

16 WEEK MIDDLE DISTANCE TRIATHLON PROGRAM

A PROGRESSIVE PROGRAM TAILORED SPECIFICALLY FOR THE:



2024



BLACK FLAG
PERFORMANCE

INTRO/

Welcome to the 16-week training plan, designed to build your fitness to a level that will allow you to perform well at the 113 Events Middle Distance races.

The starting requirements for this program would be that you can run at a steady relaxed pace for 45 minutes, bike for one hour and swim for 30 minutes. We will progressively build up these distances/times, with a de-load (recovery) every fourth week.

The steady aerobic elements of this program are based around 'heart rate training'. This is scientifically backed as an effective training method for endurance sports and forms the cornerstone of endurance training. There are multiple online calculators to find your zones, but we tend to use the Maffetone method. A crude way to determine your ideal zone is 180 minus your age. (<https://www.runnersblueprint.com/maffetone-method/>) You can improve on the accuracy of this by conducting a field test, of which there are many different variations.

We will be conducting the majority of sessions below this HR level. For this plan, I will refer to this as Z2. This may seem slower than you are used to at first and will often require resorting to walking in order to drop your HR back into this zone. This is all part of the process and you will reap the rewards on race day. Trust the plan.

On the swim sessions, you will see I reference completing drills in most sessions. Without an analysis of your stroke, it's hard to prescribe which drills are required for YOU. There are a lot of resources online to discover some examples, but a good place to start is here: <https://www.220triathlon.com/training/swim-training/15-key-front-crawl-swim-drills-to-improve-your-technique/>. If you can get a session with a swim coach, this would be a great starting point to assess what you need to do to improve.

This program will require an increasing amount of dedication and motivation. Towards the back end, we will be training for over 10 hours a week, which requires sacrifice and commitment. From experience, it's best to bring those around you in on your journey, as if you have their buy in, you will less likely feel like you're being selfish or neglecting them. I always encourage things like getting your kids racing you for a few of the intervals in the park, using your long rides to ride out and meet friends/family at a nice cafe (even better if you pick up the tab!). Make them feel part of the process and they will support you when you need it.

This plan is also located on TrainingPeaks, where you can upload it to your calendar along with get more details on some of the sessions. If you wish to download it, get in touch and we can add it to your calendar.

We want to see your journey on this plan. Stick with it and you will thrive!



WANT SOMETHING MORE PERSONAL?

We would be happy to cater to your unique situation and create a plan specifically for you. You may be looking to come into this at a more advance, or less advance, level and wish to tailor the training specifically to your needs.

All you need to do is get in touch at:
ollie@blackflagperformance.co.uk



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WEEK ONE (BASE/TEST) /

Week one kicks off with a test week. This is used to establish the baseline levels that we will use to ensure that the training is pitched at the correct level moving forwards. If you're using an app like TrainingPeaks or Strava, you can update these levels within their app.

Ensure you're fuelling each session properly, with looking to take 60-80g of carbs per hour during. Its advisable to take some form of protein following the session and include 20 minutes of recover (stretching, foam roller, massage gun etc.) each day.

MON/

BIKE:

RAMP TEST!

Session Details:

- 20 mins warming up, with 3 brief ramps up to around your expected FTP level.
- Ramp test. Go all out!
- Recover.

TUE/

SWIM:

1km Swim Test

Session Details:

- 150m gentle swim
- 1000m best effort (don't start too hard! Split if required.)
- 150m cool down.

Record times.

WED/

RUN:

45 Minutes Z2

Session Details:

Simple Z2 run. Keep HR at MAF level if known. If not, aim for around <145bpm. Walk to bring HR back down if it creeps above.

THU/

BIKE:

45 Minutes Z2

Session Details:

Aerobic simple Z2 ride. This should be at 60-70% of FTP level. Ensure you're fuelling properly and hydrating throughout.

FRI/

SWIM:

30 Minutes (850m total)

Session Details:

- 200m Warm Up
- 450m Main Set
- 200m Cool Down

See TrainingPeaks version for full Sessions.

