



MIDDLE DISTANCE TRIATHLON PROGRAM

DESIGNED BY:

OPTIMUM PERFORMANCE COACHING

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Please note this is a generic 18-week program that has been designed to get you ready for a middle-distance triathlon. If you would like a more individual approach and a more specific approach in order to attain your goals, please contact OPT coaching via whatsapp on 083 294 9946.

This plan will be designed with a Rate of perceived effort (RPE) please see the table below for explanation:

Intensity	RPE/10	Feels like
Recovery	4-5	Easy, but still counts as exercise
Moderate aerobic	6-7	Comfortable
High aerobic	7-8	Comfortable but requires some effort
Threshold	8-8.5	Fastest pace you can maintain with minimal strain
VO2 max	9	Very hard but controlled
Speed	10	Sprint but without losing form

Key:

R= (rest taken between intervals)

AR= (Very easy)

Number x number = (first number is number intervals to be done; second number is the distance/time of the interval)

Please only select this plan if you are fit and healthy enough to train for a triathlon. This plan begins with a total volume of 4 hours of training and peaks at about 10 hours around 16 weeks.

WEEK 1

DAY	SESSION 1	SESSION 2
MONDAY	Day off	
TUESDAY	Cycling: 15mins warm up 4 x 20s (RPE 7) AR=2mins (RPE 4-5) 20 minutes cool down	
WEDNESDAY	SWIMMING: 300m warm up 8 x25m (catch up) r=15s 2 x100m (RPE 6-7) r=10s 8 x25m (kicking) r=15s 300m cool down own strokes	RUNNING: 10 minutes warm up 6*30s (RPE 9-10) AR=30s 14 minutes cool down
THURSDAY	RUNNING:	

	35 minutes (RPE6-7)	
FRIDAY	Day off	
SATURDAY	CYCLING: 60 minutes (RPE 6-7)	RUNNING: 20 minutes run off the bike (RPE6-7)
SUNDAY	SWIMMING: 250m warm up 1000m with pull bouy and paddle 250m cool down own strokes	

WEEK 2

DAY	SESSION 1	SESSION 2
MONDAY	Day off	
TUESDAY	RUNNING: 5minutes warm up 20 minutes (RPE 6-7) 5 minutes cool down	
WEDNESDAY	SWIMMING: 250M warm up 500m pulling (RPE 6-8) 500m swimming (RPE 6-7) 250m cool down choice strokes	
THURSDAY	CYCLING: 5 minutes warm up 5 minutes (RPE6-7) 4 x 5minutes (RPE7-8) AR=3minutes (RPE4-5) 13 minutes (RPE6-7) 5 minutes cool down	
FRIDAY	Day off	
SATURDAY	RUNNING: 5minutes warm up 35 minutes (RPE 6-7) 5 minutes cool down	
SUNDAY	SWIMMING: 300m warm up 900m pulling with paddles (RPE 6-7) 300m choice strokes cool down	CYCLING: 5 minutes warm up 10 minutes (RPE 6-7) 6 x 1 minute uphill (RPE 9) AR=2minutes (RPE4-5) 40 minutes (RPE 6-7) 5 minutes cool down

WEEK 3

DAY	SESSION 1	SESSION 2
MONDAY	Day off	
TUESDAY	RUNNING: 5minutes warm up 25 minutes (RPE 6-7) 5 minutes cool down	
WEDNESDAY	SWIMMING: 250M warm up 500m pulling (RPE 6-8) 500m swimming (RPE 6-7) 250m cool down choice strokes	

THURSDAY	CYCLING: 5minutes warm up 5 minutes (RPE6-7) 15 minutes (RPE7-8) 5 minutes (RPE6-7) 5 minutes cool down	
FRIDAY	Day off	
SATURDAY	RUNNING: 5minutes warm up 40 minutes (RPE 6-7) 5 minutes cool down	
SUNDAY	SWIMMING: 300m warm up 1000m pulling with paddles (RPE 6-7) 300m choice strokes cool down	CYCLING: 5 minutes warm up 50 minutes (RPE 6-7) 5 minutes cool down

