

Enticer Training Program – 200m Swim, 10km Bike, 2.5km Run

Welcome to the Balance & UTS Enticer Training Program. This program is designed for new comers to the sport and will help you develop all the skills needed to successfully complete an enticer distance triathlon.

Course Prerequisite

No experience required you just need to be willing to *give it a go!*

If you are new to physical activity we suggest consulting with your General Practitioner before embarking on this training program.

Program Structure

The program is aimed at progressively providing you with the basic knowledge, skills and fitness for you to reach your goal of completing an enticer distance triathlon. The program is a guide only and you should always consider your own level of fitness and capability when undertaking any training activities.

Take Advantage of the Balance Training Timetable

Many of the sessions in this program align with the Balance & UTS Tri Club Members Training Timetable. Taking advantage of these sessions will help you develop your skills and provide an opportunity to network with other triathletes. Where you are unable to attend one of the regular training sessions, an alternate session description has been provided.

Balance & UTS Tri Club Members Training Timetable

Find your Balance

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Run ¹	Cycle ²	Run ¹	Cycle ²		Keep an eye out for the weekly club email ³	Keep an eye out for the weekly club email ⁵
PM During Day Light Savings				Bolt Series ⁴ As Advertised			

¹ 60 minute run session. Meet at Le Montage, Lilyfield 6am. Monday: interval training. Wednesday: hill/strength training. Contact Rob (Helmet): 0401 895 709. **FREE!**

² 60 min cycle session. Meet at the Queen Street entrance to Concord West train station at 5:45am. Bring money for optional breakfast/coffee after. Contact Mike (Daffy): mike@homealone.com.au or Rob (Helmet): 0401 895 709. **FREE!**

³ Weekend training options are advised by group email prior to the weekend. There will usually be a long ride, a long run and an open water swim. All sessions can be tailored to your needs. Refer to weekly email for contact details. **FREE!**

⁴ During Daylight Savings Balance & UTS Tri Club holds a series of all inclusive social run/walk events starting near Le Montage, Lilyfield. Keep an eye out for these sessions in the weekly email during daylight savings months.



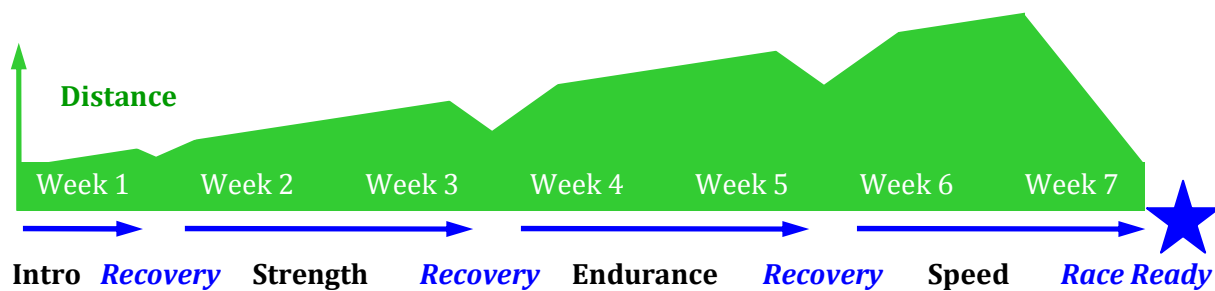
What if I Miss a Session?

Feel free to move training sessions around to fit with other commitments. Ideally you should aim to complete most of the sessions, however avoid trying to *catch-up* for missed sessions at the end of the week.

Enticer Training Program Overview

The seven week program is split in to four development blocks with short recovery periods every two weeks from the end of week one. As your skills and fitness develop the distance of your training sessions will also increase.

Recovery is a key part of improving your fitness and avoiding injury and we suggest that you consider booking at least one sports massage to align with one of the recovery periods.



Perceived Training Effort Levels

The following table provides a guide for effort levels and Heart Rate (HR) zones throughout the program:

Effort	Description	HR Guide*
E1 - Recovery	Warm-up and Cool-down pace	105-125
E2 - Easy	Slightly elevated HR, can comfortably hold a conversation	125-135
E3 - Moderate	Elevated HR but sustainable, limited conversation	135-145
E4 - Hard	Elevated HR, sustainable for periods up to 10-15 minutes, can only manage two -three word answers	145-155
E5 - Threshold	Maximum HR sustainable for 2 - 3 minutes before needing recovery	155 +

*HR zones are a guide only & will vary from person to person, for more accurate zones consider taking a HR test

Understanding Swim Set Details

Throughout the program you will see swim sets like:

Main set – All at moderate effort; 4 x 50m FS on 30 sec, 8 x 25m FS on 20 sec, 4 x 50m FS on 30 sec.