SAT/

BIKE:

60 Minutes Z2

Session Details:

These sessions are designed to build endurance on the bike, so will get longer and longer. Fuel and hydrate as you would in the race!

SUN/

RUN:

60 Minutes Z2

Session Details:

Simple Z2 run. Keep HR at MAF level if known. If not, aim for around <145bpm. Walk to bring HR back down if it creeps above.

NOTES/

WEEK TWO (BASE) /

Well done for making the first week! Your recovery is vitally important whilst following this program. Assign time to stretching, yoga, foam rolling or massage guns. Ensure you're getting a good balanced diet with plenty of proteins, carbs and fluids. I can imagine you had some frustrations running at the Z2 level last week, most likely having to slow right down. Stick with it! This can take a number of weeks, but we will get there in the end.

If you have to swap any days, this is fine, but try to avoid doing the same sport on two consecutive days.

MON/

REST DAY!

Rest means rest. Aim to spend as much time off the feet as you can and recover as much as possible.

TUE/

SWIM:

35 Minutes (1000m total)

Session Details:

-200m Warm Up
-600m Main Set
-200m Cool Down

See TrainingPeaks version for full Sessions.

WED/

RUN:

45 Minutes Z2

Session Details:

Simple Z2 run. Keep HR at MAF level if known. If not, aim for around <145bpm. Walk to bring HR back down if it creeps above.

THU/

BIKE:

50 Minutes Z2

Session Details:

Aerobic simple Z2 ride. This should be at 60-70% of FTP level. Ensure you're fuelling properly and hydrating throughout.

FRI/

SWIM:

35 Minutes (1000m total)

Session Details:

-200m Warm Up
-600m Main Set
-200m Cool Down

See TrainingPeaks version for full Sessions.

SAT/

BIKE:

1:15 Hours Z2

Session Details:

These sessions are designed to build endurance on the bike, so will get longer and longer. Fuel and hydrate as you would in the race!

SUN/

RUN:

1:10 Hours Z2

Session Details:

Simple Z2 run. Keep HR at MAF level if known. If not, aim for around <145bpm. Walk to bring HR back down if it creeps above.

NOTES/

WEEK THREE (BASE) /

You should be into the swing of things by now and starting to enjoy it! These sessions may all seem very simple - but the harsh reality is that simple training is often the most effective!

We will build the volume once again this week, with one eye on the de-load week next week.

Once again, make sure you are keeping on top of the recovery, allocating time to it daily. Getting 8 hours sleep a night, along with a good diet will have a massive impact on your performance.

MON/ REST DAY! Rest means rest. Aim to spend as much time off the feet as you can and recover as much as possible.	TUE/ SWIM: 40 Minutes (1150m total) Session Details: -200m Warm Up -750m Main Set -200m Cool Down <small>See TrainingPeaks version for full Sessions.</small>	WED/ RUN: 50 Minutes Z2 Session Details: Simple Z2 run. Keep HR at MAF level if known. If not, aim for around <145bpm. Walk to bring HR back down if it creeps above.
THU/ BIKE: 55 Minutes Z2 Session Details: Aerobic simple Z2 ride. This should be at 60-70% of FTP level. Ensure you're fuelling properly and hydrating throughout.	FRI/ SWIM: 40 Minutes (1150m total) Session Details: -200m Warm Up -750m Main Set -200m Cool Down <small>See TrainingPeaks version for full Sessions.</small>	SAT/ BIKE: 1:30 Hours Z2 Session Details: These sessions are designed to build endurance on the bike, so will get longer and longer. Fuel and hydrate as you would in the race!
SUN/ RUN: 1:20 Hours Z2 Session Details: Simple Z2 run. Keep HR at MAF level if known. If not, aim for around <145bpm. Walk to bring HR back down if it creeps above.	NOTES/	

WEEK FOUR (RECOVERY) /

Well done! You have completed the first block of training!

You should be feeling more confident at Z2 pace and hopefully the heart rate is taking longer to move above your Z2 level. It shouldn't be many more weeks before you can consistently run a 45 minute block at below the upper Z2 level.

Once again, use this more relaxed week to catch up on time with friends and family, complete any jobs you've been putting off and getting life in a good position to move onto the next block.