WEEK 4

DAY	SESSION 1	SESSION 2
MONDAY	Day off	
TUESDAY	RUNNING: 5minutes warm up 45 minutes (RPE 6-7) 5 minutes cool down	
WEDNESDAY	SWIMMING: 300m warm up 3 X 200m (RPE 7-8) R=20s 300m choice strokes cool down	
THURSDAY	CYCLING: 5 minutes warm up 5 minutes (RPE6-7) 4 x 5minutes (RPE7-8) AR=3minutes (RPE4-5) 13 minutes (RPE6-7) 5 minutes cool down	
FRIDAY	Day off	
SATURDAY	RUNNING: 5 minutes warm up 21 minutes (RPE 6-7) 3 x 5 minutes (RPE 7-8) AR=3mins (RPE 4-5) 5 minutes (RPE 6-7) 5 minutes cool down	
SUNDAY	SWIMMING: 300m warm up 1400m pulling with paddles (RPE 6-7) 300m choice strokes cool down	CYCLING: 30 minutes warm up 50 minutes (RPE 6-7) 10 minutes cool down

WEEK 5

DAY	SESSION 1	SESSION 2
MONDAY	Day off	
TUESDAY	RUNNING: 5minutes warm up 5 minutes (RPE 6-7)	

	5 x 1 minute (RPE 7-8) AR=2mins (RPE 4-5) 5 minutes cool down	
WEDNESDAY	SWIMMING: 500M WARM UP 5 X 100M (RPE 7-8) r=15s 250m (RPE4-5) 10 x25m (RPE 9) r=10s 250m cool down own choice	
THURSDAY	CYCLING: 5 minutes warm up 10 minutes (RPE6-7) 4 x 6minutes (RPE7-8) AR=3minutes (RPE4-5) 5 minutes (RPE6-7) 5 minutes cool down	
FRIDAY	Day off	
SATURDAY	RUNNING: 5minutes warm up 50 minutes (RPE 6-7) 5 minutes cool down	
SUNDAY	SWIMMING: 250M WARM UP 3 X 500M PULLING (RPE 6-7) r=60s 250m cool down own choice	CYCLING: 30 minutes warm up 50 minutes (RPE 6-7) 10 minutes cool down

WEEK 6

DAY	SESSION 1	SESSION 2
MONDAY	Day off	
TUESDAY	RUNNING: 5minutes warm up 70 minutes (RPE 6-7) 5 minutes cool down	
WEDNESDAY	SWIMMING: 250M warm up 500m pulling (RPE 6-8) 500m swimming (RPE 6-7) 250m cool down choice strokes	
THURSDAY	CYCLING: 5minutes warm up 15 minutes (RPE6-7) 15 minutes (RPE7-8) 15 minutes (RPE6-7) 5 minutes cool down	
FRIDAY	Day off	
SATURDAY	RUNNING: 5minutes warm up 15 minutes (RPE 6-7) 10 minutes (RPE 7-8) 15 minutes (RPE 6-7) 5 minutes cool down	
SUNDAY	SWIMMING: 300m warm up 900m pulling with paddles (RPE 6-7) 300m choice strokes cool down	CYCLING: 10 minutes warm up 20 minutes (RPE6-7)

		3 x 5minutes (RPE7-8) AR=3minutes (RPE4-5) 30 minutes (RPE6-7) 10 minutes cool down
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WEEK 7

DAY	SESSION 1	SESSION 2
MONDAY	Day off	
TUESDAY	RUNNING: 5minutes warm up 5 minutes (RPE 6-7) 14 x5 minutes (RPE 7-8) AR= 3 minutes (RPE 4-5) 5 minutes (RPE 6-7) 5 minutes cool down	
WEDNESDAY	SWIMMING: 500M WARM UP 5 X 100M (RPE 7-8) r=15s 250m (RPE4-5) 10 x25m (RPE 9) r=10s 250m cool down own choice	
THURSDAY	CYCLING: 5minutes warm up 4 x 2:30 (RPE 9) AR=5minutes (RPE 4-5) 15 minutes cool down	
FRIDAY	Day off	
SATURDAY	RUNNING: 5minutes warm up 70 minutes (RPE 6-7) 5 minutes cool down	
SUNDAY	SWIMMING: 250M WARM UP 4 X 500M PULLING (RPE 6-7) r=60s 250m cool down own choice	CYCLING: 5 minutes warm up 10 minutes (RPE 6-7) 6 x 1 minute uphill (RPE 9) AR=2minutes (RPE4-5) 40 minutes (RPE 6-7) 5 minutes cool down

