

TRAINING PROGRAM

BE A FINISHER

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BE A FINISCHER

av Clas Björling



**CHALLENGE
VANSBRO**
wearetriathlon!

CHALLENGE VANSBRO

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Are you already registered for this summer's triathlon party in Vansbro or are you in thoughts on signing up? In that case, it is only to congratulate as I have now put together a simple, but very well thought out training program, which concludes with just the middle distance Challenge Vansbro 1 July.

ABOUT THE TRAINING PROGRAM

The training program is mainly aimed at those who have a little foundation in fitness training and will run Challenge Vansbro for the first time with the goal of completing the race in a good way. This program will be released in 4 week blocks where every 4th week have a little extra focus on recovery, then there are four training-free days that week compared to two the other weeks.

As we have already entered February, I expect that you have started training a bit and are ready to enter more specific triathlon training with a focus on swimming, cycling and running. If you like cross-country skiing, it's fine to include skiing instead of one of the cycling sessions and/or substitute a swimming session and then take up more cycling and swimming again according to the schedule.

REST DAYS AND RECOVERY

I have put Mondays and Fridays as rest and recovery days, but of course you can change the days if it suits you better to rest on some other days.

The program is based in the coming weeks on 2 sessions of swimming, 2 cycling sessions and 2 running sessions (a separate running session and one directly after a cycling session).

If you then want to add 1-2 simple strength sessions, that's okay, but make sure you have at least one training-free day per week!

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FOCUS - GET STARTED

During the first 3 weeks, we focus on getting started with simple triathlon training. No long sessions and no hard sessions either, but don't be fooled by that and add a lot of your own training, the hours and intensity will slowly increase in the sessions each month. Remember, it's a middle distance we're training for, so being strong and durable is what's important, not being super fast.

So if there's a mistake you're going to make on the sessions, it's better to go a little bit too easy than too hard, as continuity is what we focus on first, i.e. that you are able to train week in and week out. That's the secret to getting you through this July challenge. Even if the motivation is super high right now, so it's important that we don't go too hard at the beginning.

TIPS AND INSPIRATION

When three weeks of these four have passed, the next training period with a four-week schedule is published and in the meantime I will provide some tips and inspiration in our social channels:

Instagram @Challenge_Vansbro

Facebook @challengevansbro

Feel free to follow us there!

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Så blir du en finisher

SWIMMING

My swimming sessions are made for those of you who can crawl easily about 500 m to 1 K. You can mix breaststroke and crawl in the sessions, or use pullboy, but try to crawl as much as possible (preferably without pull-boy) as it is a much more energy efficient way of swimming than breaststroke. Do you need to take some extra rest? Between the intervals to do more crawling, it's okay, rather focus on covering the distance than going fast now at the beginning of the program.

If you can't crawl at all today, contact the nearest triathlon club, swimming club or swimming pool and see if there is a beginner's course near you.

BIKING

For the bike pass, you don't really need a special background to be able to sneak in with this plan, but of course it makes it easier if you have a few miles in your legs so that you don't get injured.

RUNNING

The running is initially quite gentle, and this partly considering that it is a long way until next season so it is not a good idea to stress too much at the beginning, but also because running is the branch where it is easy to get injured, but follows you the progression in the program, I hope we will avoid injuries.

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Equipment

When it comes to the equipment needed to complete this part of the training, it depends a lot on whether you choose to train outside as much as possible or if you like to go indoors when it gets colder and darker.

Swimming

Swimming outside is not an option during this period, not in Sweden at least, and its still many months to the race so it's not important to get open water swimming in already now. In the pool swimming trunks/swimsuit, swimming goggles, swimming cap and a timer on the arm.

Biking

Cycling training is the branch that most struggle with mentally during the winter, but it will be both bright and warm outside many months before Challenge Vansbro. We don't need to stress about the distance sessions now, but we will do that later this spring when you can actually start cycling outside. It is okey if you want to replace one of the cycling sessions every week with a group spinning session sometimes to mix it up a bit. Hard but smart is our motto for Challenge Vansbro

Running

Running training usually goes well outside during the winter. If it's too cold and dark outside, some jogging can be done on a treadmill, but try to run outside when given the opportunity as it stresses the body in a more versatile way. When the ice comes, it works absolutely perfect for putting spikes on running shoes or buying running shoes with spikes in them.

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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 1200m

- 3*100m followed by 200m
 - 2*100m followed by 200m
 - 100m followed by 200m
- Effort A1 and 30s rest during the whole set*

Wednesday

RUNNING

45 min A1

- 45 min A1

Thursday

BIKING

Totalt 40 min

- 10min warm up
- 4x4 minuter low cadence (60-65) in A2 with 2 min active recovery
- 5 min cool down

Friday

REST

Saturday

SWIMMING

Total 1200m

12 x 100m run as 3 cycles of:

- 50m A1, 50m A2
- 50m A2, 50m A1
- 100m A1, 100m A2 (20s rest after every 100m)

Sunday

BIKING + RUNNING

Totalt 55 min

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

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Monday

REST

Tuesday

SWIMMING

Total 1300 m

- 3*200m (A1, 20 sek rest)
 - 2*200m (A2, 30 sek rest)
 - 1*200m (A3, 30 sek rest)
- Finish of the session with a mix of strokes for 100m in effort A1*

Wednesday

RUNNING

50 min A1

- 50 min A1

Thursday

BIKING

Totalt 45 min

- 10min warm up
- 5x4 minuter low cadence (60-65) in A2 with 2 min active recovery
- 5 min cool down

Friday

REST

Saturday

SWIMMING

Total 1500

30 x 50m with 15s rest, repeat

- 1 x 50m A1
- 1 x 50m A2
- 1 x 50m A3

Sunday

BIKING + RUNNING

Totalt 65 min

- 10min warm up
- 35 min - 1 min A3 follower by 1 min A1
Cadence around 85.
- Running of bike 15 min A1

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Monday

REST

Tuesday

SWIMMING

Total 1400 m

- 4*25m (A2, 20 sek rest) 100m (A1, 20 sek rest)
- 4*25m (A2, 20 sek rest) 2x100m (A1, 20 sek rest)
- 4*25m (A2, 20 sek rest) 3x100m (A1, 20 sek rest)
- 4*25m (A2, 20 sek rest) 4x100m (A1, 20 sek rest)

Wednesday

RUNNING

55 min A1

- 55 min A1

Thursday

BIKING

Totalt 50 min

- 10min warm up
- 5x5 minuter low cadence (60-65) in A2 with 2 min active recovery
- 5 min cool down

Friday

REST

Saturday

SWIMMING

Total 1400

Everything is in A1 with 15s rest

- 400 m, 100 , 300 m, 100 m
- 200 m, 100m, 100m , 100n

Sunday

BIKING + RUNNING

Totalt 70 min

- 10min warm up
- 40 min - 1 min A3 follower by 1 min A1
Cadence around 85.
- Running of bike 20 min A1

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Monday

REST

Tuesday

SWIMMING

Total 1200 m

- 4*300m (A1, 30 sek rest)

Wednesday

REST

Thursday

RUNNING

55 min A1

- 55 min A1

Friday

REST

Saturday

BIKING + RUNNING

Totalt 60 min

- 10 min warm up
- 5 min in cadence 95 / 5 min in cadence 60
Totalt 30 min
- Running of bike 15 min, A1

Sunday

REST

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