

12-WEEK OLYMPIC-DISTANCE TRAINING PLAN

YOUR COACH

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THE PLAN

This is for the mid-pack triathlete, who struggles to get the stress/rest balance right, and is looking to have their training success show in their race," Vance says. "This plan will help athletes to progress workouts properly, and show up to the start line healthy and ready to perform.

Note: If an athlete doesn't show consistent improvement in this training plan, a full day of recovery should be included each week.

KEY

Swim Base = Aerobic interval, can complete the distance and still have about 3-5 secs of recovery for every 100 yards in the interval's distance

Pull = Use pull buoy and/or paddles

Moderate = A mostly aerobic effort

Aerobic = An effort which can be sustained for many hours

Steady = Continuous effort, not broken up

Tempo = An effort which is higher than Aerobic, but sustainable for over an hour

Transition Run = A run to be completed immediately following a bike effort

SR = Seconds Rest

MR = Minutes Rest

WEEK 1-PREP WORK Total Hours: 7:10

MONDAY

SWIM:
30mins., Easy

Continuous swim,
10mins. pull

TUESDAY

BIKE:
60mins., FTP Test

WEDNESDAY

SWIM:
45mins., Aerobic

MS: 3 x 400 easy,
aerobic effort
20-30 SR

5 x 100 descend
1-5 20-30 SR

RUN:
30mins., Easy

MS: Run 4mins.,
walk 1min.

THURSDAY

RUN:
30mins., Easy

MS: Run 4mins.,
walk 1min.

FRIDAY

BIKE:
2 hrs., Endurance

Easy to moderate

SATURDAY

SWIM:
45min, Swim test

MS: 15mins. best
possible distance

RUN:
45mins., Run test

MS: 30mins. best
possible distance

SUNDAY

RUN:
40mins., Easy

MS: Run 4mins.,
walk 1min.

WEEK 2-AEROBIC WORK Total Hours: 8:25

MONDAY

SWIM:
30mins., Easy

Continuous swim,
10mins. pull

TUESDAY

BIKE:
90mins., Cadence

MS: 6 x (
5mins. at 60-70
rpm

5mins. at 80-90
rpm

5mins. at 110 - 120
rpm)

WEDNESDAY

SWIM:
60mins., Aerobic

MS: 3 x 500 easy,
aerobic effort
20-30 SR

5 x 100 descend
1-5 20-30 SR



RUN:
40mins., Easy

MS: Run 4mins.,
walk 1min.

THURSDAY

RUN:
40mins., Easy

MS: Run 4mins.,
walk 1min.

FRIDAY

BIKE:
2:30, Endurance

Easy to moderate

SATURDAY

SWIM:
45mins., Easy

MS: 15 x 100 easy
to mod. 30 SR

RUN:
40mins., Easy

MS: Run 4mins.,
walk 1min.

SUNDAY

RUN:
40mins., Easy

MS: Run 4mins.,
walk 1min.

WEEK 3—AEROBIC WORK Total Hours: 8:50

MONDAY

SWIM:
40mins., Easy

Continuous swim,
10mins. pull

TUESDAY

BIKE:
60mins., Tempo

MS: 3 x 10mins.
below race pace
2 MR

WEDNESDAY

SWIM:
60mins., Aerobic

MS: 3 x 600 easy,
aerobic effort
20-30 SR

5 x 100 descend
1-5 20-30 SR

RUN:
40mins., Easy

MS: Run 4mins.,
walk 1min..

THURSDAY

RUN:
40mins., Easy

MS: Run 4mins.,
walk 1min.

FRIDAY

BIKE:
Brick 3:15 total

Bike: 3hrs.,
Endurance

Easy to moderate

RUN:
Run off the bike:
15mins. as

10mins. of 30sec
easy/30sec. fast

5mins. build

SATURDAY

SWIM:
45mins., Easy

MS: 15 x 100 easy
to mod. 30 SR

RUN:
50mins., Easy

MS: Run 4mins.,
walk 1min.

SUNDAY

DAY OFF (Stretch)

DAY OFF

WEEK 4—RECOVERY & AEROBIC WORK Total Hours: 9:10

MONDAY

SWIM:
30mins., Easy

Continuous swim,
10mins. pull

RUN:
30mins., Easy

MS: Run 4mins.,
walk 1min.