<div>MON/</div> <div>REST DAY!</div> <div>Rest means rest. Aim to spend as much time off the feet as you can and recover as much as possible.</div>	<div>TUE/</div> <div>SWIM:</div> <div>40 Minutes (1150m total)</div> <div>Session Details:</div> <div>-200m Warm Up -750m Main Set -200m Cool Down</div> <div>See TrainingPeaks version for full Sessions.</div>	<div>WED/</div> <div>RUN:</div> <div>45 Minutes Z2</div> <div>Session Details:</div> <div>Simple Z2 run. Keep HR at MAF level if known. If not, aim for around <145bpm. Walk to bring HR back down if it creeps above.</div>
<div>THU/</div> <div>BIKE:</div> <div>45 Minutes Z2</div> <div>Session Details:</div> <div>Aerobic simple Z2 ride. This should be at 60-70% of FTP level. Ensure you're fuelling properly and hydrating throughout.</div>	<div>FRI/</div> <div>SWIM:</div> <div>40 Minutes (1150m total)</div> <div>Session Details:</div> <div>-200m Warm Up -750m Main Set -200m Cool Down</div> <div>See TrainingPeaks version for full Sessions.</div>	<div>SAT/</div> <div>BIKE:</div> <div>1:00 Hours Z2</div> <div>Session Details:</div> <div>These sessions are designed to build endurance on the bike, so will get longer and longer. Fuel and hydrate as you would in the race!</div>
<div>SUN/</div> <div>RUN:</div> <div>50 Minutes Z2</div> <div>Session Details:</div> <div>Simple Z2 run. Keep HR at MAF level if known. If not, aim for around <145bpm. Walk to bring HR back down if it creeps above.</div>	<div>NOTES/</div> <div></div>	

WEEK FIVE (BUILD) /

Now we are into the second block of training. You should be feeling good after the recovery week, but if there is any residual tiredness, then assess and take the earlier part of the week easy until you feel fresh.

In this block, we will begin adding in structured work on the bike and run during the week. I still want you to focus on keeping the HR low on the Z2 elements, but when it comes to the harder efforts, you can push deeper into these. Always be mindful that we don't want to go 'too far' and risk injury. It's a long road and we need to arrive at the race day in one piece. As the sessions are getting 'harder' then recovery becomes even more of a focus. Make sure you are spending a good 15-20 minutes per day stretching, foam rolling, massage gun etc. on any areas that need attention.

MON/

REST DAY!

Rest means rest. Aim to spend as much time off the feet as you can and recover as much as possible.

TUE/

SWIM:

45 Minutes (1400m total)

Session Details:

-200m Warm Up
-1000m Main Set
-200m Cool Down

See TrainingPeaks version for full Sessions.

WED/

RUN:

45 Minutes Z2

Session Details:

Simple Z2 run. Keep HR at MAF level if known. If not, aim for around <145bpm. Walk to bring HR back down if it creeps above.

THU/

BIKE:

60 Minutes Z4

Session Details:

- 10 min warm up Z2
- 2 x 7 mins Z3 (Rest 5 min)
- 3 x 2 mins Z4 (Rest 3 min)
- 4 x 30 secs Z6 (Rest 1 min)
- 5 mins cool down Z2

FRI/

SWIM:

45 Minutes (1400m total)

Session Details:

-200m Warm Up
-1000m Main Set
-200m Cool Down

See TrainingPeaks version for full Sessions.

SAT/

BIKE:

1:45 Hours Z2

Session Details:

These sessions are designed to build endurance on the bike, so will get longer and longer. Fuel and hydrate as you would in the race!

SUN/

RUN:

1:30 Hours Z2

Session Details:

Simple Z2 run. Keep HR at MAF level if known. If not, aim for around <145bpm. Walk to bring HR back down if it creeps above.

NOTES/

WEEK SIX (BUILD) /

This week, we build on the bike strength sessions once again and add in some intensity to the run. We have moved the swim session to allow time to recover between the harder bike and run. If you have to move these sessions around, then avoid doing hard days back to back.

