



Free Short Distance Training Plan - intermediate (6 weeks)

A step up from the beginner free plan. For those who want to improve on their time from last year or their last event. This plan includes a little speed work and intensity when compared with the beginner plan.

Week 1 (5:15)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Rest Rest Day Do some light stretching, yoga or Pilates. Very easy walking is also a good option</p> <p>Feel free to move these rest days around to suit your schedule. There are a couple of rules though!</p> <ol style="list-style-type: none"> 1. Don't back up hard days/sessions with another hard day/session. 2. If you miss days don't try to make them up by doing two in one day. Just get back on schedule. <p>01h:00m</p>	<p>Swimming Endurance 100s RPE: 5/10 Moderate Endurance swims are designed to improve your aerobic capacity in the water. They will typically involve multiple repeats between 100 to 500m with a relatively short rest period.</p> <p>The key to focus on here is maintaining a strong technique and not going too hard early on. You should be aiming to maintain a very consistent pace throughout all intervals and should never feel too out of breath.</p> <p>The endurance swim is often not the most exciting set however is a critical component of improving your ability in the water and its value should not be underestimated. You should focus on smooth rhythmic breathing, feeling the water and keeping your head down.</p> <p>These workouts are a great time to use bilaterral breathing to provide balance to your stroke and enable you to breath to both sides which is a valuable skill to have if you take to the open water.</p> <p>In your warm up include drill work. For example: 2 x 50m easy 25m skull, 25m free 25m kick, 25m free</p> <p>00h:30m</p>	<p>Running Easy Run RPE: 3/10 Somewhat Light The pace should be conversational and easy to hold for extended periods of time. Perfect one to do with a friend and chat away!</p> <p>00h:30m</p>	<p>Rest Rest Day Do some light stretching, yoga or Pilates. Very easy walking is also a good option</p> <p>01h:00m</p>	<p>Cycling Easy Ride RPE: 4/10 Light to Moderate This rides are important for improving your aerobic efficiency, fat oxidation and stamina on the bike. They can also be used to add volume to the week overall without creating too much training stress that would otherwise impact the rest of your sessions. Riding at your an "easy or "endurance" pace should feel relatively comfortable but you will need to focus on keeping some pressure on the pedals throughout the entire ride, particularly on flat and downhill sections.</p> <p>00h:45m</p>	<p>Open Water Swimming Kapiti Women's tri - training day RPE: 6/10 Moderate to Hard 9 am at Raumatī Beach for an hour.</p> <p>Each week we'll be swimming and doing a mix of the other disciplines.</p> <p>21 Jan: Swim and bike session.</p> <p>01h:00m</p>	<p>Running Endurance Run RPE: 4/10 Light to Moderate The endurance run will be the bulk of your running volume and is critical to developing your aerobic capacity to allow you to perform at middle and longer distances.</p> <p>It's very easy to go too fast on these runs so its smart to pay close attention to your heart rate and not get too fast. The pace should be conversational and easy to hold for extended periods of time.</p> <p>By going too fast in these runs you'll likely be left with residual fatigue that prevents you from being able to perform well in your quality workouts. These runs should be done on flat or mildly undulating terrain however its important to slow down on the uphills to ensure you're staying as aerobic as possible.</p> <p>00h:30m</p>