TUESDAY

BIKE:
90mins., Cadence

MS: 6 x (
5mins. at 60-70
rpm

5mins. at 80-90
rpm

5mins. at 110 - 120
rpm)

WEDNESDAY

SWIM:
45mins., Aerobic

MS: 3 x 400 easy,
aerobic effort
20-30 SR

5 x 100 descend
1-5 20-30 SR

RUN:
30mins., Easy

MS: Run 4mins.,
walk 1min.

THURSDAY

RUN:
40mins., Easy

MS: Run 4mins.,
walk 1min.

FRIDAY

BIKE:
Brick 2:30 total

Bike: 2 hrs.,
Endurance

Easy to moderate

RUN:
Run off the bike:
30mins., build

SATURDAY

SWIM:
45mins., Easy

MS: 15 x 100 easy
to mod. 30 SR

RUN:
50mins., Easy

MS: Run 4mins.,
walk 1min.

SUNDAY

RUN:
40mins., Easy

MS: Run 4mins.,
walk 1min.

WEEK 5—RACE SPECIFIC Total Hours: 8:45

MONDAY

SWIM:
Swim: 40mins., Easy

Continuous swim, 10mins. pull

TUESDAY

BIKE:
Brick 1:30 total

Bike: 60mins., Tempo

MS: 4 x 10mins. below race pace
2 MR

RUN:
Run off the bike: 15mins. as

10mins. of 30sec easy/30sec. fast

5mins. build to fast last 1min.

WEDNESDAY

SWIM:
60mins., Aerobic

MS: 3 x 600 easy, aerobic effort
20-30 SR

5 x 100 descend
1-5 20-30 SR

RUN:
40mins., Tempo
MS: 3mins. fast, 30sec. walk, 90sec. jog

2mins. fast, 30sec. walk, 90sec. jog

1min. fast, 30sec. walk, 90sec. jog

10mins. build to strong

THURSDAY

RUN:
40mins., Easy

MS: Run 4mins., walk 1min.

FRIDAY

BIKE:
Brick 1:50 total

Bike: 1:20 Aero race effort

MS: 3 x 8mins. at race effort, 2 MR

30mins. steady

RUN:
Run off the bike: 30mins., build

Mile 1: Aerobic

Mile 2 Threshold

Mile 3: Fast

SATURDAY

SWIM:
45mins., Easy

MS: 15 x 100 easy to mod. 30 SR

RUN:
60mins., Easy

MS: Run 4mins., walk 1min.

SUNDAY

RUN:
40mins., Easy

MS: Run 4mins., walk 1min.

WEEK 6—RACE SPECIFIC Total Hours: 8:50

MONDAY

SWIM:
40mins., Easy

Continuous swim, 10mins. pull

TUESDAY

BIKE:
60mins., Tempo

MS: 4 x 10mins. below race pace
2 MR

WEDNESDAY

SWIM:
60mins. Race pace

MS: 3 x 200 at race intensity
15 SR

800 pull

RUN:
60mins., Tempo

MS: 2 x (3mins. fast, 30sec. walk, 90sec. jog

2mins. fast, 30sec. walk, 90sec. jog

1min. fast, 30sec. walk, 90sec. jog)

10mins. build to strong

THURSDAY

SWIM:
45mins., Optional recovery

MS: 4 x 500 easy, slight build to #4

RUN:
40mins., Easy

MS: Run 4mins., walk 1min.

FRIDAY

BIKE:
Brick 2hrs. total

Bike: 1:30 Aero race effort

MS: 4 x 8mins. at race effort, 2 MR

30mins. steady

RUN:
Run off the bike: 30mins., build

Mile 1: Aerobic

Mile 2 Threshold

Mile 3: Fast

SATURDAY

SWIM:
45mins., Moderate

MS: 15 x 100 moderate 30 SR

RUN:
60mins., Easy

MS: Run 4mins., walk 1min.

