

12 Week Winter Base Training For Olympic And Long Course Triathletes

Are you an Olympic or long-course triathlete looking to build a solid fitness base during the winter months? If so, then this 12-Week structured training plan is perfect for you.

This training plan has been specifically designed to help you develop the endurance, strength, and speed you need to succeed in your upcoming triathlon races. The plan includes detailed workouts for swimming, biking, and running, as well as strength training and flexibility exercises.



12 Week Winter Base Training for Olympic and Long Course Triathletes by Scott James

★★★★☆ 4.1 out of 5

Language	: English
File size	: 1740 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 33 pages
Lending	: Enabled



If you follow this training plan consistently, you will be well on your way to reaching your triathlon goals.

Training Plan Overview

The 12-Week Winter Base Training Plan is a progressive training plan that gradually increases in intensity and volume over time. This allows you to gradually adapt to the demands of triathlon training and minimize the risk of injury.

The plan is divided into four phases:

- **Phase 1: Base Building** (Weeks 1-4)
- **Phase 2: Endurance Development** (Weeks 5-8)
- **Phase 3: Intensity and Speed Development** (Weeks 9-11)
- **Phase 4: Taper** (Week 12)

Each phase has its own specific focus and goals.

- **Base Building:** The goal of this phase is to build a solid aerobic base. You will do this by gradually increasing the duration and intensity of your workouts.
- **Endurance Development:** The goal of this phase is to develop your endurance. You will do this by continuing to increase the duration and intensity of your workouts, and by adding interval training to your routine.
- **Intensity and Speed Development:** The goal of this phase is to develop your intensity and speed. You will do this by adding more high-intensity workouts to your routine, and by decreasing the duration of your workouts.
- **Taper:** The goal of this phase is to taper your training and prepare for your race. You will do this by gradually reducing the volume and

intensity of your workouts.

Training Schedule

The following training schedule outlines the specific workouts for each phase of the plan.

Phase 1: Base Building (Weeks 1-4)

Day	Workout	Duration
Monday	Swim: 2,000 meters easy	60 minutes
Tuesday	Bike: 45 minutes moderate	45 minutes
Wednesday	Run: 30 minutes easy	30 minutes
Thursday	Swim: 2,000 meters easy	60 minutes
Friday	Bike: 60 minutes moderate	60 minutes
Saturday	Run: 45 minutes easy	45 minutes
Sunday	Rest	-

Phase 2: Endurance Development (Weeks 5-8)

Day	Workout	Duration
Monday	Swim: 2,000 meters easy	60 minutes
Tuesday	Bike: 60 minutes moderate	60 minutes
Wednesday	Run: 30 minutes easy	30 minutes

Thursday	Swim: 2,400 meters easy	75 minutes
Friday	Bike: 75 minutes moderate	75 minutes
Saturday	Run: 45 minutes easy	45 minutes
Sunday	Rest	-

Phase 3: Intensity and Speed Development (Weeks 9-11)

Day	Workout	Duration
Monday	Swim: 2,400 meters easy	75 minutes
Tuesday	Bike: 75 minutes moderate	75 minutes
Wednesday	Run: 30 minutes easy	30 minutes
Thursday	Swim: 2,000 meters	



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