

Sample Run Session – Online Triathlon Coaching

Athlete: Sample

Distance: Olympic

Phase: Race-Specific (Week 3, Day 2)

Maximum HR: 200 bpm

10km Threshold Pace: 3:15/km ~ 5:14/Mile

AM – Run (Track or Oval): Warm up for 15 minutes at a heart rate of 120 -140 bpm, with the last 5 minutes at 140 -150 bpm. Then complete 6-8 x 80-100m drills and strides (as per resources).

Main set (threshold): 1 x (800m/1000m/1200m/1200m/1000m/800m).

Complete each effort as follows:

- 800m in 2:36 leaving on 3:00
- 1000m in 3:15 leaving on 3:45
- 1200m in 3:54 leaving on 4:20

HR should average between 175 and 185 bpm for these efforts.

Cool down for 10-15 minutes at a heart rate of 120 -140 bpm, and then stretch for 5 –10 minutes.

Note: Each online coaching program will vary, as they are tailored to the specific needs of each athlete and periodised around major events. All customized (online coaching) programs contain specific technique drills for swimming, cycling, and running. They also contain a triathlon-specific strength training and core stability routine. We also provide unlimited support and general advice on nutrition, equipment, tactics etc.