SUNDAY

DAY OFF (Stretch)

DAY OFF

WEEK 7-RECOVERY & RACE SPECIFIC Total Hours: 9:45

MONDAY

SWIM:
40mins., Easy

Continuous swim,
10mins. pull

TUESDAY

BIKE:
Brick 1:15 total

Bike: 60mins.,
Tempo

MS: 3 x 10mins.
below race pace
2 MR

RUN:
Run off the bike:
15mins. easy

WEDNESDAY

SWIM:
60mins., Race
pace

MS: 2 x (3 x 200
at race intensity
15 SR)

800 pull

RUN:
60mins., Tempo
MS: 3mins. fast,
30sec. walk,
90sec. jog

2mins. fast, 30sec.
walk, 90sec. jog

1min. fast, 30sec.
walk, 90sec. jog

10mins. build to
strong

THURSDAY

SWIM:
45mins., Optional
recovery

MS: 4 x 500 easy,
slight build to #4

RUN:
40mins., Easy

MS: Run 4mins.,
walk 1min.

FRIDAY

BIKE:
Brick 2hrs. total

Bike: 1:30 Aero
race effort

MS: 4 x 8mins. at
race effort, 2 MR

30mins. steady

RUN:
Run off the bike:
30mins., easy

SATURDAY

SWIM:
45mins.,
Moderate

MS: 15 x 100
moderate. 30 SR

RUN:
60mins., Surges
build

Every 4th minute,
surge

Build every
10mins.

SUNDAY

RUN:
40mins., Easy

MS: Run 4mins.,
walk 1min.

WEEK 8-RACE SPECIFIC Total Hours: 10:10

MONDAY

SWIM:
50mins., Easy

Continuous swim,
20mins. pull

TUESDAY

BIKE:
Brick 1:30 total

Bike: 60mins.,
Tempo

MS: 4 x 10mins.
below race pace
2 MR

RUN:
Run off the bike:
30mins., Tempo

Repeat: 1min. fast

1min. walk

1min. easy

WEDNESDAY

SWIM:
60mins., Race
pace

MS: 3 x (3 x 200
at race intensity
15 SR)

800 pull

RUN:
60mins., Tempo
MS: 2 x (3mins.
fast, 30sec. walk,
90sec. jog)

2mins. fast, 30sec.
walk, 90sec. jog

1min. fast, 30sec.
walk, 90sec. jog)

10mins. build to
strong

THURSDAY

SWIM:
45mins., Optional
recovery

MS: 5 x 500 easy,
slight build to #5

RUN:
40mins., Easy

MS: Run 4mins.,
walk 1min.

FRIDAY

BIKE:
2hrs. total

Bike: 1:30 Aero
race effort

MS: 5 x 8mins. at
race effort, 2 MR

30mins. steady

RUN:
Run off the bike:
30mins. build

SATURDAY

SWIM:
45mins.,
Moderate

MS: 15 x 100
HARD. 30 SR

RUN:
60mins., Surges
build

Every 4th minute,
surge

Build every
10mins.

SUNDAY

RUN:
40mins., Easy

MS: Run 4mins.,
walk 1min.

WEEK 9—RACE SPECIFIC Total Hours: 9:00

MONDAY

SWIM:
50mins., Easy

Continuous swim,
20mins. pull

TUESDAY

BIKE:
Brick 1:45 total

Bike: 1:15, Tempo

MS: 5 x 10mins.
below race pace
2 MR

RUN:
Run off the bike:
30mins., Tempo

Repeat: 1min. fast

1min. walk

1min. easy

WEDNESDAY

SWIM:
60mins., Race
pace

MS: 3 x (3 x 200
at race intensity
15 SR)

800 pull

RUN:
60mins., Tempo
MS: 2 x (3mins.
fast, 30sec. walk,
90sec. jog)

2mins. fast, 30sec.
walk, 90sec. jog

1min. fast, 30sec.
walk, 90sec. jog)

10mins. build to
strong

THURSDAY

SWIM:
45mins., Optional
recovery

MS: 5 x 500 easy,
slight build to #5

RUN:
40mins., Easy

MS: Run 4mins.,
walk 1min.

