

MIDDLE DISTANCE TRIATHLON TRAINING PLAN

LET'S **DO** THIS

YOUR PLAN

We've curated the best training plans for a wide range of distances, to help you achieve your goals. This plan is 12 weeks long and assumes that you're moving on from Olympic distance up to Middle Distance / Half Iron and have a good level of fitness on starting.

This plan is a weekly breakdown to help you get race ready. However, if your schedule is tight, just adjust the plan to your needs. It's a guide, not a requirement. Above all, listen to your body, don't push yourself unnecessarily and enjoy it.



GLOSSARY

MP - Max pace. As fast as you can go.

Active Recovery - Being active in a way that promotes recovery rather than intensity. So yoga, walking, stretching and movement to get blood flowing to your muscles.

CSS - Critical Swim Speed. Ask a coach to calculate this for you, it gives you an idea of your optimal 100m pace. It's based off your lactate threshold at 200m and 400m time trial.

HIIT - High intensity interval training


FTP - Functional Threshold Pace. The maximum effort you can sustain over roughly a 45 minute duration. A 10km run or 25km bike time trial would show your FTP by working out your pace per km/ pace per mile. Don't go crazy here, the key is functional! You have to be able to sustain it.

TAPER - Reducing your activity in the days/weeks leading up to a race. For shorter events your taper may only be a few days, and for Ironmans this could start weeks before your event.

LET'S DO THIS

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
1	Rest day	Run	Workout	Swim	Rest day	Ride	Swim
		60 mins (35 mins tempo) Long run — 90 mins	Bike 45 min or static bike in gym or spin class	Swim 200-400m or 10-15 min	Active recovery, low impact exercise focusing on flexibility	2 x 20 mins, 4 x 5 mins @ 90-100 FTP or 85-90% max heart rate	Swim 200-400m or 10-15 min
2	Rest day	Ride	Workout	Swim	Rest day	Run	Ride
	Rest / active recovery	2 x 20 mins, 5 x 5 mins @ 90-100 FTP or 85-90% max heart-rate	Bike 45 min or static bike in gym or spin class	200m hard + 1200m @ 2-3 secs/100m slower than CSS pace	Active recovery, flexibility & stretching	65 mins (40 mins tempo) Hills/ technique	1 hour ride, test your kit & try to go with a group
3	Run	Ride	Workout	Swim	Rest day	Run	Swim
	1 x 30 min easy run	Easy ride Cadence drills	Bike 45 min or static bike in gym or spin class	200m hard + 1200m @ 2-3 secs/100m slower than CSS pace	Practice your transitions. More on the next page	1 x 30 min easy run	6 x 200m
4	Rest day	Run	Workout	Swim	Rest day	Run	Ride
	Rest / active recovery	Long run - 1.45mins	45 min workout, strength, circuits or spin class	400m hard + 1200m @ 2-3 secs/100m slower than CSS pace	Practice your transitions. More on the next page	70 mins (45 mins tempo)	3 x 20 mins 4 x 7 mins @ 90-100 FTP or 85-90% max heart rate
5	Rest day	Ride	Workout	Swim	Workout	Run	Ride/Run
	Rest / active recovery	3 x 20 mins 4 x 8 mins @ 90-100FTP or 85-90% mhr	45 min workout, strength, circuits or spin class	Intervals total 2,200m, 3 x 200m, 3 x 150m 3 x 100m	Cross training, running or exercise of your choice	75 mins (50 mins tempo) Hills/ technique	Brick workout: bike 60km run 6km
6	Rest day	Swim	Workout	Run	Workout	Run	Ride
	Rest / active recovery	Intervals total 2,200m, 3 x 200m, 3 x 150m 3 x 100m	45 min workout, strength, circuits or spin class	1 x 30 min easy run	Cross training, running or exercise of your choice	1 x 30 min easy run	Easy ride Cadence drills
7	Rest day	Swim	Run	Swim	Workout	Run	Ride/Run
	Rest / active recovery	Intervals total 2,500m, 4 x 200m, 3 x 150m 3 x 100m	Long run - 2hrs	Intervals total 2,200m, 3 x 200m, 3 x 150m 3 x 100m	Cross training, running or exercise of your choice	80 mins (55 mins tempo)	Brick workout: bike 70km run 6km
8	Rest day	Ride	Workout	Swim	Workout	Run	Ride/Run
	Rest / active recovery	4 x 20 mins, 3 x 12 mins @ 90-100 FTP or 85-90% mhr	45 min workout, strength, circuits or spin class	600m hard + 2000m @ 2-3 secs/100m slower than CSS pace	Cross training, running or exercise of your choice	85 mins (60 mins tempo) Hills/ technique	Brick workout: bike 80km run 12km

