



The Pillars of a great training plan

Begin with the end in mind (your “A” race).

Have a structure with clear progression

Include recovery weeks

Include race assimilation or races that support your “A” race (testing)

Include a taper.



The contents of a training plan.

Phases (macrocycles)

Weekly structure (microcycles)

Recovery weeks

Recovery days

Progression

Testing



Macrocycles

Preparation phase (General preparation and Specific preparation)

General preparation

Foundation training (Zone 2 mainly)

Cross training

Start to build on volume

Weight training is many reps with light weight.



Macrocycles

Preparation phase (General preparation and Specific preparation)

Specific preparation

Foundation and intensity training (Zone 2 – Zone 6)

Brick sessions (Swim/Bike, Bike/Run, Swim/Run)

Introduction of “B” races towards the end of specific preparation

Continue to build on volume

Weight training – higher intensity or load. Less repetitions. Introduction of plyometrics (strength and power)



Macrocycles

Competition phase (Pre comp and Peak)

Pre Competition phase

Focus on volume as well as shorter high intensity sessions

Brick sessions (Swim/Bike, Bike/Run, Swim/Run)

Possibly one "B" race

Weight training – maintenance phase. Medium load, medium intensity, medium reps.



Macrocycles

Competition phase (Pre comp and Peak)

Competition (Peak) phase

Peak on volume at the beginning of this phase

Brick sessions (Swim/Bike, Bike/Run, Swim/Run)

Short high intensity sessions

Larger recovery sessions

This is where the taper begins (reduction of training hours)

No weight training other than own body weight and/or yoga



Microcycles

Week on week training

Higher intensity at the beginning of the week

Bigger volumes at the end of the week.

One rest day a week

One recovery week every 4 – 6 weeks

Testing week (recovery week or races can be used for this)



The importance of recovery weeks

Maximise on adaption

Give your brain as well as your body a break

You have to step backwards in order to leap further forward



The importance of recovery days and lighter sessions

Negates junk miles

Allows you to show up when you need to

Reduces the risk of injury or sickness

Reduces the risk of loss of form due to fatigue



Testing

Time trials

Metric training sessions

FTP tests

CSS tests

VO2 Max/Lactate tests

“B” races

Gro**ings**
C o a c h i n g

TRAINING
PEAKSTM

[Training Peaks](#)



What is TSS and how can it be used.

TSS = Training Stress Score and is calculated

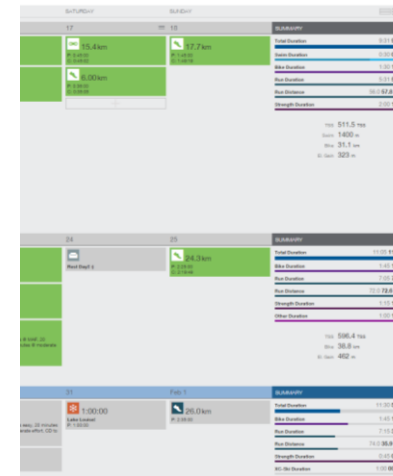
in the following way:

1 hour of training at 100% IF = 100 TSS

Therefore 2 hours of training at 70% =

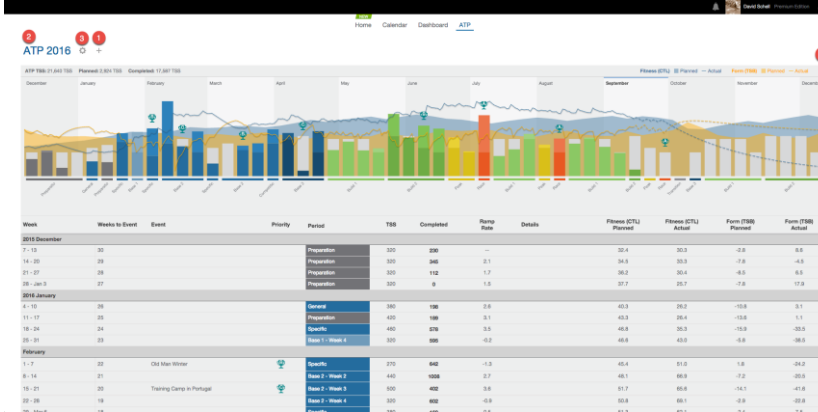
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[Training Peaks](#)





