

3D Tri Training Plan

Winter 2021/2022

Welcome to our first block of training for the new season. We have put together a block of training for running to cater for all members irrespective of ability. The only challenge is to enjoy yourself and to try and improve your 5K time. This first block will build up to a Parkrun on December 18th in St Annes Park Raheny

Every 4 weeks the club will designate a particular park run for club members to congregate at. This will be chosen by club members who partake in the run sessions on a Monday and Thursday evenings. The goal of these Parkruns is for members to partake in a 5K at their own pace and to meet other members from the club.

The Parkrun in St Annes is a nice flat Parkrun and a good course to get a benchmark 5K time. Then there will be a block of 3 weeks with 6 sessions that will be designed to help prepare you for the 5K whether it be your first 5K ever or if you are going for a Personal Best.

First Block

If you are new to running and have never run a 5k then I would advise you to contact me directly and we can discuss the best way to build up to 5k for the 15th of January, cahillda@tcd.ie.

How to Measure Effort

All our training plans for the year will be based on the 80/20 principle. 80% of all training should be at an easy pace/ rate with 20% hard. 5/10 being easy and 8.5 - 9/10 being hard.

On this scale 7.5 - 8 is threshold pace/ a pace you could hold for an hour of exercise.

If you are doing 6 training sessions a week then the only sessions of your week that are not at a 5/10 effort are the two run sessions. So you have 4 easy sessions, cycling or running.

You should space out the hard sessions. The suggestion would be Monday and Thursdays so that you have two full days of recovery between each.

New to the Club/ Triathlon/ or Questions

If you are new to the club or new to triathlon and have never completed a training session before send me an email at cahillda@tcd.ie with your phone number and I will give you a call back. After a chat I will send you on a tailored plan for the winter weeks to suit the level at which you are starting from and where you would like to be in 10 weeks time.

If anyone has any questions about the training sessions feel free to contact me

<u>Week 1</u>	Run Session 1/ 1K reps W/Up 10-15 mins 10 X 30 sec on 90 sec off Cool Down 5 - 10 mins	Run Session 2 Long Run - Easy pace for distance 45mins to 1h30 depending on experience	Optional Session W/Up 10-15 mins 5 mins at threshold
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			3 mins at threshold + 15% 5 mins at threshold Cool Down 5 - 10 mins
Week 2	W/Up 10-15 mins 12 X 30 sec on 60 sec off Cool Down 5 - 10 mins	Run Session 2 Long Run - Easy pace for distance 45mins to 1h30 depending on experience	Optional Session W/Up 10-15 mins 10 mins at threshold pace Cool Down 5 - 10 mins
Week 3	W/Up 10-15 mins 15 X 30 sec on 30 sec off Cool Down 5 - 10 mins	Easy run <i>Less than 1 hour</i>	St Annes Park Run 18th of December 9.30

Speed Session

30 secs of hard effort with 90/60/30 secs easy jog after each 30 secs. The key here is that the 30 secs is above 5K pace and the recovery is very easy.

Long Run

For the long run make sure that you are only increasing distance / length of run by 10% week on week and no more. IE if last week's long run was 40 mins then this week's is 44. If last week's was 1 hour then this week's is 1h05...

Optional

The optional run is at threshold pace this is a working pace probable in and around your 10K pace, in theory it is a pace that you could hold for an hour