LET'S DO THIS

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
9	Rest day	Run	Workout	Swim	Run	Ride	Ride/Run
		90 mins (65 mins tempo)	Bike 45 min or static bike in gym or spin class	600m hard + 2000m @ 2-3 secs/100m slower than CSS pace	Long run — 90 mins	Easy ride Cadence drills	Brick workout: bike 50km run 5km
10	Rest day	Swim	Workout	Swim	Rest day	Run	Ride
	Rest / active recovery	600m hard + 2000m @ 2-3 secs/100m slower than CSS pace	Bike 45 min or static bike in gym or spin class	Swim 200-400m or 10-15 min	Rest / active recovery	90 mins (65 mins tempo)	Endurance: ride 90km
11	Rest day	Swim	Workout	Swim	Rest day	Ride	Run
	Rest / active recovery	Intervals: 1500m	Bike 45 min or static bike in gym or spin class	Swim 400-500m or 10-15 min	Rest / active recovery	2 x 20 mins easy ride	Brick workout: bike 50km run 5km
12	Rest day	Bike 45 mins, including 15 mins @ Race Pace + Run 30 mins @ Race Pace with last 5 mins fast	Swim 30-40 mins, 600-800m in 100 or 200m repetitions @ target race pace	Swim 20 mins on course, Bike 30 mins inc 20 mins @ race pace + 20 mins run inc 10 mins @ race pace	Rest day	Swim 15 mins, Bike 15 mins, run 10 mins inc 5 mins @ race pace	 Race Day
	Rest / active recovery			Rest / active recovery			

TRANSITIONS

Nailing the transitions can put you way up in the leaderboard, saving valuable time and keeping up your race momentum.

You need to know where you're going, so go and explore the transition area when you arrive, get a feel for the lay of the land. This is especially important if you're a beginner, usually people are very friendly and happy to help if you have any questions.

Work out the fastest way to get to your bike, and to the run course. Keep this to mind, as guaranteed it'll be a bit of a free for all. You'll need to keep focused.

Make sure you've got all the kit - the amount of times someone in our team has turned up without a helmet or something is uncountable. Lay it all out the night before. Place your helmet, sunglasses etc carefully on/around your bike at the transition so you're absolutely sure where everything is.

If it's a wetsuit swim, you'll want to start thinking about peeling it off. Running up through the shallows can burn precious energy so swim as far as possible. Find your angle out of the water, start pulling off your wetsuit whilst getting to T1 as fast as possible. Your wetsuit should be half off by the time you get there.

Get out of the crowd on your way to the bike, wheel it away from others to give yourself a clear launch.

Once you're on your bike, get into the rhythm of things. Enjoy it, take a breath and start mentally preparing for the third and final stage. Don't go too fast into T2, you really don't want to crash here so be careful and remember where you're going. Swap into your running shoes, find the fastest exit and get out there. Don't forget to take off your helmet. Not a good look.

With transitions, practice makes perfect. In your pre-race training it's highly advisable to set up a mini transition area, parks work perfectly where you can do loops. Practice every element and you can't go wrong. Get it to within 10 seconds and you'll be a total pro.



CIRCUITS EXPLAINED

Circuits are a great way to increase your strength in advance of a big cycle. Build up your muscles and endurance and you'll feel much stronger and ready to face those hills.

We've collated a few of our team's favourite pre-race exercises and explained how they work. You can then use them in the pattern on the next page to really take your training to the next level.

Lunges

Good for strengthening glutes & legs

1. Stand with feet staggered far apart, left in front of right with right heel raised, and hands on hips; balance body weight mainly on left foot.
2. Bend left knee 90 degrees as you lower into a lunge, right knee bent.
3. Return to start position.

Do 10 to 15 reps; switch sides and repeat.
For the second round, hold dumbbells in each hand, arms by your side as you dip down. For the third, add in a bicep curl with the dumbbells as you lower down.

Dead lift + Row

It's so important to look after your back, so position is key here. A great workout for biceps, glutes & hamstrings too.

1. Stand with feet hip-width apart, holding a dumbbell in each hand in front of thighs, palms facing each other.
2. Hinge forward from hips until back is parallel to floor, arms hanging down. Drive elbows behind you, bringing hands by ribs.
3. Lower dumbbells, then return to start position to complete 1 rep.

Do 10 to 15 reps.

Rower Sit Up

Excellent for shoulders, abs & lengthening tight back muscles

1. Lie faceup on floor with arms stretched behind head
2. Engage abs and sit up, bending knees in toward chest as you sweep arms out and around legs.
3. Lower back to start position without fully touching arms and legs to floor.

Do 10 to 15 reps.

