

Base training – preparing the foundations

With only 11 weeks to go for my first Sprint Triathlon, a nice warmup race in Drifffield before my first Castle series event held at Castle Howard, training is coming on nicely.

This time I have plenty of time to prepare and have been focusing on the swim phase a lot more these past 3 weeks. I have been trying to get into the pool for at least 3 times a week and focus on endurance and building speed. Fitness in the water is paramount for me, as I don't want a repeat of last year whilst attempting my first ever triathlon and doing breaststroke most of the 750m of the lake. My one top tip for swimming would be, before anything if you are new to all of this triathlon stuff, is to get your breathing sorted. Once you have that in the bag, everything else is easy, or should I say, manageable (training should never become easy if you want to improve). If you are wanting to have a good fun race day, with a great outcome, then you need to put the ground/water work in.

My typical training week is Monday to Saturday with a rest day on Sunday. I find it works better like this for me, as I can get into the gym for 6am and achieve at least 1.5 hrs of training before work and enjoy family time in the evening. This is normally broken up as follows:

- **Monday**
 - Swim session 3-3.5km focussing on endurance and long distance.
 - WU - 100m easy swim followed by 10min nonstop focussing on technique.
 - Main set - 6 x 200m @1.50min per 100m 30 sec rest
4 x 400m @ 1.50min per 100m 45 sec rest
 - Cool down - 10 mins easy swim including a different stroke
- **Tuesday**
 - Long endurance bike session around 1-1.5hrs followed by an easy recovery run of around 10-15 mins.
- **Wednesday**
 - Strength and conditioning – 1-hour session
 - Squats
 - 1 x WU 15 reps with the 20kg bar
 - 1 x 12 reps 70kg
 - 2 x 10 reps 110kg
 - 30-45 secs rest between each set
 - Deadlifts
 - 1 x 10-12 reps @ 70kg
 - 2 x 10 reps @ 90kg
 - Hamstring curls
 - 4 x 10-12 @ 50kg
 - Dumbbell flat bench press
 - 3 x 10-12 reps @ 22 WU and 2 x 30kg
 - Incline chest press (machine)
 - 3 x 10-12 reps @ 50kg
 - Lat pull downs
 - 3 x 10-15 reps @ 70kg

- 2000-meter row - 7.40mins
 - 4 x 30sec planks
 - 3 x 30 Russian twists with 10kg weight
- **Thursday**
 - Swim session – Critical swim speed all at a pace of 1.45 – 1.50min per 100m
 - WU – 10 mins easy swim with sprints
 - Main set
 - 8x200m with 20sec recovery
 - Or
 - 4x400m with 40sec recovery
 - or
 - 5x (200m then 100m) with 10sec recovery
 - or
 - 15x100m with 10sec recovery
 - Cool down – 10 min easy swim
- **Friday**
 - Long run around 1 – 1.5 hrs at an aerobic threshold heart rate of around 120 – 140 BPM
- **Saturday**
 - Park run with a warmup – I use this to test speed and get use to competitions or people around me.
- **Sunday** - Day of rest and roast dinners.....

So, there you have it, weeks are flying by and hopefully the wind, rain, sleet and snow will be leaving us soon, so we can all get out into the fresh air and away from our winter pain caves.