

LAKESMAN TRIATHLON TRAINING PLAN

.....

This plan is designed to get you prepared for racing the epic Lakesman triathlon with either the middle or full plan. We'd like you to work on the technical aspects in each discipline still as we know how important that is over the distances.

Given the individualised pacing and technical focus of the sessions the plan will work for a wide range of ability levels. All the content is delivered as one package without subsequent feedback

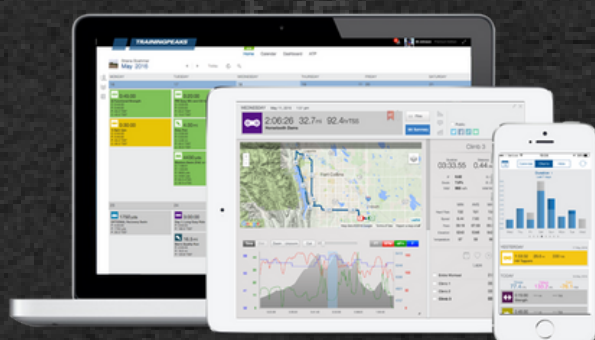
.....

TRAINING PEAKS

In order to access the individualised pacing zones and session descriptions we'd like you to set up a free training peaks account. The first link below is where to build a free profile and the second is where to link your recording devices to the software if available. The programme will appear on your account with any additional support information sent through via email or provided an access code.

- <http://www.trainingpeaks.com/athletes.html#athlete-edition>

- <https://www.trainingpeaks.com/account/garminconnect>



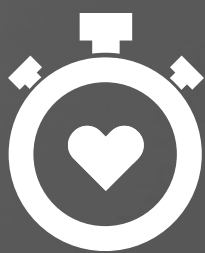
.....

With your confirmation we will send a link which will allow us to add the programme to your account once it's been created. In order for us to set your pacing zones we would like the following:

- **Best 200m, 400m swim or 1500m time.**
- **Best 10km run time with average heart rate or estimated**
- **Best 20 min power or average heart rate over a 20 min best effort**

Cost of the plan is £180 for
the 12 week programme

ZONES



The zones are best working off paces in the swim or run and power on the bike although heart rate is provided on the bike zones. Just be aware for the shorter efforts it will take time for the heart rate to adjust to the effort output so these will be have to rely on your feel of the effort alternatively.

Despite giving data figures it's important to develop your own feel of the efforts you are putting in as these are equally as important as the data feedback for pacing.

SWIM TRAINING

The swim drills are designed to make you as efficient swimmer as possible. All the drills provided will have detailed descriptions with a video along with a swim terminology sheet. We recommend completing at least one swim a week in the final 6 weeks with your wetsuit on.

It will feel strange being more buoyant in the water! We would also like you to complete some open water sessions to get used to sighting which will be included in the plan.

Being familiar with Open water skills, improving your efficiency and working on a range of paces will put you in you in a great place for tackling the picturesque one lap swim. The course is a rectangle loop from a shallow water start.



BIKE TRAINING

The bike course is predominantly flat for the first 20k towards the coast. You then head south with an ascent and descent closer to the coast. It remains undulating after turning right until you are on the flat coast road. It's important to know which direction the wind is coming from as this will inform you how much effort you need to be putting in and how much you need to be thinking about position.

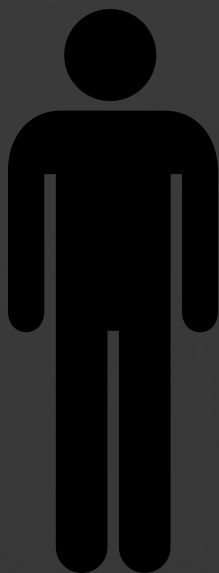
During a headwind we'd like you stick to 75-80% of your FTP whereas on the tailwind sections we'd like you to stick to 70-75% of your FTP but really optimise your position trying to keep your frontal profile as small as possible. These variations in pace will optimise the speed for the bike section.

After tackling the flat coast road you complete two triangular laps back onto the coast road before heading South which is undulating and back inland on the route you came out on too transition.



RUN TRAINING

The run course has a virtually flat 5 mile loop profile so it’s time to settle into a rhythm and focus in on each individual lap.



WHAT YOU CAN EXPECT TO SEE

SWIM



Swim			
Zone	Zones m:s/100m		
1	01:52	-	01:57
2	01:45	-	01:50
3	-	-	01:42
4	01:34	-	01:40
5	-	-	01:32
6	Max	-	Max

WEDNESDAY April 3, 2019Enter Time

Fitness 5Fatigue 18Form -16

0:00:00 2300m 0TSS

Body position kick w/u, 4 x 300 aerobic, 4 x 50!