WEEK 8

DAY	SESSION 1	SESSION 2
MONDAY	Day off	
TUESDAY	RUNNING: 5minutes warm up 5 minutes (RPE 6-7) 14 x5 minutes (RPE 7-8) AR= 3 minutes (RPE 4-5) 5 minutes (RPE 6-7) 5 minutes cool down	
WEDNESDAY	SWIMMING: 250M warm up 500m pulling (RPE 6-8) 500m swimming (RPE 6-7) 250m cool down choice strokes	

THURSDAY	CYCLING: 5minutes warm up 4 x 2:30 (RPE 9) AR=5minutes (RPE 4-5) 15 minutes cool down	
FRIDAY	Day off	
SATURDAY	RUNNING: 5minutes warm up 80 minutes (RPE 6-7) 5 minutes cool down	
SUNDAY	SWIMMING: 300m warm up 5 X 100m (RPE 7-8) R=15s 500m (RPE 6-7) 100m choice strokes cool down	CYCLING: 50 minutes warm up 60 minutes (RPE 6-7) 10 minutes cool down

WEEK 9

DAY	SESSION 1	SESSION 2
MONDAY	Day off	
TUESDAY	RUNNING: 5minutes warm up 15 minutes (RPE 6-7) 10 minutes (RPE 7-8) 15 minutes (RPE 6-7) 5 minutes cool down	
WEDNESDAY	SWIMMING: 300m warm up 6 X 200m (RPE 7-8) R=20s 150m choice strokes cool down	
THURSDAY	CYCLING: 5minutes warm up 5 minutes (RPE6-7) 18 minutes (RPE7-8) 5 minutes (RPE6-7) 5 minutes cool down	
FRIDAY	Day off	
SATURDAY	RUNNING: 5minutes warm up 50 minutes (RPE 6-7) 5 minutes cool down	
SUNDAY	SWIMMING: 300m warm up 900m pulling with paddles (RPE 6-7) 300m choice strokes cool down	CYCLING: 5 minutes warm up 5 minutes (RPE6-7) 4 x 5minutes (RPE7-8) AR=3minutes (RPE4-5) 13 minutes (RPE6-7) 5 minutes cool down

WEEK 10

DAY	SESSION 1	SESSION 2
MONDAY	Day off	
TUESDAY	RUNNING: 15 minutes warm up 3 x 15minutes (RPE 6-7) AR=5minutes (RPE4-5) 15minutes cool down	

WEDNESDAY	SWIMMING: 550m warm up 5 x 100m (RPE7-8) r=15s 250m (RPE 4-5) 5 x 50m (RPE 9) r=30s 200m cool down	
THURSDAY	CYCLING: 5 minutes warm up 10 minutes (RPE6-7) 4 x 6minutes (RPE7-8) AR=3minutes (RPE4-5) 5 minutes (RPE6-7) 5 minutes cool down	
FRIDAY	Day off	
SATURDAY	RUNNING: 5 minutes warm up 5 minutes (RPE 6-7) 10 x 1 minute (RPE9) AR= 2minutes (RPE 4-5) 5 minutes cool down	
SUNDAY	SWIMMING: 300m warm up 900m pulling with paddles (RPE 6-7) 300m choice strokes cool down	CYCLING: 2 hours (RPE 6-7)

