

GAZELLE SPORTS

tri·zelle triathlon
 TRAINING PROGRAM

"COMPLETE"

		Mon	Tues	Wed	Thurs	Fri	Sat	Sun			
Week 01 Base	S			15 min	1		40 min	2	20 min	1	Active
	B		8 mi	2				2			Recovery
	R	4 mi	2		4 mi	2	20 min	2			
Week 02 Base	S			15 min	1		20 min	2	20 min	1	Active
	B		8 mi	2			20 min	2			Recovery
	R	4 mi	2		4 mi	2	20 min	2			
Week 03 Base	S			20 min	1		20 min	2			Active
	B		10 mi	2			20 min	2	12 mi	1	Recovery
	R	4 mi	2		4 mi	2	20 min	2			
Week 04 Base	S			20 min	1		20 min	2			Active
	B		Brick 10 mi	3			20 Min	2	15 mi	1	Recovery
	R	4 mi	2	3 mi		12 mi	2	20 min			
Week 05 Build	S			25 min	1		20 min	2			Active
	B		Brick 12 mi	3			20 min	2	15 mi	1	Recovery
	R	4 mi	2	3 mi		12 mi	2	20 min			
Week 06 Build	S			25 min	1		20 min	2	25 min	1	Active
	B		Brick 10 mi	3			20 min	2	or		Recovery
	R	4 mi - 4minE, 1minH	2	4 mi		12 mi	2	20 min	2	4 mi	
Week 07 Build	S			25 min	1		20 min	2	25 min	1	Active
	B		Brick 12 mi	3			20 min	2	or		Recovery
	R	5 mi - 4minE, 1minH	2	3 mi		15 mi	2	20 min	2	5 mi	
Week 08 Peak	S			30 min	2						Active
	B		Brick 15 mi	3			40 min	2	15 mi	2	Recovery
	R	5 mi - 3minE, 1minH	2	3 mi		15 mi	2	20 min			
Week 09 Peak	S			30 min	2		20 min	2			Active
	B		Brick 12 mi - 3minE, 1minH	3			20 min	2	15 mi	2	Recovery
	R	5 mi - 3minE, :30secH	2	3 mi		12 mi	2	20 min			
Week 10 Peak	S			30 min	2		20 min	2			Active
	B		Brick 12 mi - 3minE, 1minH	3			20 min	2	15 mi	2	Recovery
	R	4 mi - 3minE, :30secH	1	3 mi - 3minE, :30secH		15 mi	2	20 min			

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