BT

Upload

Analyze

Warm UpMain SetCool Down

Build Workout

PlannedCompleted

Duration

Distance

Average Pace

Calories

TSS

IF

MinAvgMax

Heart Rate

Equipment

Shoes

h:m:s

m

sec/100m

kcal

TSS

IF

bpm

Description

Arm swings and mobility

50 swim, 50 back Z2

200 swim with fins on Z2

50 kick on side, 50 kick on front fins

200 swim with fins on as 50 kick on side, 50 616, 50 636, 50 swim

===

4 x 300 zone 2 @ 30s R

4 x 50 zone 5 @ 60s R

===

300 cool down as 100 pull, 100 kick, 100 swim

Pre-activity comments

Automatically calculate planned values

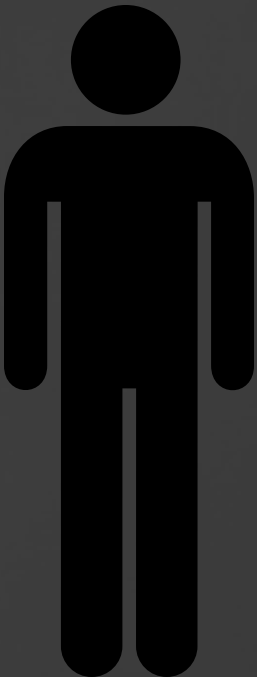
Delete

Cancel

Save

Save & Close

RUN



Run					
Zone	Zones m:s/km	Zones m:s/mile	Heart Rate Zones BPM		
1	-	-	-	-	-
2	04:13	06:47	118	-	146
3	03:47	06:06	146	-	164
4	03:31	05:39	164	-	173
5	03:14	05:12	173	-	182
6	02:57	04:45	-	-	-
7	Max	Max	-	-	-

THURSDAY June 14, 2018Enter Time

Fitness 83Fatigue 77Form 12

0:40:000mi45TSS

Run economy 30 mins +hill strides

BT

Upload

Analyze

Warm UpMain SetCool Down

Build Workout

Distance

Average Pace

Calories

Elevation Gain

TSS45

IF

Elevation Loss

Work

mi

min/mi

kcal

ft

TSS

IF

ft

kJ

MinAvgMax

Pace

Heart Rate

Equipment

15mins zone 1 to 2

Run drills and mobility-----

6x200m or 30secs zone 6 fully focused on technical cues. 400 jog recovery zone 1, reset yourself then go for next rep. These strides should be light on your feet and controlled. Head, shoulders, knees and toes.-----

5x 20 sec hill strides zone 6 zone 1 jog down recovery , add more arm swing but maintain fluid relaxed motion-----

5 mins zone 2 to 1 cool down

Pre-activity comments

☒ Automatically calculate planned values

Delete

Cancel

Save

Save & Close

BIKE



Level	Name	Power Zone Watts	Heart Rate Zones BPM
1	Active Recovery	0 - 111	107 - 115
2	Endurance	112 - 151	116 - 133
3	Tempo	152 - 181	134 - 144
	Sweetspot	176 - 188	145 - 157
4	Lactate Threshold	182 - 211	145 - 158
5	Vo2 Max	212 - 241	158 - 166
HIGH 5		233 - 241	158 - 166
6	Anaerobic Capacity	242 - Max	167 - 178
7	Neuromuscular Power	Maximal efforts	Maximal

WEDNESDAY June 13, 2018Enter Time

Fitness 68Fatigue 76Form 3

1:30:000mi82TSS

Lakesman power build

BT

Upload

Analyze

PlannedCompleted

Duration1:30:00

Distance

Average Speed

Calories

Elevation Gain

TSS82

IF0.74

Normalized Power

Work

h:m:s

mi

kph

kcal

m

TSS

IF

W

kJ

MinAvgMax

Heart Rate

Description

30mins-L1-L2 -cadence 90-100

Use either a climb or resistance on the trainer 4 efforts x 4 minutes in duration -Power rep's- keep power L4- Start at 70 revs then each minute drop the gear by 1 sprocket, until you hit 50-55 revs 3 mins recovery between efforts

20mins 70.3 pace - cadence 80- 90

12 mins L1-L2 cadence 90-100 (Refuel and recovery)

Pre-activity comments

complete either on the trainer or use a climb. Session designed to replicate changes in pace and strength work to get you stronger on the

☐ Automatically calculate planned values

Delete

Cancel

Save

Save & Close