This means – Moderate effort as per the guide above, 4 x 50 metre Free Style on a 30 sec recovery between each 50 metres followed by 8 x 25 metre Free Style on 20 second recovery between each 25 metres and finally 4 x 50 metre Free Style on 30 recovery between each 50 metres.

Questions

Feel free to ask questions at any of the normal Balance training sessions.



Block 1 – Introduction		
Day	AM Session	PM Session
Saturday	<p>Cycle – Beginners Cycle Session – Join the beginners group and ask about: Correct helmet fitting, basic use of gears & cadence, getting in & out of cleats, safety when riding in a pack, what's in a spare kit. Then join the group for a practice ride.</p> <p>Meet At – Check the weekly Balance email.</p> <p>What to Bring – Bike, helmet, cycle shoes.</p>	
Sunday		
Monday	<p>Run¹ – 60 minute guided run session. Meet at Le Montage, Lilyfield 6am or</p>	
	<p>Run - 10 minute easy warm-up followed by a gentle stretch (calf, quad, hamstring). Main set – 3 x 1km repeats at a moderate pace on a 1 min recovery. 10 minute easy cool down followed by a gentle stretch.</p>	
Tuesday	<p>Cycle² - Homebush 60 min – Easy session getting used to riding in a pack at a steady pace, focus on a cadence of 85-95 and gear changes over the undulations.</p>	
Wednesday		
Thursday		<p>Swim – easy 300m as 6 x 50m on 30sec recovery.</p>
Friday		
Saturday	<p>Cycle – Join the weekend Beginners Ride or</p>	
	<p>Cycle – 25km over an undulating course. Focus will be on application of bike skills, cadence and gear selection.</p>	
Sunday		



Block 2 – Strength		
Day	AM Session	PM Session
Monday	Run¹ – 60 minute guided run session. Meet at Le Montage, Lilyfield 6am, or	Swim – 2 x 50m FS warm-up on 30 sec recovery. Main set – All at moderate effort; 4 x 50m FS on 30 sec, 8 x 25m FS on 20 sec, 4 x 50m FS on 30 sec. Cool down – 2 x 50m Fins on 30 sec.
	Run - 10 minute easy warm-up followed by a gentle stretch (calf, quad, hamstring). Main set – 3 x 1km repeats at a moderate pace on a 1 min recovery. 10 minute easy cool down followed by a gentle stretch.	
Tuesday	Cycle² - Homebush 60 min - 10 min warm-up. Main set – On the loop around the Tennis courts, 5 x 3min moderate efforts in the large chain ring at a cadence of 70 - 80 rpm on 3 min small chain ring recovery. Stay seated keeping your upper body still and focus on smooth pedal rotation. Rest of the ride at an easy pace.	
Wednesday	Run¹ – 60 minute guided run session. Meet at Le Montage, Lilyfield 6am or	Swim – 2 x 50m Fins warm-up on 30 sec recovery. Main set – All at moderate effort; 1 x 200m FS on 40 sec, 2 x 100m FS on 30 sec, 4 x 50m FS on 25 sec, 8 x 25m FS on 20 sec. Cool down – 2 x 50m Fins on 30 sec.
	Run - 10 minute easy warm-up followed by a gentle stretch (calf, quad, hamstring). Main set – on a gentle incline of about 400m, run 6 x 800m repeats as moderate pace on the incline and easy recovery on the decent on a 1 min recovery. 10 minute easy cool down followed by a gentle stretch.	
Thursday	Cycle² - Homebush 60 min - 15 min warm-up. Main set – 45 minutes as 3 x 10min moderate effort at a cadence between 85-95 rpm on 5 minutes recovery.	
Friday		
Saturday	Cycle – Join the weekend Beginners Ride or	
	Cycle – 25km over an undulating course. Focus on application of bike skills, cadence and gear selection. Run off the bike for 5 min.	
Sunday		



