



Welcome to the SculptingYouStrong MultiSport.

I am glad you have opted in for the Olympic distance triathlon training plan & I hope this will help you in your journey.

Note -

This is for anyone who wants to start in Olympic triathlons

This training plan is designed considering you have 4 months in hand for your race

If you have more time availability than 4 months, you can manipulate the plan by extending the initial base period weeks

This is not for any particular individual

Get at least 8 hours of daily sleep along with nutrition to recover well and this plan shows the results.

This training plan is targeted towards 8 hours/week volume

It is presumed that athletes can swim for 30 mins, cycle for 30 mins & run for 25 mins

This is a training plan with at least 2 swims, 2 cycle, 2 run sessions a week

No Specific drills are mentioned here as they are very individualized and specific. Perform whichever applies to you.

Perform Strength/Mobility Training as per your needs

Perform Lactate threshold test separately for Running and Cycling

How to use this Plan -

Find out your LTHR using the following test <https://youtu.be/gxONVxNcNYy>

Set your zones using the Online Zones calculator as per your preference. Select the method that you trust most.

Feed in your zone values at respective places in the plan where zones are mentioned

You are ready to go and start with the plan.

Briefs in Plan -

- WU Warmup
- MS Main Set
- CD Cool Down
- RI Rest Interval
- Z1 Zone 1
- Z2 Zone 2
- Z4 Zone 4
- Z5 Zone 5

Here is your plan -

Week 1	General Base					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
REST	WU: 200 @ Upper Z1 - Lower Z2	WU: 10 minutes @ Z2	WU: Run 10 minutes @ Z2	WU: 200 @ Upper Z1 - Lower	WU: 10 minutes @ Z2	WU: Run 10 minutes @ Z2
Week 2	General Base					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
REST	WU: 200 @ Upper Z1 - Lower Z2	WU: 10 minutes @ Z2	WU: Run 10 minutes @ Z2	WU: 200 @ Upper Z1 - Lower	WU: 10 minutes @ Z2	WU: Run 10 minutes @ Z2
Week 3	General Base					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
REST	WU: 200 @ Upper Z1 - Lower Z2	WU: 10 minutes @ Z2	WU: Run 10 minutes @ Z2	Meters	WU: 10 minutes @ Z2	WU: Run 10 minutes @ Z2
Week 4	General Base					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
REST	WU: 200 @ Upper Z1 - Lower Z2	Minutes	WU: Run 5 minutes @ Z2	Meters	WU: 10 minutes @ Z2	WU: Run 10 minutes @ Z2
Week 5	General Base					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
REST	WU: 200 @ Upper Z1 - Lower Z2	Minutes	WU: Run 5 minutes @ Z2	Meters	WU: 10 minutes @ Z2	WU: Run 10 minutes @ Z2
Week 6	General Base					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
REST		Minutes	WU: Run 5 minutes @ Z2	Meters	WU: 10 minutes @ Z2	WU: Run 10 minutes @ Z2

Week 7	Race specific build					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
REST	WU: 200 @ Upper Z1 - Lower Z2	WU: 10 minutes @ Z2	WU: Run 10 minutes @ Upper Z1	Meters	WU: 10 minutes @ Z2	WU: Run 10 minutes @ Z2
Week 8	Race specific build					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
REST	WU: 200 @ Upper Z1 - Lower Z2	WU: 10 minutes @ Z2	WU: Run 10 minutes @ Upper Z1	Meters	WU: 10 minutes @ Z2	WU: Run 10 minutes @ Z2
Week 9	Race specific build					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
REST	WU: 200 @ Upper Z1 - Lower Z2	WU: 10 minutes @ Z2	WU: Run 10 minutes @ Upper Z1	Meters	WU: 10 minutes @ Z2	WU: Run 10 minutes @ Z2
Week 10	Race specific build					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
REST	WU: 200 @ Upper Z1 - Lower Z2	WU: 10 minutes @ Z2	WU: Run 10 minutes @ Upper Z1	Meters	WU: Bike 1 hour @ Z2	WU: Run 10 minutes @ Z2
Week 11	Race specific build					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
REST	WU: 200 @ Upper Z1 - Lower Z2	WU: 10 minutes @ Z2	WU: Run 10 minutes @ Upper Z1	Meters	WU: 10 minutes @ Z2	WU: Run 10 minutes @ Z2
Week 12	Peaking					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
REST	WU: 200 @ Upper Z1 - Lower Z2	WU: 8 minutes @ Z2	WU: Run 10 minutes @ Upper Z1	Meters	WU: 10 minutes @ recovery	If you can't find a sprint triathlon to
Week 13	Peaking					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
REST	WU: 200 @ Upper Z1 - Lower Z2	WU: 17 minutes @ Z2	WU: Run 10 minutes @ Upper Z1	Meters	WU: 10 minutes @ Z2	WU: Run 10 minutes @ Z2
Week 14	Peaking					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
REST	WU: 200 @ Upper Z1 - Lower Z2	WU: 21 minutes @ Z2	WU: Run 10 minutes @ Upper Z1	Meters	WU: 10 minutes @ Z2	WU: Run 10 minutes @ Z2
Week 15	Taper					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
REST	WU: 200 @ Upper Z1 - Lower Z2	WU: 8 minutes @ Z2	WU: Run 10 minutes @ Upper Z1	Meters	WU: 10 minutes @ Zone 1	WU: Run 10 minutes @ Z1
Week 16	Taper					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
REST	WU: 200 @ Upper Z1 - Lower Z2	WU: 8 minutes @ Z2	WU: Run 10 minutes @ Upper Z1		Run 10 mins @ Zone 1	RACE DAY

To work with us for your training goals, you can check 1-1 Triathlon/Running coaching program at www.sculptingyoustrong.com.