

TRAINING PROGRAM

BE A FINISHER
Week 14 - 17

TRAINING PROGRAM

BE A FINISHER

av Clas Björling



CHALLENGE
VANSBRO
wearetriathlon!

CHALLENGE VANSBRO

Intensity zones

A1

Calm training, the heart rate should be between 55-70% of maximum heart rate, talking pace

A2

Fast distance, 70-85% of maximum heart rate. Hard to speak some longer sentences, no lactic acid.

A3

85-90% of maximum heart rate. In this zone you have your lactic acid threshold. Difficult to speak more than short phrases.

A3+

90-95% of maximum heart rate. Very hard, in this zone you can only manage for a few minutes, no talking when you are in this zone.

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Monday

REST

Tuesday

SWIMMING

Total 1800m

- 5*100m followed by 200m
 - 4*100m followed by 200m
 - 3*100m followed by 200m
- Effort A1 and 20s rest during the entire swim*

Wednesday

RUNNING

40 min A1

- 5 min warm-up
- Run through the series below 5 times (30 min)*
- 2 min A2 | 2 min A3 | 2 min A1
 - 5 min cool down

Thursday

BIKING

Total 52 min

- 5 min warm up
- 7x5 minuter low cadence (55-60) in A2 with 1 min active recovery
- 5 min cool down

Friday

REST

Saturday

RUNNING

75 min A1

- 75 min A1

Sunday

BIKING + RUNNING

Total 62 min

- 10min warm up
 - 32 min - 3 min A3 followed by 1 min A1
- Cadence around 85.*
- Running of bike 20 min A1

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Monday

REST

Tuesday

SWIMMING

Total 2000 m

- 4*200m (A1, 20 sek rest)
 - 3*200m (A2, 30 sek rest)
 - 2*200m
- Finish of the session with a mix of strokes for 200m in effort A1*

Wednesday

RUNNING

46 min A1

- 5 min warm-up
- Run through the series below 5 times (30 min)*
- 2 min A2 | 2 min A3 | 2 min A1
 - 5 min cool down

Thursday

BIKING

Total 59 min

- 5 min warm up
- 7x5 minuter low cadence (55-60) in A2 with 1 min active recovery
- 5 min cool down

Friday

REST

Saturday

RUNNING

80 min A1

- 80 min A1

Sunday

BIKING + RUNNING

Total 71 min

- 10 min warm up
 - 36 min - 3 min A3 follower by 1 min A1
- Cadence around 85.*
- Running of bike 25 min A1

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CHALLENGE VANSBRO

Monday

REST

- Warm up with a mix of strokes for 200m
- 4*25m (A3, 15 sek rest) 50m (A1, 15 sek rest)
- 4*25m (A3, 15 sek rest) 100m (A1, 15 sek rest)
- 4*25m (A3, 15 sek rest) 2x100m (A1, 15 sek rest)
- 4*25m (A3, 15 sek rest) 3x100m (A1, 15 sek rest)
- 4*25m (A3, 15 sek rest) 4x100m (A1, 15 sek rest)
- 200 m with a mix of strokes for 200m

Tuesday

SWIMMING

Total 1950m

- 5 min warm-up
- *Run through the series below 6 times (36 min)*
- 1 min A2 | 3 min A3 | 2 min A1
- 5 min cool down

Wednesday

RUNNING

46 min A1

- 5 min warm up
- 8x6 minuter low cadence (55-60) in A2 with 1 min active recovery
- 5 min cool down

Thursday

BIKING

Total 66 min

Friday

REST

Saturday

RUNNING

85 min A1

- 85 min A1

Sunday

BIKING + RUNNING

Total 80 min

- 10min warm up
- 40 min - 3 min A3 follower by 1 min A1
Cadence around 85.
- Running of bike 30 min A1

TRAINING PROGRAM WEEK 16

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**CHALLENGE
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CHALLENGE VANSBRO

Monday

REST

Tuesday

SWIMMING

Total 1800 m

- 6*300m (A1, 30 sek rest)

Wednesday

REST

Thursday

RUNNING

50 min A1

- 50 min A1

Friday

REST

Saturday

BIKING + RUNNING

Total 75 min

- 10 min warm up
- 5 min in cadence 95 / 5 min in cadence 60
Totalt 50 min
- Running of bike 15 min, A1

Sunday

REST

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