Block 2 – Strength		
Day	AM Session	PM Session
Monday	Run¹ – 60 minute guided run session. Meet at Le Montage, Lilyfield 6am or	Swim – 2 x 50m FS warm-up on 30 sec recovery. Main set – All at moderate effort; 8 x 50m FS on 30 sec, 12 x 25m FS on 20 sec. Cool down – 2 x 50m Fins on 30 sec.
	Run - 10 minute easy warm-up followed by a gentle stretch (calf, quad, hamstring). Main set – 3 x 1km repeats at a moderate pace on a 1 min recovery. 10 minute easy cool down followed by a gentle stretch.	
Tuesday	Cycle² - Homebush 60 min - 20 min warm-up. Main set – 40 minutes as 2 x 15min moderate effort on 5 minutes recovery over an undulating course.	
Wednesday	Run¹ – 60 minute guided run session. Meet at Le Montage, Lilyfield 6am Or	Swim – 2 x 50m Fins warm-up on 30 sec recovery. Main set – All at moderate effort; 4 x 50m FS on 25 sec, 2 x 100m FS on 30 sec, 4 x 50m FS on 25 sec, 2 x 100m FS on 30 sec. Cool down – 2 x 50m Fins on 30 sec.
	Run - 10 minute easy warm-up followed by a gentle stretch (calf, quad, hamstring). Main set – on a gentle incline of about 400m, run 6 x 800m repeats as moderate pace on the incline and easy recovery on the decent on a 1 min recovery. 10 minute easy cool down followed by a gentle stretch.	
Thursday	Cycle² - Homebush 60 min - 10 min warm-up. Main set – 50 minutes as 2 x 20min moderate effort on 5 minutes recovery over an undulating course.	
Friday		
Saturday	Cycle – Join the weekend Beginners Ride with a 2km run off the bike. or	
	Brick Session – Two sets of 8km ride, 2km run.	
Sunday		



Block 3 – Endurance		
Day	AM Session	PM Session
Monday	Rest	Swim – 2 x 50m Fins warm-up on 30 sec recovery. Main set – All at moderate effort; 4 x 50m FS on 25 sec, 6 x 100m FS on 30 sec, 1 x 200m. Cool down – 2 x 50m Fins on 30 sec.
Tuesday	Cycle² - Homebush 60 min – Easy ride.	
Wednesday	Run¹ – 60 minute guided run session. Meet at Le Montage, Lilyfield 6am Or	Swim – 2 x 50m Fins warm-up on 30 sec recovery. Main set – All at moderate effort; 4 x 100m FS on 30 sec, 2 x 200m FS on 40 sec, 1 x 300m. Cool down – 2 x 50m Fins on 30 sec.
	Run - 10 minute easy warm-up followed by a gentle stretch (calf, quad, hamstring). Main set – 5km on an undulating course as repeats of 4 minutes moderate effort, 2 minutes easy recovery. Finish with a gentle stretch.	
Thursday	Cycle² - Homebush 60 min - 15 min warm-up. Main set – 40 minutes at moderate effort followed by 5 min recovery.	
Friday		
Saturday	Cycle – Join the weekend Beginners Ride or	
	Cycle – 30km over an undulating course. Focus on application of bike skills, cadence and gear selection. Run off the bike for 10 min.	
Sunday		



Block 3 – Endurance		
Day	AM Session	PM Session
Monday	Run¹ – 60 minute guided run session. Meet at Le Montage, Lilyfield 6am or	Swim – 1 x 100m Fins warm-up on 30 sec recovery. Main set – All at moderate effort; 4 x 50m FS on 25 sec, 4 x 100m FS on 30 sec, 2 x 200m. Cool down – 2 x 50m Fins on 30 sec.
	Run - 10 minute easy warm-up followed by a gentle stretch (calf, quad, hamstring). Main set – 2 x 2km repeats at a moderate pace on a 1 min recovery. 10 minute easy cool down followed by a gentle stretch.	
Tuesday	Cycle² - Homebush 60 min - 15 min warm-up. Main set – 45 minutes as 3 x 10min moderate effort with the last minute hard on a cadence between 90-100 rpm on 5 minutes recovery.	
Wednesday	Run¹ – 60 minute guided run session. Meet at Le Montage, Lilyfield 6am or	Swim – 2 x 100m Fins warm-up on 30 sec recovery. Main set – All at moderate effort; 4 x 100m FS on 30 sec, 3 x 200m FS on 40 sec, 1 x 300m. Cool down – 2 x 50m Fins on 30 sec.
	Run - 10 minute easy warm-up followed by a gentle stretch (calf, quad, hamstring). Main set – 5km on an undulating course as repeats of 5 minutes moderate effort, 1 minute easy recovery. Finish with a gentle stretch.	
Thursday	Cycle² - Homebush 60 min – just for time	
Friday		
Saturday	Cycle – Join the weekend Beginners Ride with a 2km run off the bike. or	
	Cycle – 30km over an undulating course. Focus on application of bike skills, cadence and gear selection. Run off the bike for 10 min.	
Sunday	Optional Run – 4km as 2km at an easy pace then the last 2km as 1km hard, 1km moderate. Cool down with a 500m walk and a gentle stretch	