WEEK 11

DAY	SESSION 1	SESSION 2
MONDAY	Day off	
TUESDAY	CYCLING: 5 minutes warm up 10 minutes (RPE6-7) 4 x 7minutes (RPE7-8) AR=3minutes (RPE4-5) 10 minutes (RPE6-7) 5 minutes cool down	
WEDNESDAY	SWIMMING: 300m warm up 5 X 100m (RPE 7-8) R=15s 500m (RPE 6-7) 100m choice strokes cool down	RUNNING: 10 minutes warm up 4 x 15minutes (RPE 6-7) AR=5minutes (RPE4-5) 15minutes cool down
THURSDAY	RUNNING: 30minutes (RPE 4-5)	
FRIDAY	Day off	
SATURDAY	CYCLING: 2:30 hours (RPE 6-7)	
SUNDAY	SWIMMING: 250M warm up 10x 100m pulling (RPE 7-8) r=30s 500m swimming (RPE 6-7) 250m cool down choice strokes	RUNNING: 5 minutes warm up 5 minutes (RPE 6-7) 10 x 1 minute (RPE9) AR= 2minutes (RPE 4-5) 5 minutes cool down

WEEK 12

DAY	SESSION 1	SESSION 2
MONDAY	Day off	
TUESDAY	RUNNING: 5minutes warm up 10 minutes (RPE 6-7) 20 minutes (RPE 7-8) 5 minutes (RPE 6-7) 10 minutes cool down	
WEDNESDAY	SWIMMING: 250M warm up 500m pulling (RPE 7-8) 500m swimming (RPE 6-7) 250m cool down choice strokes	
THURSDAY	CYCLING: 5minutes warm up 5 minutes (RPE6-7) 20 minutes (RPE7-8) 10 minutes (RPE6-7) 5 minutes cool down	
FRIDAY	Day off	
SATURDAY	SWIMMING: 500m warm up 5 X 100m (RPE 7-8) R=15s 500m (RPE 6-7) 500m cool down with pull bouy	
SUNDAY	RUNNING: 1:30 (RPE 6-7)	CYCLING: 5 minutes warm up 5 minutes (RPE6-7) 4 x 5minutes (RPE7-8) AR=3minutes (RPE4-5) 13 minutes (RPE6-7) 5 minutes cool down

WEEK 13

DAY	SESSION 1	SESSION 2
MONDAY	Day off	
TUESDAY	CYCLING: 5 minutes warm up 5 minutes (RPE6-7) 4 x 5minutes (RPE7-8) AR=3minutes (RPE4-5) 40 minutes (RPE6-7) 8 minutes cool down	
WEDNESDAY	RUNNING: 10 minutes warm up 4 x 15minutes (RPE 6-7) AR=5minutes (RPE4-5) 15minutes cool down	
THURSDAY	SWIMMING: 300m warm up 2 X 200m (RPE 7-8) R=15s 400m choice strokes cool down	
FRIDAY	Day off	
SATURDAY	RUNNING: 5 minutes warm up	

	5 minutes (RPE 6-7) 10 x 1 minute (RPE9) AR= 2minutes (RPE 4-5) 5 minutes cool down	
SUNDAY	SWIMMING: 500m warm up 10 x 100m (RPE7-8) r=15s 250m (RPE 4-5) 10 x 25m (RPE 9) r=20s 250m cool down	CYCLING: 3:30 hours (RPE 6-7)

WEEK 14

DAY	SESSION 1	SESSION 2
MONDAY	Day off	
TUESDAY	CYCLING: 10 minutes warm up 10 minutes (RPE6-7) 4 x 5minutes (RPE7-8) AR=3minutes (RPE4-5) 45 minutes (RPE6-7) 5 minutes cool down	
WEDNESDAY	SWIMMING: 500m warm up 3 X 300m (RPE 7-8) R=15s 500m choice strokes cool down	RUNNING: 10 minutes warm up 4 x 15minutes (RPE 6-7) AR=5minutes (RPE4-5) 30minutes cool down
THURSDAY	CYCLING: 1 hour (RPE 4-5)	
FRIDAY	Day off	
SATURDAY	SWIMMING: 500m warm up 10 x 100m (RPE7-8) r=15s 250m (RPE 4-5) 10 x 50m (RPE 9) r=30s 200m cool down	
SUNDAY	CYCLING: 3 hours (RPE 6-7)	RUNNING: 30 minutes off the bike (RPE 6-7)

