

Intermediate Olympic/International Distance Training (1.5K Swim/40K Bike/10K Run)

8 Week Plan from Her Sports Magazine

To begin this plan, you should have a foundation of training consistently for at least 6 weeks, five days a week at low intensity. Your base run should be up to 60 minutes, base ride at least 90 minutes, and you should be swimming twice a week for 45 minutes at a time. Also, you should have already completed a few Olympic-distance triathlons.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Swim 1 hour Pull	Bike 1:30 Hills	Swim 1:15 Endurance Run 45 min Threshold	Bike 1:30	Rest or Active Recovery	Run 50 min Threshold Swim 45 min Speed	Bike 2 Hours Base Hills Run 45 min Base
Week 2	Swim 1:15 Pull	Brick 1:15	Swim 1:15 Endurance Run 50 min Threshold	Bike 1:30	Rest or Active Recovery	Run 50 min Threshold Swim 1 Hour Speed	Run 1 Hour Base Bike 2:00 Base Hills
Week 3	Run 30 min Accel	REST	Brick 1:30 Recovery	Swim 45 min Drills	Rest or Active Recovery	Swim 1:00 Time Trial	Brick 1:50
Week 4	Swim 1:15 Pull	Bike 1:30	Swim 1:15 Endurance Brick 1:30 Base	Run 50 min Bike 1 Hour Big Gear	Rest or Active Recovery	Bike 2 Hours Hills Swim 1 Hour Speed	Run 1:15 Base Bike 1:15 Threshold
Week 5	Swim 1:15 Pull	Bike 1 Hour Run 40 min accel	Swim 1:15 Endurance	Run 50 min Bike 1 Hour Big Gear	Rest or Active Recovery	Swim 1:45 Speed Bike 1:30 Hills	Bike 2 Hours Threshold Run 50 min Base
Week 6	Run 30 min Accel	REST	Brick 1:30 Recovery	Swim 45 min Drills	REST	Swim 1 Hour Time Trial	Brick 1:50
Week 7	Swim 1:15 Pull	Bike 1 Hour Run 40 min accel	Swim 1:15 Endurance	Run 50 min Bike 1 Hour	REST	Swim 1:15 Speed Bike 1:30 Hills	Bike 2:30 Threshold Run 50 min Base
Week 8	Swim 30 min Drills	REST	Swim 30 min Speed Bike 40 min Threshold	Run 35 min Threshold	REST	Swim 15 min Drills Bike 20 min Recovery	RACE DAY!