The first swim session this week should be light, focusing on the technique over "going hard". The second will be a progressively longer solid aerobic swim. These will work up to covering the race distance (and just over!) in the coming weeks. We will cap the longer runs of the week at 1:30 this block, to keep the injury risk down and avoid ramping the volume up across too many areas. As always, these should be with a focus on HR, but aim to run a little further in the 1:30 each week.

MON/

REST DAY!

Rest means rest. Aim to spend as much time off the feet as you can and recover as much as possible.

TUE/

RUN:

45 Minutes Z2

Session Details:

Simple Z2 run. Keep HR at MAF level if known. If not, aim for around <145bpm. Walk to bring HR back down if it creeps above.

WED/

SWIM:

45 Minutes (1500m total)

Session Details:

-300m Warm Up
-1000m Main Set
-200m Cool Down

See TrainingPeaks version for full Sessions.

THU/

BIKE:

60 Minutes Z4

Session Details:

- 10 min warm up Z2
- 15 min at 80% FTP
- 5 min recovery
- 15 min at 80% FTP
- 15 min cool down.

FRI/

SWIM:

50 Minutes (1500m total)

Session Details:

-300m Warm Up
-1000m Main Set
-200m Cool Down

See TrainingPeaks version for full Sessions.

SAT/

BIKE:

2:00 Hours Z2

Session Details:

These sessions are designed to build endurance on the bike, so will get longer and longer. Fuel and hydrate as you would in the race!

SUN/

RUN:

1:30 Hours Z2

Session Details:

Simple Z2 run. Keep HR at MAF level if known. If not, aim for around <145bpm. Walk to bring HR back down if it creeps above.

NOTES/

WEEK SEVEN (BUILD) /

This is the last week of the second block of training. Hopefully you are well into the swing of things now and enjoying it. By now, you should be seeing some gains on the HR training. You should be able to spend longer running before the HR creeps above the key level, along with the speed you can hold at a lower HR increase. Keep this going!

As the weekend sessions become longer, the emphasis on fuelling becomes even more important. Don't try to cut corners with these and under fuel, it will hamper your performance, you'll risk 'bonking' and your recovery will be slow. Get those carbs and proteins in!

MON/

REST DAY!

Rest means rest. Aim to spend as much time off the feet as you can and recover as much as possible.

TUE/

RUN:

60 Minutes Z2/Z4

Session Details:

- 10 mins easy warmup
- 10 mins interval (1min hard, 1min easy x 5)
- 10 mins very easy jog
- 20 mins at a harder pace (faster than 10km)
- 10 mins cool down jog.

WED/

SWIM:

55 Minutes (1700m total)

Session Details:

- 300m Warm Up
- 1200m Main Set
- 200m Cool Down

See TrainingPeaks version for full Sessions.

THU/

BIKE:

60 Minutes Z4

Session Details:

- 10 min warm up Z2
- 20 min at 80% FTP
- 5 min recovery
- 15 min at 80% FTP
- 10 min cool down.

FRI/

SWIM:

55 Minutes (1700m total)

Session Details:

- 300m Warm Up
- 1200m Main Set
- 200m Cool Down

See TrainingPeaks version for full Sessions.

SAT/

BIKE:

2:15 Hours Z2

Session Details:

These sessions are designed to build endurance on the bike, so will get longer and longer. Fuel and hydrate as you would in the race!

SUN/

RUN:

1:30 Hours Z2

Session Details:

Simple Z2 run. Keep HR at MAF level if known. If not, aim for around <145bpm. Walk to bring HR back down if it creeps above.

NOTES/

WEEK EIGHT (RECOVERY) /

The second recovery week!

Well done for getting this far. Use this week to shift the fatigue you have built up from the previous weeks. Enjoy your free time a little more, but ensure your nutrition and sleep is still good.

These sessions should be light, so are a great chance to work on technique or even mix it up a little and try things like a gravel bike over the road bike.

MON/

REST DAY!

Rest means rest. Aim to spend as much time off the feet as you can and recover as much as possible.

TUE/

SWIM:

40 Minutes (1150m total)

Session Details:

-200m Warm Up
-7500m Main Set
-200m Cool Down

See TrainingPeaks version for full Sessions.