Week 2 (5:30)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Rest Rest Day Do some light stretching, yoga or Pilates. Very easy walking is also a good option</p> <p>Feel free to move these rest days around to suit your schedule. There are a couple of rules though!</p> <ol style="list-style-type: none"> 1. Don't back up hard days/sessions with another hard day/session. 2. If you miss days don't try to make them up by doing two in one day. Just get back on schedule. <p>01h:00m</p>	<p>Swimming Endurance 100s RPE: 5/10 Moderate Endurance swims are designed to improve your aerobic capacity in the water. They will typically involve multiple repeats between 100 to 500m with a relatively short rest period.</p> <p>The key to focus on here is maintaining a strong technique and not going too hard early on. You should be aiming to maintain a very consistent pace throughout all intervals and should never feel too out of breath.</p> <p>The endurance swim is often not the most exciting set however is a critical component of improving your ability in the water and its value should not be underestimated. You should focus on smooth rhythmic breathing, feeling the water and keeping your head down.</p> <p>These workouts are a great time to use bilaterral breathing to provide balance to your stroke and enable you to breath to both sides which is a valuable skill to have if you take to the open water.</p> <p>In your warm up include drill work. For example: 2 x 50m easy 25m skull, 25m free 25m kick, 25m free</p> <p>00h:30m</p>	<p>Running Easy Run RPE: 3/10 Somewhat Light The pace should be conversational and easy to hold for extended periods of time. Perfect one to do with a friend and chat away!</p> <p>00h:30m</p>	<p>Rest Rest Day Do some light stretching, yoga or Pilates. Very easy walking is also a good option</p> <p>01h:00m</p>	<p>Running Easy Run RPE: 3/10 Somewhat Light The pace should be conversational and easy to hold for extended periods of time. Perfect one to do with a friend and chat away!</p> <p>00h:45m</p>	<p>Open Water Swimming Kapiti Women's tri - training day RPE: 6/10 Moderate to Hard 9 am at Raumatī Beach for an hour.</p> <p>Each week we'll be swimming and doing a mix of the other disciplines.</p> <p>28th Jan: Swim session</p> <p>01h:00m</p>	<p>Cycling Easy Ride RPE: 4/10 Light to Moderate This rides are important for improving your aerobic efficiency, fat oxidation and stamina on the bike. They can also be used to add volume to the week overall without creating too much training stress that would otherwise impact the rest of your sessions. Riding at your an "easy or "endurance" pace should feel relatively comfortable but you will need to focus on keeping some pressure on the pedals throughout the entire ride, particularly on flat and downhill sections.</p> <p>00h:45m</p>

Week 3 (5:46)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Swimming Endurance 200s Endurance swims are designed to improve your aerobic capacity in the water. They will typically involve multiple repeats between 100 to 500m with a relatively short rest period.</p> <p>The key to focus on here is maintaining a strong technique and not going too hard early on. You should be aiming to maintain a very consistent pace throughout all intervals and should never feel too out of breath.</p> <p>The endurance swim is often not the most exciting set however is a critical component of improving your ability in the water and its value should not be underestimated. You should focus on smooth rhythmic breathing, feeling the water and keeping your head down.</p> <p>These workouts are a great time to use bilateral breathing to provide balance to your stroke and enable you to breathe to both sides which is a valuable skill to have if you take to the open water.</p> <p>Today do 35mins and do as many 200m reps as you can in that time. Aim for at least 2.</p> <p>Start with a warm up and include some drills as with the other weeks. E.G. 2 x 50m 25m kick, 25m fr 50m catch up drill</p> <p>00h:35m</p>	<p>Running Endurance Run + Strides RPE: 4/10 Light to Moderate The endurance run will be the bulk of your running volume and is critical to developing your aerobic capacity to allow you to perform at middle and longer distances. It's very easy to go too fast on these runs so its smart to pay close attention to your heart rate and not get too fast. The pace should be conversational and easy to hold for extended periods of time. By going too fast in these runs you'll likely be left with residual fatigue that prevents you from being able to perform well in your quality workouts. These runs should be done on flat or mildly undulating terrain however its important to slow down on the uphills to ensure you're staying as aerobic as possible.</p> <p>Follow the endurance part with a set of stride outs. These are to practice leg speed and give you a little speed work.</p> <p>This run can be done on flat or rolling terrain. You are running easy for a set time and then stride outs at the end of the session. Do 20 sec hard effort with a high cadence, 40 sec recovery walk or jog in between each one.</p> <p>Can finish off with walking if have time.</p> <p>Running at pace does put more load through the calves. So do not do the stride outs if you have pain or niggles in the calf area. Strength work is a good idea as well to help the legs tolerate speed work.</p> <p>00h:29m</p>	<p>Rest Rest Day Do some light stretching, yoga or Pilates. Very easy walking is also a good option</p> <p>Feel free to move these rest days around to suit your schedule. There are a couple of rules though! 1. Don't back up hard days/sessions with another hard day/session. 2. If you miss days don't try to make them up by doing two in one day. Just get back on schedule.</p> <p>01h:00m</p>	<p>Cycling Anaerobic Capacity Ride RPE: 8/10 Hard Anaerobic capacity sessions contain maximal efforts between 20 seconds and 1.5 minutes. These efforts need to be all out to get the intended training benefit, be ready to completely empty the tank in the max efforts.</p> <p>These sessions can be completed solo or also as a race against your friends on a group ride. If you are completing this session indoors on your trainer, turn off ERG mode so you are not being held to a specific power target. The efforts are intended to be maximal and power targets are just a guide for this session. Attack the efforts in or out of the saddle and hit the pedals ferociously!</p> <p>These sessions add the finishing touches to your fitness, like the icing on a cake, so will have you race ready and able to get the most out of yourself on race day.</p> <p>00h:42m</p>	<p>Rest Rest Day Do some light stretching, yoga or Pilates. Very easy walking is also a good option</p> <p>01h:00m</p>	<p>Open Water Swimming Kapiti Women's tri - training day RPE: 6/10 Moderate to Hard 9 am at Raumati Beach for an hour.</p> <p>Each week we'll be swimming and doing a mix of the other disciplines.</p> <p>4th Feb: this week it is a swim, bike run session. Maybe a little longer than an hour and we'll focus on transition practice.</p> <p>01h:00m</p>	<p>Cycling Easy Ride RPE: 4/10 Light to Moderate This rides are important for improving your aerobic efficiency, fat oxidation and stamina on the bike. They can also be used to add volume to the week overall without creating too much training stress that would otherwise impact the rest of your sessions. Riding at your an "easy or "endurance" pace should feel relatively comfortable but you will need to focus on keeping some pressure on the pedals throughout the entire ride, particularly on flat and downhill sections.</p> <p>01h:00m</p>

