

**CHESTER
TRIATHLON
CLUB**



**Isolation training plan
Week 1**

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 (sweet spot)
- Tuesday - rest
- Wednesday - Interval run session
- Thursday - rest
- Friday - Turbo session 2 (intervals)
- Saturday – Aerobic run
- Sunday – Zwift ride or aerobic

Please follow government guidance regarding training outdoors at all times.

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/>

Run session - Intervals

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:

3x (1600@10K Pace, 200@V02, 600 recovery)

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

4x

8 min zone 3/RPE 7/85% FTP/70%max hr

2 min easy

(40 min)

Single leg drills:

3x20s each leg 20s easy between drills

(5 min)

Cool down:

4 min easy and stretch

(69 min total)

Turbo 2 – Intervals

Warm up

Easy 5 minute spin (5 min)

Pre set

3x { 30s hard
30s easy

2 minutes easy (5 min)

Main set

10x { 3 min as 1 @70 RPM, 1 at 60 RPM, 1 at 50 RPM (zone 3)
90 sec easy

(45 min)

Cool down:

10 min easy then stretch

(65 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