

3D Tri New Year / New to Tri Plan for 2022

3D Triathlon club aims to start 2022 with a call out to all members.

Each member is asked to select a target for themselves that they feel they can achieve with the help of their triathlon club this new year. (within the first 2 months)

Suggested Challenges are listed below:

- Complete a 5K.
- Complete a 5K in X amount of time.
- Complete a 10K in X amount of time.
- Cycle 20K without a break within an hour.
- Cycle 40k without a break.
- Swim a certain distance without stopping
- Swim a certain distance up to 400m within a certain time
- Or come up with your own goal.

In order to help people complete their goals the club will be sending out a training plan each week of January and February containing 2 run sessions and a cycle session. If you chose a swimming goal and are unable to attend any of the club sessions, then send me an email and I can put together a swim plan with 2 swim sessions a week that will help you achieve your individual swim goal

People can pick and choose which sessions they would like to do during the week depending on the time they have available to train and their individual goals. The club will select a park run to run at each month for the winter and spring months that will give people a chance to monitor their progress and to meet socially. The run and cycle sessions will be sent out to members via Whatsapp and will be posted on the club Facebook each week.

Each run session is designed to be up to an hour in length including a warm up and cool down. (If you do not have an hour then you can alter the session accordingly) These should be considered your two hard sessions of the week and should be spaced out accordingly.

Some sessions over the course of the winter and spring will require you to find a hill to run on.

Week 1 Training: 3rd of January

Run Session 1: Easy run - 30 mins to an hour depending on ability can be done as a walk/ run/ walk/ run with 30 secs to 2 mins running followed by 30 seconds walking.

Run Session 2: 45 mins

Warm up 15 mins

30 sec hard effort (running hard but not flat out) followed by 1 min easy jog. Repeat this 10 times

Cool Down 15 mins

Cycle Sessions

Organised group cycling sessions will begin again on Sunday the 22nd of January. The club sessions will be designed to suit the members that attend the sessions. Each week there will be 1 group staying in the park that will be lead by a club member. This group will cycle at a pace of 20kph average and will cycle for an hour. AS the spring progresses this group will progress at the level of the members cycling in it. The group will be cycling at 20kph each week until 17th March and an extra 5 mins will be added to the time in the saddle each week so that the group gradually builds towards 1h 30 of cycling.

If you are an experienced cyclist and this pace does not suit you, there will be the option of forming a group. If there are sufficient members interested in this a route can be put together that is reflective of their abilities. The park cycle will take place every week, will be club lead and will follow the criteria outlined above.

Cycle Session Week 1 January 3rd

Cycle at a leisurely pace for 1 hour and throw in 5 X 1 min efforts spread between the 10th and the 50th minute. If going for a longer cycle throw in a rep for every 7 mins of extra cycling up to a max of 15 1 min efforts

- ❖ If anyone has any questions or requires a swim plan just drop me an email to cahillda@tcd.ie and I will arrange a chat and then give you some sessions to help achieve your target