Week 4 (5:39)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Rest Rest Day - Download week Do some light stretching, yoga or Pilates. Very easy walking is also a good option.</p> <p>This is an easier week so the overall volume is less. Resist the urge to do more, even if you are feeling good.</p> <p>01h:00m</p>	<p>Swimming Endurance 200s Endurance swims are designed to improve your aerobic capacity in the water. They will typically involve multiple repeats between 100 to 500m with a relatively short rest period.</p> <p>The key to focus on here is maintaining a strong technique and not going too hard early on. You should be aiming to maintain a very consistent pace throughout all intervals and should never feel too out of breath.</p> <p>The endurance swim is often not the most exciting set however is a critical component of improving your ability in the water and its value should not be underestimated. You should focus on smooth rhythmic breathing, feeling the water and keeping your head down.</p> <p>These workouts are a great time to use bilateral breathing to provide balance to your stroke and enable you to breath to both sides which is a valuable skill to have if you take to the open water.</p> <p>Today do 30mins and do as many 200m reps as you can in that time. Aim for at least 2.</p> <p>Start with a warm up and include some drills as with the other weeks. E.G. 2 x 50m 25m kick, 25m fr 50m catch up drill</p> <p>00h:30m</p>	<p>Running Endurance Run + Strides RPE: 4/10 Light to Moderate The endurance run will be the bulk of your running volume and is critical to developing your aerobic capacity to allow you to perform at middle and longer distances. It's very easy to go too fast on these runs so its smart to pay close attention to your heart rate and not get too fast. The pace should be conversational and easy to hold for extended periods of time. By going too fast in these runs you'll likely be left with residual fatigue that prevents you from being able to perform well in your quality workouts. These runs should be done on flat or mildly undulating terrain however its important to slow down on the uphill to ensure you're staying as aerobic as possible.</p> <p>Follow the endurance part with a set of stride outs. These are to practice leg speed and give you a little speed work.</p> <p>This run can be done on flat or rolling terrain. You are running easy for a set time and then stride outs at the end of the session. Do 20 sec hard effort with a high cadence, 40 sec recovery walk or jog in between each one.</p> <p>Can finish off with walking if have time.</p> <p>Runnung at pace does put more load through the calves. So do not do the stride outs if you have pain or niggles in the calf area. Strength work is a good idea as well to help the legs tolerate speed work.</p> <p>00h:29m</p>	<p>Cycling Easy Ride RPE: 4/10 Light to Moderate This rides are important for improving your aerobic efficiency, fat oxidation and stamina on the bike. They can also be used to add volume to the week overall without creating too much training stress that would otherwise impact the rest of your sessions. Riding at your an "easy or "endurance" pace should feel relatively comfortable but you will need to focus on keeping some pressure on the pedals throughout the entire ride, particularly on flat and downhill sections.</p> <p>00h:40m</p>	<p>Rest Rest Day Do some light stretching, yoga or Pilates. Very easy walking is also a good option</p> <p>01h:00m</p>	<p>Open Water Swimming Kapiti Women's tri - training day RPE: 6/10 Moderate to Hard 9 am at Raumati Beach for an hour.</p> <p>Each week we'll be swimming and doing a mix of the other disciplines.</p> <p>11th Feb: swim session</p> <p>01h:00m</p>	<p>Cycling Easy Ride RPE: 4/10 Light to Moderate This rides are important for improving your aerobic efficiency, fat oxidation and stamina on the bike. They can also be used to add volume to the week overall without creating too much training stress that would otherwise impact the rest of your sessions. Riding at your an "easy or "endurance" pace should feel relatively comfortable but you will need to focus on keeping some pressure on the pedals throughout the entire ride, particularly on flat and downhill sections.</p> <p>01h:00m</p>