WEEK 15

DAY	SESSION 1	SESSION 2
MONDAY	Day off	
TUESDAY	RUNNING: 5minutes warm up 15 minutes (RPE 6-7) 10 minutes (RPE 7-8) 20 minutes (RPE 6-7) 5 minutes cool down	
WEDNESDAY	SWIMMING: 250M warm up 750m pulling (RPE 7-8) 750m pulling with pull bouy (RPE 6-7) 150m cool down choice strokes	
THURSDAY	Day off	

FRIDAY	CYCLING: 5 minutes warm up 5 minutes (RPE 6-7) 20minutes (RPE 7-8) 5 minutes (RPE6-7) 5 minutes (RPE4-5)	
SATURDAY	SWIMMING: 400m warm up 5 X 100m (RPE 7-8) R=15s 500m choice strokes cool down	RUNNING: 60 minutes (RPE 6-7)
SUNDAY	CYCLING: 3 hours (RPE 6-7)	

WEEK 16

DAY	SESSION 1	SESSION 2
MONDAY	Day off	
TUESDAY	CYCLING: 25 minutes warm up 5 minutes (RPE6-7) 4 x 6minutes (RPE7-8) AR=3minutes (RPE4-5) 50 minutes (RPE6-7) 5 minutes cool down	
WEDNESDAY	SWIMMING: 500m warm up 10 x 100m (RPE7-8) r=15s 250m (RPE 4-5) 10 x 50m (RPE 9) r=30s 200m cool down	
THURSDAY	RUNNING: 10 minutes warm up 4 x 15minutes (RPE 6-7) AR=5minutes (RPE4-5) 30minutes cool down	
FRIDAY	Day off	
SATURDAY	SWIMMING: 250m warm up 10 X 100m (RPE 7-8) R=15s 500m (RPE 6-7) 100m choice strokes cool down	
SUNDAY	CYCLING: 3:30 hours (RPE 6-7)	RUNNING: 60 minutes run off the bike (RPE 4-5)

WEEK 17 (Taper)

DAY	SESSION 1	SESSION 2
MONDAY	Day off	
TUESDAY	CYCLING: 5 minutes warm up 10 minutes (RPE6-7) 4 x 7minutes (RPE7-8) AR=3minutes (RPE4-5) 5 minutes (RPE6-7) 5 minutes cool down	

WEDNESDAY	SWIMMING: 200m warm up own strokes 4 x 500m with pull bouy (RPE 6-7) r=60s 200m cool down	
THURSDAY	RUNNING: 10 minutes warm up 4 x 15minutes (RPE 6-7) AR=5minutes (RPE4-5) 15minutes cool down	
FRIDAY	Day off	
SATURDAY	SWIMMING: 300m warm up 5 X 100m (RPE 7-8) R=15s 500m (RPE 6-7) 100m choice strokes cool down	
SUNDAY	CYCLING: 1:30 hours (RPE 6-7)	RUNNING: 30 minutes run off the bike (RPE 6-7)

WEEK 18 (Race week)

DAY	SESSION 1	SESSION 2
MONDAY	Day off	
TUESDAY	RUNNING: 10 minutes warm up 3 x 3 minutes (RPE 7-8) AR=2mins (RPE4-5) 5 minutes cool down	
WEDNESDAY	SWIMMING: 200m warm up 500m pulling (RPE 6-7) 10 x 25m (RPE 10) r=30s 500m pulling with pull bouy (RPE 6-7) 200m cool down own strokes	
THURSDAY	CYCLING: 5 minutes warm up 25 minutes (RPE6-7) 10 minutes (RPE 7-8) **this RPE 7-8 is around race effort	RUNNING: 30 minutes run off the bike (RPE 6-7)
FRIDAY	SWIMMING: 500m warm up 5 X 200m (RPE 7-8) R=15s 300m choice strokes cool down	
SATURDAY	CYCLING: 25-30 minutes (RPE 4-5) to make sure bike is working correctly	
SUNDAY	Race day – Enjoy your race	