Plank Matrix

Good for strengthening abdominals, back & shoulders

1. Lie face down with forearms on the floor shoulder width apart. Keeping your core tight, your back straight, and your bum down, rest on your forearms and hold your plank position for 30 seconds.
2. Move onto your right side, putting one arm in the air. Your hips should be high off the ground, rest sideways on your right forearm. Hold for 30 seconds.
3. Move onto the left side, hold for 30 seconds. Repeat 3 times

Single Leg Squat

Great for strengthening leg muscles, particularly glutes and quads

1. Stand with feet hip-width apart, arms extended forward in front of chest; lift right foot a few inches off floor, foot flexed.
2. Lower into a single-leg squat, bending left knee 90 degrees. Return to start position.
3. Do 10 to 15 reps; switch legs and repeat. Try and lift your right leg higher as you squat.

Box jumps

This is a great high energy workout for the lower legs, the glutes and quads

1. Find a sturdy box or step 2 feet in height. Stand 1.5 feet away. Bend your knees slightly, squat down and explode upward onto the platform, swinging your arms upward and landing lightly on the balls of your feet. Hold this position for 2—3 seconds; then jump back down to the floor, landing on both feet. The squat is the important part here – so take it low!

Repeat 3 times

CIRCUIT PATTERN IDEAS

We've detailed below a line up of circuits where you can use the exercises from the previous page, along with some newer ones. We've found that these workouts are best when you mix it up, so this is a great starting point but feel free to go off piste.

You can do these absolutely anywhere, don't worry about speed, all you need is your own body weight and a basic set of dumbbells.

1 Circuit

1. Box Jumps — 40 seconds
2. Plank Matrix — 40 seconds
3. Deadlift & Row — 40 seconds

Do this circuit two times before taking a 1-minute break.

2 Circuit

1. Single-Leg Deadlifts — 40 seconds
2. Hand Release Push-Ups — 40 seconds
3. Rower Sit Up — 40 seconds

Do this circuit two times before taking a 1-minute break.

3 Circuit

1. Hip thrusters — 40 seconds
2. Lunges — 40 seconds
3. Single Leg Squats — 40 seconds

Do this circuit two times before taking a 1-minute break.

4 Circuit

1. Hip thrusters — 40 seconds
2. Lunges — 40 seconds
3. Single Leg Squats — 40 seconds

Do this circuit two times before taking a 1-minute break.

5 Circuit

1. Hand Release Push-Ups — 40 seconds
2. Burpees — 40 seconds
3. Press Ups — 40 seconds

Do this circuit two times before taking a 1-minute break.

6 Circuit

1. Step Up Bicep Curl — 40 seconds
2. Lunges — 40 seconds
3. Box Jumps — 40 seconds

Do this circuit two times before taking a 1-minute break.

7 Circuit

1. Hip thrusters — 40 seconds
2. Single Leg Squats — 40 seconds
3. Cossack Squats — 40 seconds

Do this circuit two times before taking a 1-minute break.

8 Circuit

1. Burpees — 40 seconds
2. Step Up Bicep Curl — 40 seconds
3. Jumping Jacks with Dumbbells — 40 seconds

Do this circuit two times before taking a 1-minute break.

BUILD YOUR CYCLING ENDURANCE

The best exercises to build strength and power in your legs and improve your cycling endurance.

These include working in high gears to test your muscles and build strength. However, always try and maintain your form and pedal in smooth circles. You'll be going faster over short periods of time during these workouts, so be careful not to overdo it.

SPRINTER STARTS

Choose a good stretch of road that will let you sprint for 200 metres. Warm up by riding for at least half an hour before starting any interval training.

Get into a high gear and pedal as hard as you can, keeping your body still. Your hips should be doing all the work here. Out of the saddle, you can come to a slow stop at the end of 200 yards, almost to a standstill without clipping out. Rest a minute, then repeat 4 times. Increase the number of intervals, or the level of your gears. You will be stiff in the morning, but it'll be worth it.

HILL CHARGES

On a relatively moderate incline, absolutely burn it up for 30 seconds. Then rest, coasting back to your starting point. Repeat, alternating between standing and sitting for 6 climbs.

FLYING 40S

Similar to intervals, but faster. Train your body to recover quicker over repeated surges. In a high gear, push hard for 40 seconds, recover for 20. Repeat at least 10 times. Do 4 of these repetitions with a rest in between.

STEADY CLIMBING

Get some hills in. Either repeat the same one over and over or find a good 5 mile stretch. Your pace should be even and steady. Alternate high and low cadences all the way up the hill, keeping your heart rate just below your race pace.

STRETCH, ROLL & RECOVER

See our nutrition pages, what you eat can help you recover faster. Drink lots of water, get the foam roller out, and always always stretch those tired muscles.

NUTRITION

We've created a brief list of what of our best nutritional tips for the lead up to race day. However, these are a guide so don't suddenly change your whole diet for whey protein. Keep it healthy, and if you're unsure, consult a sports nutritionist.