Block 4 – Speed		
Day	AM Session	PM Session
Monday	Rest	<p>Swim – 2 x 50m Fins warm-up on 30 sec recovery.</p> <p>Main set – 8 x 100 FS as first 50m at moderate effort & second 50m at hard effort on 40 sec.</p> <p>Cool down – 2 x 50m Fins on 30 sec.</p>
Tuesday	<p>Cycle² - Homebush 60 min - 10 min warm-up.</p> <p>Main set – 30 minutes as 3 sets of 7 min moderate effort 3 min hard effort.</p> <p>All at a cadence of between 90-100 rpm.</p> <p>Rest of the ride at an easy pace.</p>	
Wednesday	<p>Run¹ – 60 minute guided run session. Meet at Le Montage, Lilyfield 6am</p> <p>or</p> <p>Run - 10 minute easy warm-up followed by a gentle stretch (calf, quad, hamstring). Main set – 5km on an undulating course as repeats of 3 minutes hard effort, 2 minutes easy recovery. Finish with a gentle stretch.</p>	<p>Swim – 2 x 50m Fins warm-up on 30 sec recovery.</p> <p>Main set – 16 x 50m FS as first 25m at moderate effort & second 25m at hard effort on 25 sec.</p> <p>Cool down – 2 x 100m Fins on 30 sec.</p>
Thursday	<p>Cycle² - Homebush 60 min - 15 min warm-up.</p> <p>Main set – Two by 4km time trial at race pace at a cadence of 90-100 rpm with a 5 min recovery between each set.</p> <p>Rest of the ride at an easy pace.</p>	
Friday		
Saturday	<p>Cycle – Join the weekend Beginners Ride with a 2km run off the bike.</p> <p>or</p> <p>Cycle – 30km over a flat course. Focus on application of bike skills, cadence and gear selection. Run off the bike for 10 min.</p>	
Sunday	<p>Optional Run – 8km as 4km at an easy pace then the last 4km as 1km hard, 1km moderate, 1km hard, 1km moderate. Cool down with a 500m walk and a gentle stretch</p>	



Block 4 – Speed		
Day	AM Session	PM Session
Monday	Rest	<p>Swim – 2 x 50m Fins warm-up on 30 sec recovery.</p> <p>Main set – 8 x 50m FS as first 25m at moderate effort & second 25m at hard effort on 25 sec, 4 x 100m FS on 30 sec at a moderate effort</p> <p>Cool down – 2 x 50m Fins on 30 sec.</p>
Tuesday	<p>Cycle² - Homebush 60 min - 15 min warm-up.</p> <p>Main set – 8km time trial at race pace at a cadence of 90-100 rpm.</p> <p>Rest of the ride at an easy pace.</p>	
Wednesday	<p>Run¹ – 60 minute guided run session. Meet at Le Montage, Lilyfield 6am or</p>	<p>Swim – 2 x 50m Fins warm-up on 30 sec recovery.</p> <p>Main set – 4 x 50m FS as first 25m at moderate effort & second 25m at hard effort on 25 sec, 3 x 200m FS on 40 sec at a moderate effort</p> <p>Cool down – 2 x 50m Fins on 30 sec.</p>
	<p>Run - 10 minute easy warm-up followed by a gentle stretch (calf, quad, hamstring). Main set – 3km on an undulating course as repeats of 2 minutes hard effort, 3 minutes moderate effort. Finish with a gentle stretch.</p>	
Thursday	<p>Cycle² - Homebush 60 min – Mainly for time at an easy pace, include 4 x 1km race pace efforts on a 5 min recovery.</p>	
Friday	Rest	Rest
Saturday	<p>Bike / Run – easy 15min cycle with 2 x 1 minute race pace efforts. % minute run off the bike at a moderate pace</p>	Rest – stay hydrated!
Sunday	RACE HARD!	<p><i>Have lunch with friends and celebrate a great race. Begin plotting to take a step to a sprint race. Congratulations!</i></p>

CONGRATULATIONS - YOU'RE RACE READY!