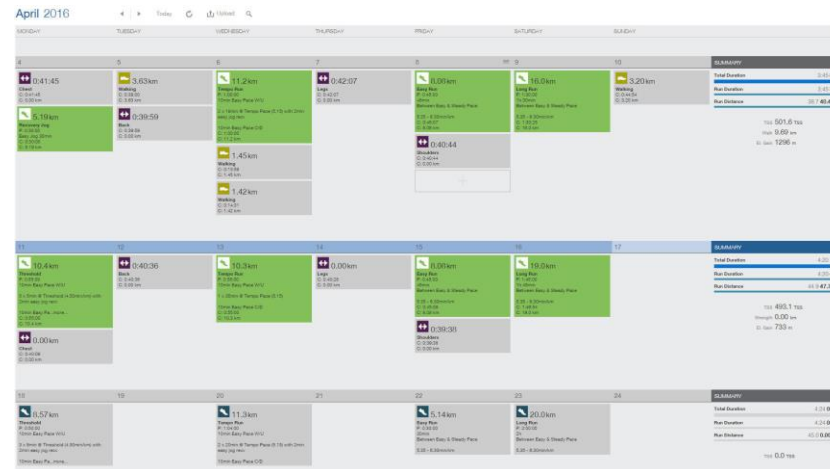
Creating an Annual Training Plan (ATP)



Training Peaks



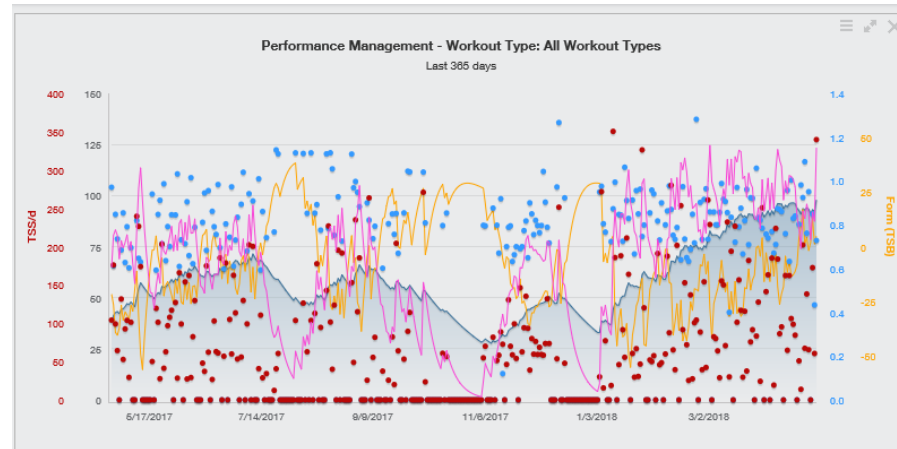
Using the calendar effectively



Training Peaks

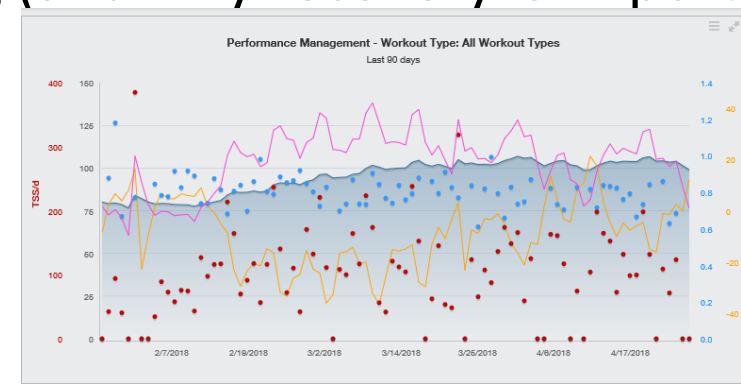
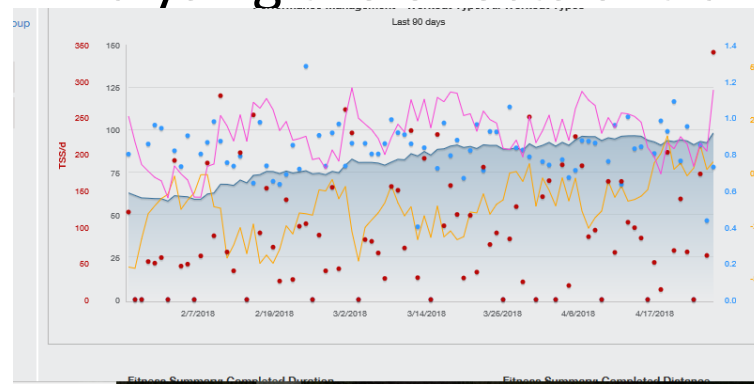


Understanding the Dashboard





Analysing the effects of training (and why recovery is important!)





The advantages of having a Coach

1. Having a support system (someone to fight in your corner)
2. Having someone staying objective about your progress.
3. (Good) coaches research and apply new methods to get better results.
4. (Good) coaches take time to organise fun/challenging training sessions to keep you motivated.



Thank you for your time
And may you have the greatest times ever
And may you get the best times ever!