WED/

RUN:

45 Minutes Z2

Session Details:

Simple Z2 run. Keep HR at MAF level if known. If not, aim for around <145bpm. Walk to bring HR back down if it creeps above.

THU/

BIKE:

45 Minutes Z2

Session Details:

These sessions are designed to build endurance on the bike, so will get longer and longer. Fuel and hydrate as you would in the race!

FRI/

SWIM:

40 Minutes (1150m total)

Session Details:

-200m Warm Up
-7500m Main Set
-200m Cool Down

See TrainingPeaks version for full Sessions.

SAT/

BIKE:

1:00 Hours Z2

Session Details:

These sessions are designed to build endurance on the bike, so will get longer and longer. Fuel and hydrate as you would in the race!

SUN/

RUN:

50 Minutes Z2

Session Details:

Simple Z2 run. Keep HR at MAF level if known. If not, aim for around <145bpm. Walk to bring HR back down if it creeps above.

NOTES/

WEEK NINE (BUILD)/

This is where we get into the meat of it!

Dig in deep during this block, as this is what will propel you forward on race day.

In this block, we begin adding in 'brick sessions' to get some race specific work, along with getting your legs ready to run off the bike when the race comes. This will take a bit of planning, to get your kit ready to transition from one sport straight into the next. I set up a pretend transition in the hallway of my house!

Keep pushing hard on the structured bike/run sessions. Your power will be increasing by now!

MON/ REST DAY! Rest means rest. Aim to spend as much time off the feet as you can and recover as much as possible.	TUE/ RUN: 60 Minutes Z2/Z4 Session Details: <ul style="list-style-type: none">- 10 mins easy warmup- 10 mins interval (1min hard, 1min easy x 5)- 10 mins very easy jog- 20 mins at a harder pace (faster than 10km)- 10 mins cool down jog.	WED/ SWIM: 55 Minutes (1800m total) Session Details: <ul style="list-style-type: none">-400m Warm Up-1200m Main Set-200m Cool Down <small>See TrainingPeaks version for full Sessions.</small>
THU/ BIKE: 60 Minutes Z4 Session Details: <ul style="list-style-type: none">- 10 min warm up Z2- 2 x 7 mins Z3 (Rest 5 min)- 3 x 2 mins Z4 (Rest 3 min)- 4 x 30 secs Z6 (Rest 1 min)- 5 mins cool down Z2	FRI/ SWIM: 55 Minutes (1800m total) Open Water If Can Session Details: <ul style="list-style-type: none">-300m Warm Up-1400m Main Set-200m Cool Down	SAT/ BIKE: 2:15 Hours Z2 RUN: 10 mins Brick Run Off Session Details: Aim to get out running ASAP when you get back!
SUN/ RUN: 1:40 Hours Z2 Session Details: Simple Z2 run. Keep HR at MAF level if known. If not, aim for around <145bpm. Walk to bring HR back down if it creeps above.	NOTES/	

WEEK TEN (BUILD) /

In this third block, it would be hugely beneficial if you can complete the second swim session of the week (the longer effort) in open water (OW). This will let you get used to swimming in OW, get you used to the wetsuit and prepare you for race day. At every race there will be someone who has never swam in a wetsuit or OW until the day and they often have a hard time!! Get a few weeks practice in now.

As per the previous weeks, the volume is increasing slightly, so keep an eye on your recovery and if any niggles/injuries begin to show STOP. Never 'push on' if you feel something is off. Get it assessed ASAP and adapt the plan to suit. If you need guidance on this, drop me an email: ollie@blackflagperformance.co.uk