Week 5 (5:46)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Rest Rest Day Do some light stretching, yoga or Pilates. Very easy walking is also a good option</p> <p>01h:00m</p>	<p>Swimming Mix up RPE: 7/10 Somewhat Hard The mixup swim is a workout that will challenge a range of energy systems and have you swimming at a range of different paces. The workout may consist of any number of endurance, tempo, threshold, VO2 or anaerobic intervals. These workouts will offer a highly varied session and help you gain strength and fitness across a wide variety of distances.</p> <p>WU: 50m fr, 4 x 50m as 25k, 25dr (10) MS: 1 x 150m (20) steady effort, 1 x 150m (20) 1-2sec faster than last set, 1 x 150m (30) 1-2sec faster than last set, 2min rest CD: 100m mix strokes</p> <p>00h:30m ~ 800 m</p>	<p>Cycling Easy Ride RPE: 4/10 Light to Moderate This rides are important for improving your aerobic efficiency, fat oxidation and stamina on the bike. They can also be used to add volume to the week overall without creating too much training stress that would otherwise impact the rest of your sessions. Riding at your an "easy or "endurance" pace should feel relatively comfortable but you will need to focus on keeping some pressure on the pedals throughout the entire ride, particularly on flat and downhill sections.</p> <p>00h:45m</p>	<p>Running Endurance Run + Strides RPE: 4/10 Light to Moderate The endurance run will be the bulk of your running volume and is critical to developing your aerobic capacity to allow you to perform at middle and longer distances. It's very easy to go too fast on these runs so its smart to pay close attention to your heart rate and not get too fast. The pace should be conversational and easy to hold for extended periods of time. By going too fast in these runs you'll likely be left with residual fatigue that prevents you from being able to perform well in your quality workouts. These runs should be done on flat or mildly undulating terrain however its important to slow down on the uphills to ensure you're staying as aerobic as possible.</p> <p>Follow the endurance part with a set of stride outs. These are to practice leg speed and give you a little speed work.</p> <p>This run can be done on flat or rolling terrain. You are running easy for a set time and then stride outs at the end of the session. Do 20 sec hard effort with a high cadence, 40 sec recovery walk or jog in between each one.</p> <p>Can finish off with walking if have time.</p> <p>Running at pace does put more load through the calves. So do not do the stride outs if you have pain or niggles in the calf area. Strength work is a good idea as well to help the legs tolerate speed work.</p> <p>00h:31m</p>	<p>Rest Rest Day Do some light stretching, yoga or Pilates. Very easy walking is also a good option</p> <p>01h:00m</p>	<p>Triathlon Kapiti Women's tri - training day RPE: 6/10 Moderate to Hard 9 am at Raumatī Beach for an hour.</p> <p>Each week we'll be swimming and doing a mix of the other disciplines.</p> <p>18th Feb: Mini tri</p> <p>01h:00m</p>	<p>Rest Rest Day Do some light stretching, yoga or Pilates. Very easy walking is also a good option</p> <p>01h:00m</p>