FRIDAY

BIKE:
Brick 2:15 total

Bike: 1:45 Aero
race effort

MS: 6 x 8mins. at
race effort, 2 MR

30mins. steady

RUN:
Run off the bike:
2 x 15mins. build

SATURDAY

SWIM:
45mins.,
Moderate

MS: 15 x 100
HARD. 30 SR

RUN:
60mins., Tempo

MS: 3 x (

8mins. at half
marathon pace

1min. walk

1min. easy jog)

SUNDAY

DAY OFF (Stretch)

DAY OFF

WEEK 10—RECOVERY & RACE SPECIFIC Total Hours: 9:40

MONDAY

SWIM:
50mins., Easy

Continuous swim,
20mins. pull

RUN:
40mins., Easy

MS: Run 4mins.,
walk 1min.

TUESDAY

BIKE:
60mins., FTP Test

WEDNESDAY

SWIM:
60mins., Race
pace

MS: 2 x (3 x 200
at race intensity
15 SR)

800 pull

RUN:
60mins., Tempo
MS: 2 x (3mins.
fast, 30sec. walk,
90sec. jog)

2mins. fast, 30sec.
walk, 90sec. jog

1min. fast, 30sec.
walk, 90sec. jog)

10mins. build to
strong

THURSDAY

SWIM:
45mins., Optional
recovery

MS: 5 x 500 easy,
slight build to #5

RUN:
40mins., Easy

MS: Run 4mins.,
walk 1min.

FRIDAY

BIKE:
2hrs. total

Bike: 1:30 Aero
race effort

MS: 4 x 8mins. at
race effort, 2 MR

30mins. steady

RUN:
Run off the bike:
2 x 15mins. build

SATURDAY

SWIM:
45min., Swim test

MS: 15mins. best
possible distance

RUN:
60mins., Tempo

MS: 3 x (8mins.
at half marathon
pace

1min. walk

1min. easy jog)

SUNDAY

DAY OFF (Stretch)

DAY OFF

WEEK 11-TAPER BEGINS Total Hours: 9:00

MONDAY

SWIM:
60mins., Easy

Continuous swim,
30mins. pull

RUN:
40mins., Easy

MS: Run 4mins.,
walk 1min.

TUESDAY

BIKE:
60mins., Intervals

MS: 3 x (
3mins. hard, 3 MR

2mins. hard, 2 MR

1min. hard, 1MR)

Increase cadence
each set

WEDNESDAY

SWIM:
60mins., Race
pace

MS: 100 Base, 4 x
50 desc. 1-4

200 base, 4 x 50
base

300 base, 4 x 50
desc. 1-4

400 base, 4 x 50
IM

RUN:
40mins., Easy

MS: Run 4mins.,
walk 1min.

THURSDAY

RUN:
40mins., Easy

MS: Run 4mins.,
walk 1min.

FRIDAY

BIKE:
Brick 2:15 total

Bike: 1:45 Aero
race effort

MS: 6 x 8mins. at
race effort, 2 MR

30mins. steady

RUN:
Run off the bike:
2 x 15mins. build

SATURDAY

SWIM:
45mins.,
Moderate

MS: 15 x 100
HARD. 30 SR

RUN:
60mins.,
Moderate

4 x (14mins.
moderate, 1min.
walk)

SUNDAY

DAY OFF (Stretch)

DAY OFF

WEEK 12-RACE WEEK Total Hours: 5:05

MONDAY

SWIM:
60mins., Easy

Continuous swim,
30mins. pull

RUN:
45mins., Tempo

MS: 3mins. fast,
30sec. walk,
90sec. jog

2mins. fast, 30sec.
walk, 90sec. jog

1min. fast, 30sec.
walk, 90sec. jog

TUESDAY

BIKE:
60mins., easy

WEDNESDAY

SWIM:
45mins., Race
pace
MS: 100 Base, 4 x
50 desc. 1-4

200 base, 4 x 50
base

300 base, 4 x 50
desc. 1-4

400 base, 4 x 50 IM

RUN:
30mins., Easy

MS: Run 4mins.,
walk 1min.

THURSDAY

DAY OFF (Stretch)

DAY OFF

FRIDAY

SWIM:
1:05 total

Swim: 15-20mins.

BIKE:
Bike: 30mins.

RUN:
Run off the bike:
15mins.

3-4 short efforts
on each

Swim in any order

SATURDAY

★ RACE DAY

SUNDAY

CELEBRATE!

DAY OFF

CELEBRATE!