MON/ REST DAY! Rest means rest. Aim to spend as much time off the feet as you can and recover as much as possible.	TUE/ RUN: 60 Minutes Z2/Z4 Session Details: <ul style="list-style-type: none">- 10 mins easy warmup- 4 x 5 mins at 5km Pace with 5 mins recovery.- 10 mins cool down.	WED/ SWIM: 60 Minutes (2000m total) Session Details: <ul style="list-style-type: none">-400m Warm Up-1400m Main Set-200m Cool Down <small>See TrainingPeaks version for full Sessions.</small>
THU/ BIKE: 60 Minutes Z4 Session Details: <ul style="list-style-type: none">- 10 min warm up- 20 mins at 80%- 5 min recovery- 20 mins at 80%- 5 min cool down	FRI/ SWIM: 60 Minutes (2000m total) Open Water If Can Session Details: <ul style="list-style-type: none">-400m Warm Up-1400m Main Set-200m Cool Down	SAT/ BIKE: 2:30 Hours Z2 RUN: 15 mins Brick Run Off Session Details: Aim to get out running ASAP when you get back!
SUN/ RUN: 1:50 Hours Z2 Session Details: Simple Z2 run. Keep HR at MAF level if known. If not, aim for around <145bpm. Walk to bring HR back down if it creeps above.	NOTES/	

WEEK ELEVEN (BUILD) /

Nearly there!!

Now you're just over a month out, this is the time to begin thinking about kit choices, bike choices and nutrition. Start getting your plan nailed now and you'll be used to it by the time the race comes around. Don't leave anything until the last minute.

We have a rest week next week, so (safely) push hard in this final build block.

MON/ REST DAY! Rest means rest. Aim to spend as much time off the feet as you can and recover as much as possible.	TUE/ RUN: 60 Minutes Z2/Z4 Session Details: <ul style="list-style-type: none">- 15 mins easy warmup- 30 Minutes Hills: Hard up, jog down.- 15 mins cool down.	WED/ SWIM: 60 Minutes (2100m total) Session Details: <ul style="list-style-type: none">-400m Warm Up-1500m Main Set-200m Cool Down <small>See TrainingPeaks version for full Sessions.</small>
THU/ BIKE: 60 Minutes Z4 Session Details: <ul style="list-style-type: none">- 10 min warm up Z2- 2 x 7 mins Z3 (Rest 5 min)- 3 x 2 mins Z4 (Rest 3 min)- 4 x 30 secs Z6 (Rest 1 min)- 5 mins cool down Z2	FRI/ SWIM: 60 Minutes (2200m total) Open Water If Can Session Details: <ul style="list-style-type: none">-300m Warm Up-1700m Main Set-200m Cool Down	SAT/ BIKE: 2:45 Hours Z2 RUN: 20 mins Brick Run Off Session Details: Aim to get out running ASAP when you get back!
SUN/ RUN: 2:00 Hours Z2 Session Details: Simple Z2 run. Keep HR at MAF level if known. If not, aim for around <145bpm. Walk to bring HR back down if it creeps above.	NOTES/	

WEEK TWELVE (RECOVERY THREE) /

The final main recovery week prior to the peaking phase. You have done amazing to get to this point and should be feeling stronger than ever!

We want to see how this journey is going, so keep tagging us in your posts on social media @113events @blackflag.performance

Do everything you can to recover well this week. Loads of sleep, loads of good nutrition, get a massage etc.

MON/

REST DAY!

Rest means rest. Aim to spend as much time off the feet as you can and recover as much as possible.

TUE/

RUN:

45 Minutes Z2

Session Details:
Simple Z2 run. Keep HR at MAF level if known. If not, aim for around <145bpm. Walk to bring HR back down if it creeps above.

WED/

SWIM:

40 Minutes (1150m total)

Session Details:

- 200m Warm Up
- 7500m Main Set
- 200m Cool Down

See TrainingPeaks version for full Sessions.

THU/

BIKE:

45 Minutes Z2

Session Details:
These sessions are designed to build endurance on the bike, so will get longer and longer. Fuel and hydrate as you would in the race!

FRI/

SWIM:

40 Minutes (1150m total)

Session Details:

- 200m Warm Up
- 7500m Main Set
- 200m Cool Down

See TrainingPeaks version for full Sessions.

SAT/

BIKE:

1:00 Hours Z2

Session Details:
These sessions are designed to build endurance on the bike, so will get longer and longer. Fuel and hydrate as you would in the race!

