

For all sessions, start with 5 to 10 minutes of low-intensity warm-up

Triathlon training						
Week	Day 1		Day 2		Day 3	
1		15 min <b>Z1</b>		15 min <b>Z1</b>		1.5 km <b>Z1</b>
		10 x 200m <b>Z3</b>		4 x 10 x 15" <b>Z3</b> : 15" <b>Z1</b>		5 x 30" <b>Z3</b> : 2' <b>Z1</b>
2		15 min <b>Z1</b>		15 min <b>Z1</b>		1.5 km <b>Z1</b>
		8 x 300m <b>Z3</b>		4 x 8 x 30" <b>Z3</b> : 15" <b>Z1</b>		6 x 1' <b>Z3</b> : 2' <b>Z1</b>
3		15 min <b>Z2</b>		15 min <b>Z2</b>		1.5 km <b>Z2</b>
		7 x 400m <b>Z3</b>		3 x 6 x 1' <b>Z3</b> : 30" <b>Z1</b>		6 x 1,5' <b>Z3</b> : 2' <b>Z1</b>
4		20 min <b>Z1</b>		20 min <b>Z1</b>		2 km <b>Z1</b>
		6 x 500m <b>Z3</b>		3 x 5 x 1,5' <b>Z3</b> : 30" <b>Z1</b>		7 x 2' <b>Z3</b> : 1' <b>Z1</b>
5		20 min <b>Z1</b>		20 min <b>Z1</b>		2 km <b>Z1</b>
		4 x 800m <b>Z2</b>		3 x 4 x 2' <b>Z3</b> : 1' <b>Z1</b>		7 x 3' <b>Z2</b> : 1' <b>Z1</b>
6		20 min <b>Z2</b>		20 min <b>Z2</b>		2 km <b>Z2</b>
		3 x 1 km <b>Z2</b>		2 x 5 x 3' <b>Z2</b> : 1' <b>Z1</b>		5 x 5' <b>Z2</b> : 2' <b>Z1</b>
7		20 min <b>Z2</b>		20 min <b>Z2</b>		2 km <b>Z2</b>
		2 x 1500m <b>Z2</b>		2 x 5 x 4' <b>Z2</b> : 1' <b>Z1</b>		4 x 10' <b>Z2</b> : 2' <b>Z1</b>
8		15 min <b>Z2</b>		15 min <b>Z2</b>		1.5 km <b>Z2</b>
		1 x 2 km <b>Z2</b>		1 x 5 km <b>Z2</b>		1 x 2 km <b>Z2</b>
9		15 min <b>Z2</b>		15 min <b>Z2</b>	PSP TRIATHLON	
		5 x 300m <b>Z3</b>		3 x 8 x 30" <b>Z3</b> : 15" <b>Z1</b>		

Legend	
	Running
	Rowing
	Biking
Intervals length = Effort : Rest	
(') minutes, (") seconds	
Example: sets x repetitions x effort duration : rest duration	
Take a 2' break (passive or active) between each set	
Zone 1 : low intensity (able to talk and to sustain the activity for a long time)	
Zone 2 : moderate intensity (able to speak for short sentences, race intensity)	
Zone 3 : high intensity (not able to talk, can keep the intensity for 5 minutes)	