The Run Up

In the lead up to a big race, it's important to start as you mean to finish. The worst thing you can do is change your diet suddenly on race day. So, if you plan on cycling with gels or protein bars, start training with them now.

We love Tribe, Clif or Prime Bars for slow release energy on the go. Otherwise, gels are available to buy at pretty much any running shop, or you could go old fashioned and stash some almonds in your pocket. However you do it, start getting your stomach used to it as soon as possible. Gels in particular can have an 'interesting' effect on your tum if you haven't used one before.

Don't be afraid to fuel up on the fly

The average runner will burn approximately 50 calories per mile of cycling, so if you're going a long way before breakfast, it's advisable to consider how much fuel your body will have.

Don't leave it to the last minute, fuel up, even if you don't currently want to. Fatigue can set in very quickly so it's advisable to preempt it by eating at regular intervals. You might wake up before a ride, have a great complex-carbohydrate-fueled breakfast but then start to wane an hour or so later. Take some bars/almonds with you and keep up the momentum.

Complex carbohydrates

Complex carbs are your greatest friend. Wholewheat pasta, brown bread, potatoes, fruit, porridge and healthy grains with lots of slow release energy will keep you going through the 'wall'. They're packed full of nutrients such as fibre, vitamin C and calcium.

Foods like white bread, white pastas and processed foods are full of sugar, and while they'll give you an instant hunger fix and a quick boost, it's not sustainable. Switch up your diet for the good hearty grains and you'll see your endurance increase.

Our favourite pre-race foods: Sweet potatoes, avocados, almonds, eggs, whole grain bread, oranges, beans, lentils, salmon, chicken, yoghurt, bananas and the all important fresh veg. Obviously not all at once.

Pre Race

Carb loading is definitely one of our favourite parts of racing, but it's important not to overdo it. Go bananas on the pasta the night before and you might end up feeling sluggish on race day.

Have a your last big meal at about lunchtime the day before the race, then just have a normal size dinner. This will stop you going overboard, stick to the wholegrains and you'll be right as rain the next day.

Race Day

If you're used to having a cup of coffee before a race, do it. Keep your routine. We recommend a good hearty breakfast, avoid high fat foods like dairy and meats, keep it relatively plain with porridge/toast/fruit.

Take some supplies with you to the race, it's best to get there early to get your number and get the lay of the land, so you might need to fuel up again. Above all, drink water, stay hydrated.

Hell yes! You've done it

Time to celebrate. But first, eat something sugary, replenish with fruit (or haribo, it seems to be readily available at most finish lines!) Try Gatorade or coconut water which are full of electrolytes. Your body is great at absorbing complex carbohydrates after a ride, mix with protein to aid recovery.

Avoid eating a huge meal, go for something restorative and try not to go too crazy with the celebrating. Although, having said that, a few post-race beers are unlikely to have a detrimental effect. Alcohol does dehydrate you so be sure to drink plenty of water.

Best of luck from the whole team at Letsdothis.com, you'll smash it.

RACE DAY TIPS

From experts and amateurs alike. Survive the pressure.

"Don't change too much on race day - that goes for nutrition, kit, warm up etc. Otherwise you'll be asking for trouble..."

— Olly Freeman

"Zone out - switch off your mobile phone/music and enjoy the surroundings. That's what you are there for after all."

— Bradley Wiggins

"I always go off too hot so keep telling myself for the first half don't be an idiot, for the second half don't be a wimp.

And never, ever forget the Vaseline."

— Sam Browne

"I always get pretty nervous on race day itself, so make sure I'm over-prepped the night before. Kit laid out and target splits written on my arm. And don't forget to stay hydrated!"

— Stephanie Ede

"I like to find a quiet spot, shut my eyes and visualise each stage of the race - how I'm feeling physically and mentally - so when I'm out there I'm ready for whatever comes my way"

— Constantine Louloudis

"My first tip would be to eat. After a hard race you need to refuel. Your body needs protein to repair the muscles and carbohydrates/sugar to replenish the muscles' glycogen stores"

— Matt Rees aka The Welsh Runner

"Join together with a group — be it a running club or a group of friends, just so you have that social side of things to help motivate each other. When you're all working towards a target, you pick each other up."

— Paula Radcliffe

"Whatever the discipline, pace yourself. But always finish empty."

— Marc Hibbins

"Just have fun, that's the biggest thing. As long as you're smiling and having fun that's all that matters."

— Michael Phelps

THE MISSION

Letsdothis.com is built by athletes, so whether it's your first 5k or your tenth ironman we want to make it as easy as possible for people to find their next challenge.

From Olympic gold medal winners to people psyched by pushing their kids around a Disney marathon, these races have changed all of our lives. We're here to make sure they change yours too.

If you have any questions or queries, or if you'd like to see our other available plans, please get in touch below.

[Talk to the team](#)



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