SUN/

RUN:

1:00 Hours Z2

Session Details:
Simple Z2 run. Keep HR at MAF level if known. If not, aim for around <145bpm. Walk to bring HR back down if it creeps above.

NOTES/

WEEK THIRTEEN (PEAK ONE)/

You should be feeling like Jan Frodeno in his prime by now!

This next block is a case of putting the cherry on the cake. Keep working hard, building that intensity and volume. Remember we are only a few weeks out now, so take no chances with anything.

Avoid being around sick people. Don't go flying round wet corners. Don't try and push on through niggles.

MON/ REST DAY! Rest means rest. Aim to spend as much time off the feet as you can and recover as much as possible.	TUE/ RUN: 60 Minutes Z2/Z4 Session Details: <ul style="list-style-type: none">- 10 mins easy warmup- 4 x 5 mins at 5km Pace with 5 mins recovery.- 10 mins cool down.	WED/ SWIM: 65 Minutes (2350m total) Session Details: <ul style="list-style-type: none">-400m Warm Up-1750m Main Set-200m Cool Down <small>See TrainingPeaks version for full Sessions.</small>
THU/ BIKE: 60 Minutes Z4 Session Details: <ul style="list-style-type: none">- 10 min warm up Z2- 2 x 7 mins Z3 (Rest 5 min)- 3 x 2 mins Z4 (Rest 3 min)- 4 x 30 secs Z6 (Rest 1 min)- 5 mins cool down Z2	FRI/ SWIM: 65 Minutes (2400m total) Open Water If Can Session Details: <ul style="list-style-type: none">-300m Warm Up-1900m Main Set-200m Cool Down	SAT/ BIKE: 3:00 Hours Z2 RUN: 30 mins Brick Run Off Session Details: Aim to get out running ASAP when you get back!
SUN/ RUN: 2:00 Hours Z2 Session Details: Simple Z2 run. Keep HR at MAF level if known. If not, aim for around <145bpm. Walk to bring HR back down if it creeps above.	NOTES/ Add an Easy 30 minute recovery ride in after either the run or swim on Tuesday or Wednesday to flush the legs out.	

WEEK FOURTEEN (PEAK TWO)/

The Final Big Week!

This week culminates in a dry run for the event, spread over three days. You will do a full distance swim on Friday, into a long brick ride/run on Saturday and a long run on the Sunday with heavy legs. Some say this weekend is harder than the actual event, but after this you will have the confidence that you WILL get round the race on the day!! On this, this is our final dress rehearsal to practice your race day strategy. Aim to complete your nutrition strategy correctly as you will in the race. Give the clothing you plan to wear a test run. Set your bike up how you will plan to ride it on race day!

MON/

REST DAY!

Rest means rest. Aim to spend as much time off the feet as you can and recover as much as possible.

TUE/

RUN:

60 Minutes Z2

Session Details:

Simple Z2 run. Keep HR at MAF level if known. If not, aim for around <145bpm. Walk to bring HR back down if it creeps above.

WED/

SWIM:

60 Minutes (2100m total)

Session Details:

-400m Warm Up
-1500m Main Set
-200m Cool Down

See TrainingPeaks version for full Sessions.

THU/

BIKE:

60 Minutes Z4

Session Details:

- 10 min warm up
- 20 mins at 80%
- 5 min recovery
- 20 mins at 80%
- 5 min cool down

FRI/

SWIM:

60 Minutes (2500m total)
Open Water If Can

Session Details:

-300m Warm Up
-2000m Main Set (Dont Stop!)
-200m Cool Down

SAT/

BIKE:

3:00 Hours Z2 (In kit and race bike)

RUN:

45 mins Brick Run Off

Session Details:

Race Simulation

SUN/

RUN:

2:00 Hours Z2

Session Details:

Simple Z2 run. Keep HR at MAF level if known. If not, aim for around <145bpm. Walk to bring HR back down if it creeps above.

NOTES/

Add an Easy 45 minute recovery ride in after either the run or swim on Tuesday or Wednesday to flush the legs out.

WEEK FIFTEEN (TAPER)/

The money is in the bank, ready to spend on race day.

