



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

Week Commencing 7th October 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:

Kof : (Kick on Front) Front crawl kick

Kob : (Kick on Back) Backstroke kick

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 - 45 mins steady swim

Sample session could be:

w/u: 250m

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

4 x 25m easy fc kick w20

main: 800m

2 x (

25m fc, 25m bk w15

25m bk, 25m br w15

25m br, 25m fc

) w20

5 x (25m fc, 25m bk, 25m br, 25m fc) w20 - FRIM

w/d: 250m

4 x (25m fc, 25m o/c - not fc)

2 x 25m sculling - w20

- #1: scull on back headfirst, no kicking

- #2: scull on back feet first, no kicking

Total: 1300m

Now spend some time stretching

Strength and Conditioning – Session 1

Tuesday

Bike - 60 mins easy spin - focus on pedalling technique throughout

HR/PWR @ < 70% - this is recovery so use an easy gear and try not to stress the legs.

Make sure you do some stretching on completion

Wednesday

Run – 30 mins easy run (should be able to talk quite easily)

Try and complete on a flat course and, possibly, off road. Running off-road will limit the ground impact and make the run kinder to the leg muscles. However, at the same time it will also help with the development of your core.

Strength and Conditioning - Session 2

Thursday

Rest Day

Friday

Swim - 45 mins steady swim

Sample session could be:

w/u: 500m

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

4 x (25m easy fc kick, 25m kob) w20

main: 800m

6 x (

25m scull on front with fc kick

[<https://www.youtube.com/watch?v=3WYyowAvb5U>]

50m catchup with finger trail

50m focused swim – focus here is on holding good technique

25m o/c (Not Front crawl)

) w30

w/d: 250m

4 x (25m bk, 25m br)

2 x 25m sculling - w20

- #1: scull on back headfirst, no kicking

- #2: scull on back feet first, no kicking

Total: 1300m

Now spend some time stretching

Strength and Conditioning – Session 1

Saturday

Run – 30 mins easy run (should be able to talk quite easily)

Try and complete on a flat course and, possibly, off road. Running off-road will limit the ground impact and make the run kinder to the leg muscles. However, at the same time it will also help with the development of your core.

Strength and Conditioning - Session 2

Sunday

Bike - 90 min Ride on a mostly flat course

- Keep it easy, HR should be < 70%.
- Cadence should be comfortable - use an easy gear so you don't stress the leg muscles

Once finished make sure you do some light stretching

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 min Abs Workout

<https://www.youtube.com/watch?v=1919eTCoESo>

Session 2

15 minute Flexibility Routine

https://www.youtube.com/watch?v=L_xrDAtykMI

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)



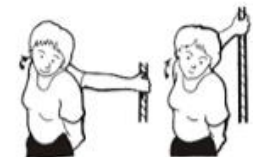
3. Latissimus Dorsi and Posterior Deltoid Stretch
(link hands, push elbows together)



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)