

TRAINING PROGRAM

BE A FINISHER

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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 1500m

- 4*100m followed by 200m
 - 3*100m followed by 200m
 - 2*100m followed by 200m
- Effort A1 and 30s rest during the whole set*

Wednesday

RUNNING

60 min A1

- 60 min A1

Thursday

BIKING

Total 52 min

- 5 min warm up
- 6x5 minuter low cadence (55-60) 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

Total 55 min

- 10min warm up
 - 30 min - 2 min A3 follower by 1 min A1
- Cadence around 85.*
- Running of bike 15 min A1

TRAINING PROGRAM WEEK 10

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CHALLENGE VANSBRO

Monday

REST

Tuesday

SWIMMING

Total 1400 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 200m in effort A1*

Wednesday

RUNNING

65 min A1

- 65 min A1

Thursday

BIKING

Total 59 min

- 5 min warm up
- 7x5 minuter low cadence (55-60) 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

Total 66 min

- 10 min warm up
- 36 min - 2 min A3 follower by 1 min A1
Cadence around 85.
- Running of bike 20 min A1

TRAINING PROGRAM WEEK 11

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CHALLENGE VANSBRO

Monday

REST

Tuesday

SWIMMING

Total 15500 m

- 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)

Wednesday

RUNNING

70 min A1

- 70 min A1

Thursday

BIKING

Total 66 min

- 5 min warm up
- 7x6 minuter low cadence (55-60) in A2 with 2 min active recovery
- 5 min cool down

Friday

REST

Saturday

SWIMMING

Total 1500

Everything is in A1 with 15s rest

- 400 m, 100 m, 300 m, 100 m
- 200 m, 100m, 100m , 100m
- 50m, 50m

Sunday

BIKING + RUNNING

Total 77 min

- 10min warm up
- 42 min - 2 min A3 follower by 1 min A1
Cadence around 85.
- Running of bike 25 min A1

TRAINING PROGRAM WEEK 12

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CHALLENGE VANSBRO

Monday

REST

Tuesday

SWIMMING

Total 1500 m

- 5*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 40 min
- Running of bike 15 min, A1

Sunday

REST

TRAINING PROGRAM WEEK 13

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