

**CHESTER
TRIATHLON
CLUB**



**Isolation training plan
Week 4**

We hope everyone is keeping well. If you are looking for some structure in your training during this time or after some different sessions we will be putting together a weekly run and bike plan. Feel free to supplement with strength and dry land swim training.

There is a test session included if you want to rest your zones. If you do complete this and want your zones calculated you can send your metrics to coaching@chestertri.org.uk.

Please feel free to get in touch if you have any other questions.

Stay safe and we hope to be training as a club again soon.

Caveats

- Don't train if feeling under the weather and if you are unwell make sure you are properly recovered before returning to training.
- If you only trained twice a week before lockdown don't jump to 5 sessions - build up gradually.
- If you feel any pain during any session stop and don't push through
- If you have sore knees change the hill rep sessions to normal cadence work rather than low cadence work

Suggested programme

- Monday - Turbo session 1
- Tuesday – rest
- Wednesday - Run session 1
- Thursday – rest
- Friday - Turbo session 2
- Saturday – Aerobic run / Doorstep 5k
- Sunday – Zwift ride or aerobic ride

Please follow government guidance regarding training outdoors at all times.

You can supplement strength and dry land swim sessions as you see fit.

Club zwift rides are every Sunday at 9:30am. Check the facebook page for more information.

Here is a link to a good stretch routine post sessions - <https://www.nhs.uk/live-well/exercise/how-to-stretch-after-a-run/>

Swim sessions

Obviously there are no swim sessions at the moment but there are dry land sessions that you can supplement in to the plan. Here are a few ideas (thanks Emma for the links!)

- 30 min yoga for swimmers - <https://youtu.be/vDrwLeCntdl>
- How to train for swimming at home by Global Triathlon Network: Part 1 - <https://youtu.be/megCSTJxSPs> & Part 2 (using resistance bands) - <https://youtu.be/QK2DFGKVKsw>
- Swim specific core exercises - <https://youtu.be/yMAAGdFbJSY>
- 5 best exercises for swimming (body weight) - <https://youtu.be/4ubOdWYttGo>
- 10 things to do while your pool is closed - <https://youtu.be/Kccp7Wk20FA>



DOORSTEP

5K

Weekly 5K runs from your home, to be completed anytime over the weekend.

Rules are you must abide by the government's social distancing guidelines by running alone or with members of your household and keeping at least 2m from others.

Run from home (or close by with a warm up distance) and avoid popular exercise routes (like parkrun routes). Try and do circular or out and back routes if you can, just not one-way downhill routes please!

Run your 5K anytime Saturday or Sunday. Submit your time and proof of performance (workout screenshot or link) by midnight Sunday. See Facebook for this week's link to submit your time.

A bit of fun and hopefully a little motivation to get out running and something to aim for at the weekends.

Run session 1

Warm up:

- 1000m jog building intensity from 600m to 1000m
- 800m Preset: 200m jog 200m strides x2

Warm up drills 3x10m each drill 20s rest after each

- Foot roll through
(<https://www.youtube.com/watch?v=h3kFrqRUsOo&feature=youtu.be>)
- Walking Lunges
(<https://www.youtube.com/watch?v=qLIUjy3Hykc&feature=youtu.be>)
- Fast Feet
(<https://www.youtube.com/watch?v=xJm0R6Upt0U&feature=youtu.be>)

Main set:

Hill Reps

- 3 x 5min hill climb half marathon effort up easy jog recovery down
- 3 x 5 min hill climb easy up and half marathon down with good form

Cool down:

10 mins easy running

Turbo 1 – Sweet spot

Warm up

Cadence pyramid: 1 min at each 80RPM, 90RPM, 100RPM, 110RPM, 100RPM, 90RPM, 80RPM, 70RPM

2 min easy

(10 min)

Pre set

5x { 15s over geared efforts (hardest Gear from standing)
1 min 45s easy

(10 min)

Main set

3x { 15 min zone 3/RPE 7/85% FTP/70%max hr
3 min easy

(54 min)

Single leg drills:

3x20s each leg 20s easy between drills

(5 min)

Cool down:

4 min easy and stretch

(83 min total)

Turbo 2 – Intervals

Warm up

Cadence pyramid: 1 min at each 80RPM, 90RPM, 100RPM, 110RPM, 100RPM, 90RPM, 80RPM, 70RPM

2 min easy (10 min)

Pre set

5x { 10s very hard
1:50 easy (10 min)

Main set

6x { 4 min at zone 4/RPE 8/92% FTP/80% max HR
2 min easy (36 min)

Cool down:

10 min easy then stretch

(66 min total)

Test session

(to set power/heart rate zones if needed)

Warm up

- Easy spin 5 mins
- 3 x 30s hard 30s recovery
- 2 min easy

Pre set

- 2x6 min building effort to 7RPE (HR z3) (2 min recovery between each)
- 5 min RPE 8 HR z4
- 6 min easy

Main set

- 20 min max effort starting RPE 8 (build over the 20 min)
- Record average HR, average power, cadence, max HR and max power

Cool down

- 5 min easy spinning then stretch

Zones are worked out as per the below table:

Level	Name	Average Power as a percentage of a 60 min time trial	HR Description	Perceived Exertion	% Max HR
Zone 1	Active Recovery	<55%	Less than 81% of LTHR	<5	Less than 60%
Zone 2	Endurance	56-75%	81% to 89% of LTHR	6	60-65%
Zone 3	Tempo	76-90%	90% to 93% of LTHR	7	65-75%
Zone 4	Lactate Threshold	91-105%	94% to 99% of LTHR	8	75-82%
Zone 5a	VO2 Max	106-120%	100% to 102% of LTHR	9	82-89%
Zone 5b	Anaerobic Capacity	>121%	103% to 106% of LTHR	10	89-MAX HR