The training is done. Nothing more to worry about it. If you have got this far, you ARE strong enough regardless of what you think. You WILL smash it on race day, trust me. Now we need to focus on freshening up and getting ready to race. Nothing silly. We need to keep everything moving nicely, while we slowly back off on the volume. Doing 'too little' can be as bad as doing 'too much' as your body can begin to settle into a more relaxed pace! Keep the sessions light and nippy.

MON/ REST DAY! Rest means rest. Aim to spend as much time off the feet as you can and recover as much as possible.	TUE/ RUN: 45 Minutes Z2 Session Details: Simple Z2 run. Keep HR at MAF level if known. If not, aim for around <145bpm. Walk to bring HR back down if it creeps above.	WED/ SWIM: 60 Minutes (1150m total) Session Details: -200m Warm Up -750m Main Set -200m Cool Down <small>See TrainingPeaks version for full Sessions.</small>
THU/ BIKE: RAMP TEST! Session Details: - 20 mins warming up, with 3 brief ramps up to around your expected FTP level. - Ramp test. Go all out! - Recover.	FRI/ SWIM: 45 Minutes (1500m total) Open Water If Can Session Details: -300m Warm Up -1000m Main Set (Dont Stop!) -200m Cool Down	SAT/ BIKE: 2:00 Hours Z2 Session Details: These sessions are designed to build endurance on the bike, so will get longer and longer. Fuel and hydrate as you would in the race!
SUN/ RUN: 1:30 Hours Z2 Session Details: Simple Z2 run. Keep HR at MAF level if known. If not, aim for around <145bpm. Walk to bring HR back down if it creeps above.	NOTES/	

WEEK SIXTEEN (TAPER/RACE) /

The money is in the bank, ready to spend on race day.

The training is done. Nothing more to worry about it. If you have got this far, you ARE strong enough regardless of what you think. You WILL smash it on race day, trust me. Now we need to focus on freshening up and getting ready to race. Nothing silly. We need to keep everything moving nicely, while we slowly back off on the volume. Doing 'too little' can be as bad as doing 'too much' as your body can begin to settle into a more relaxed pace! Keep the sessions light and nippy.

MON/ REST DAY! Rest means rest. Aim to spend as much time off the feet as you can and recover as much as possible.	TUE/ SWIM: 50 Minutes (1900m total) Open Water If Can Session Details: -200m Warm Up -1500m Main Set (Dont Stop!) -200m Cool Down	WED/ BIKE: 45 Minutes Z2 Session Details: These sessions are designed to build endurance on the bike, so will get longer and longer. Fuel and hydrate as you would in the race!
THU/ RUN: 45 Minutes Z2 Session Details: Simple Z2 run. Keep HR at MAF level if known. If not, aim for around <145bpm. Walk to bring HR back down if it creeps above.	FRI/ REST DAY! PREPARE KIT Get everything packed and setup now, to give yourself time and reduce pressure.	SAT/ BIKE: 30 Minutes Z1 Openers Session Details: Click up through the gears until around FTP which you hold for 30 seconds, then back down the gears to a spin. Repeat this 3 or 4 times over 30 minutes.
SUN/ RACE DAY! Go smash it! Start steady and build into the race. Fuel well at all times and	NOTES/	

CONCLUSION /

Thank you for training with us over the past 16 weeks. If followed correctly, this program will get you into the prime shape for smashing the 113 or Cotswolds Classic!

Get out there, enjoy the race and show off all of your hard work from the last few months. Start steady, avoiding pushing deep into the red at any stage. You should come off the bike feeling like you still have plenty left in the tank for the run.

During the race, ensure you're consuming 60-80g of carbs minimum, along with salt and hydration. You should never feel hungry, but never overly full. Finish the fuel for the bike with 20 minutes left to ride. This will give it chance to settle before the start of the run. If you're using solid fuel, like bars, then aim to have these earlier in the ride/race and save the liquid/gel fuels for later on.

From the training you should have an idea of the paces/powers you can hold. Stick to these and don't get carried away with the occasion!

I wish you all the best and look forward to seeing you flying past on race day.

Ollie.

WANT TO KNOW MORE?

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