Week 6 (6:20)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Cycling Anaerobic Capacity Ride RPE: 8/10 Hard Anaerobic capacity sessions contain maximal efforts between 20 seconds and 1.5 minutes. These efforts need to be all out to get the intended training benefit, be ready to completely empty the tank in the max efforts.</p> <p>These sessions can be completed solo or also as a race against your friends on a group ride. If you are completing this session indoors on your trainer, turn off ERG mode so you are not being held to a specific power target. The efforts are intended to be maximal and power targets are just a guide for this session. Attack the efforts in or out of the saddle and hit the pedals ferociously!</p> <p>These sessions add the finishing touches to your fitness, like the</p>	<p>Swimming Swim Sprints Sprint swims workouts are all about working your anaerobic capacity and generating as much force in the water as possible. In these sets you will have more rest and complete a range of intervals generally between 25 and 50 metres at maximum intensity. Speed in the water is critical to improving your starts in open water swims and triathlons and also for closing gaps or rounding swim buoys in races.</p> <p>00h:30m ~ 700 m</p>	<p>Rest Rest Day Do some light stretching, yoga or Pilates. Very easy walking is also a good option</p> <p>01h:00m</p>	<p>Running Easy Run RPE: 3/10 Somewhat Light The pace should be conversational and easy to hold for extended periods of time. Perfect one to do with a friend and chat away!</p> <p>00h:20m</p>	<p>Triathlon Event practice RPE: 4/10 Light to Moderate Another mini triathlon today. So all three disciplines in a row if you can to practice your transitions and go over your gear to make sure you have everything you need and everything is in working order for event day.</p> <p>This can also be done on Saturday if you prefer.</p> <p>The effort is light and easy. Resist the urge to push hard if you feel good. Save that energy for the day!</p> <p>Start with a 10-15min (at the most) open water or pool swim. If you are at the beach, practice your entry and exit from the water. Try to do the same course as you'll do on the day, or part of it, to get an idea of where to sight. Add a few shorts bursts of speed once you are properly warmed up.</p> <p>Have your bike gear all ready to go. If you don't have anyone that can watch your gear then set it up in the boot of your car. Again ride for 10-15mins (at the most). Check through your gears and brakes and make sure everything is working properly.</p> <p>Have your run gear all ready to go. Try for a quick transition straight onto the run. But stay relaxed and calm and make sure you practice grabbing everything that you need to - hat, sunglasses, race number etc. Run or run/walk for 10mins. Add a couple of 10 sec bursts of speed to get the legs turning over (only if you are feeling good).</p> <p>Then go home and set aside all your gear for event day. Wash anything that you need to. You can download a suggested packing list here - https://www.canva.com/design/DAFXOb7kouw/RZaVxelr4tf1moPZPbYjw/view?utm_content=DAFXOb7kouw&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink</p> <p>01h:00m</p>	<p>Rest Rest Day Get everything ready for tomorrow. Check over your gear and your bike to make sure everything is in working order.</p> <p>Go and register!</p> <p>Then try to have a relaxing day and stay of your feet as much as possible to be fresh for tomorrow.</p> <p>01h:00m</p>	<p>Triathlon Race Day! Event RPE: 9/10 Very Hard Well done on making it to event day!</p> <p>This is an achievement in itself. Don't underestimate or down play this.</p> <p>Injuries, illnesses and other life events can all get in the way so the fact that you made it here is a big deal.</p> <p>Now trust your training and enjoy your event!</p> <p>02h:00m</p>

icing on a cake,
so will have you
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00h:30m