring Stretch**  
(commence with knee slightly bent, then push knee straight as tension allows, push chest towards feet)



**17. Adductor Stretch**  
(push down with elbows on knees very gently, keep back straight)



**18. Gluteal Stretch**  
(pull knee and lower leg towards opposite shoulder)



**19. Gluteal and Lumbar Rotation Stretch**



**20. Quadriceps Stretch**  
(keep pelvis on floor)



**21. Quadriceps Stretch**



**22. Adductor Stretch**  
(keep foot pointing forward, lunge sideways on bent knee, keep back straight)



**23. Hip Flexor Stretch**  
(keep back straight, tuck bottom under, lunge forward on front leg)



**24. Tensor Fascia Stretch**  
(continue to push bottom forward, whilst pushing hip to the side)



**25. Gastrocnemius Stretch**  
(keep knee straight and heel down, feet facing forward)