

Scarab Triathlon Club

Periodised Training Plan preparing for the 2019 Season

This plan covers the period October 2018 to June 2019. The aim is to deliver athletes to their "A" priority race in peak condition, and it follows a classic periodised pattern moving from Base training through Build, to Peak. Each week's swim session will be appropriate for the particular training period for that week. In general the principle is to move from long, aerobic efforts through to more intense and race-specific efforts as race day approaches.

A second race peak is possible for late in the season, and a new plan will be prepared later next year, covering June to October 2019.

By following the plan, Scarab triathletes will maximise the efficiency of their swim training. Advice on cycling and running is also available, as well as additional training sessions which athletes can do on their own in between formal Scarab sessions.

Here's the detail:

October: Preparation period

In this period we will perform baseline tests such as a CSS (Critical Swim Speed) test and prepare for the Base period

November and December: Base 1 period

In this period we will perform mainly aerobic, zone 2 efforts. This is getting ready for the later stages of the training plan when duration and intensity increases, and concentrates on aerobic endurance, muscular force, and speed skills. There will be plenty of drills, and plenty of long, steady efforts.

January: Base 2 period

In this period the duration and intensity are cranked up a little, with more zone 3 work. This stage includes long intervals with long recovery, and a greater emphasis on force with sessions that include low rep, high intensity intervals with drag equipment. We'll also be developing muscular endurance with longer and more intense efforts in zone 3. We will perform decoupling checks on a regular basis to confirm fitness. (These checks involve measuring heart rate drift or power loss over a lengthy session - the less drift, the greater the fitness level)

February: Base 3 period

Here the intensity goes up another notch with some shorter zone 4 efforts and a decent recovery period as well as lactate threshold work with short recovery.

March: Build 1 period

Now we start to get more serious and race-specific. While the base periods are focused on getting you fit and able to deliver from a strong base, the build periods become more about getting you ready for your race.

Here's where the plan will differentiate more between IM, Standard and Sprint athletes than previously, and there are specific training sessions for each category of race.

Typical sessions include cruise intervals, paddle sets, skills sessions and endurance intervals.

April: Build 2 period

The build 2 period involves anaerobic efforts where athletes are encouraged to push through existing limits and do sets that really stretch them. We'll also do threshold reps, and "feel the burn" type sessions.

May: Build 3 period

This period is all about polishing up performance ready for the final push at an athlete's peak, with less duration but maintaining intensity.

June: Peak period

Here, we will be making very specific preparations for specific races. Sessions will be individually tailored at this point, and there will be greater emphasises on rest and recovery.