

GAZELLE SPORTS

tri-zelle triathlon
 TRAINING PROGRAM
"COMPETE"

		Mon	Tues	Wed	Thurs	Fri	Sat	Sun			
Week 01 Base	S			20 min	1	40 min	2	25 min	1	Active	
	B		15 mi	2		2	2	Recovery			
	R	4 mi	2		5 mi	2	20 min	2			
Week 02 Base	S			20 min	1	20 min	2	25 min	1	Active	
	B		15 mi	2		20 min	2	Recovery			
	R	4 mi	2		5 mi	2	20 min	2			
Week 03 Base	S			25 min	1	20 min	2	30 min	1	Active	
	B		16 mi	2		20 min	2	Recovery			
	R	5 mi	2		5 mi	2	20 min	2			
Week 04 Base	S			30 min	1	20 min	2			Active	
	B		18 mi	2		20 min	2	16 mi	1	Recovery	
	R	6 mi	2		6 mi	2	20 min	2			
Week 05 Build	S		Brick	35 min	1	20 min	2			Active	
	B		12 mi	3	16 mi	2	20 min	2	18 mi	1	Recovery
	R	6 mi	2	4 mi		20 min	2				
Week 06 Build	S		Brick	35 min	1	20 min	2	40 min	1	Active	
	B		16 mi	3	16 mi - 4x:30sec sprint	2	20 min	2	or	Recovery	
	R	6 mi - 4minE, 1minH	2	4 mi		20 min	2	6 mi			
Week 07 Build	S		Brick	40 min	1	20 min	2	40 min	1	Active	
	B		16 mi	3	18 mi - 4x:30sec sprint	2	20 min	2	or	Recovery	
	R	6 mi - 4minE, 1minH	2	5 mi		20 min	2	6 mi			
Week 08 Peak	S		Brick	40 min	2					Active	
	B		16 mi	3	20 mi - 4x:30sec sprint	2	40 min	2	18 mi	2	Recovery
	R	6 mi - 5minE, 2minH	2	5 mi		20 min	2				
Week 09 Peak	S		Brick	25 min - 3minE, :30H	2	20 min	2			Active	
	B		12 mi - 3minE, 1minH	3	16 mi	2	20 min	2	18 mi	2	Recovery
	R	5 mi - 3minE, :30secH	2	3 mi		20 min	2				
Week 10 Taper	S		Brick	20 min - 3minE, :30H	2	20 min	2			Active	
	B		12 mi - 3minE, 1minH	3	16 mi	2	20 min	2	18 mi	2	Recovery
	R	4 mi - 3minE, :30secH	1	3 mi - 3minE, :30secH		20 min	2				

Intensity

Zone 1 - Easy, Recovery, conversational pace
 Zone 2 - Medium intensity, comfortable, challenging pace
 Zone 3 - Hard, Tempo, Non conversational pace

Heart Rate

50-70% max
 70-80% max
 80-90% max