

TEAM 220 TRIATHLON AUSTRALIA

CHALLENGER TRAINING PLAN – WEEKS 11-20

Choose this plan if you've done a couple of Ironman races but need to balance training with a busy life

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 11 (Start Feb 27)	AM		RUN 10km Aerobic	RUN 14km Aerobic 4 x 6min Tempo	RIDE Trainer Aerobic	SWIM 1.5km Open Water	RIDE 120km Endurance - Hilly	RUN 22km Endurance
	PM	SWIM 3.5km Squad	RIDE Trainer 8min efforts			RIDE Crit Race 30km	SWIM 2.5km 4 x 500 Pull	
WEEK 12 RECOVERY	AM		RUN 10km Aerobic	RUN 10km Aerobic		SWIM 1.5km Open Water	RIDE 90km Flat	RUN 16km Endurance
	PM	SWIM 3.5km Squad	RIDE Trainer Easy			RIDE Crit Race 30km	SWIM 1.5km Easy Mixed	
WEEK 13	AM		RUN 10km Aerobic	RUN 14km Aerobic 3 x 10min Tempo	RIDE Trainer Aerobic	SWIM 2km Open Water	RIDE 150km Endurance - Hilly 4 x 10km RP	RUN 25km Endurance
	PM	SWIM 3.5km Squad	RIDE Trainer 10 min efforts			RIDE Crit Race 30km	SWIM 2.5km 4 x 500 pull	
WEEK 14	AM		RUN 10km Aerobic	RUN 16km Aerobic 3 x 10min Tempo	RIDE Trainer Aerobic	SWIM 2km Open Water	RIDE 150km Endurance - Hilly 4 x 10km RP	RUN 25km Endurance
	PM	SWIM 3.5km Squad	RIDE Trainer 10 min efforts			RIDE Crit Race 30km	SWIM 2.5km 2 x 1000 Pull	
WEEK 15	AM		RUN 10km Aerobic	RUN 16km Aerobic 3 x 10min Tempo	RIDE Trainer Aerobic	SWIM 2km Open Water	RIDE 150km Endurance - Hilly 2 x 20 RP	RUN 30km Endurance
	PM	SWIM 3.5km Squad	RIDE Trainer 10 min efforts			RIDE Crit Race 30km	SWIM 2.5km 2000 Pull	
WEEK 16 RECOVERY	AM		RUN 10km Aerobic	RUN 10km Aerobic		SWIM 1.5km Open Water	RIDE 90km Flat	RUN 20km Endurance
	PM	SWIM 3.5km Squad	RIDE Trainer Easy			RIDE Crit Race 30km	SWIM 1.5km Easy Mixed	
WEEK 17	AM		RUN 10km Aerobic	RUN 16km Aerobic 3 x 10min Tempo	RIDE Trainer Aerobic	SWIM 3km Open Water	RIDE 170km Endurance - Hilly 2 x 20km RP	RUN 30km Endurance
	PM	SWIM 3.5km Squad	RIDE Trainer 10 min efforts			RIDE Crit Race 30km	SWIM 2.5km 4 x 500 Pull	
WEEK 18 START TAPER	AM		RUN 10km Aerobic	RUN 14km Aerobic 3 x 10min Tempo	RIDE Trainer Aerobic	SWIM 3km Open Water	RIDE 170km Endurance - Hilly 2 x 20km RP	RUN 24km Endurance
	PM	SWIM 3.5km Squad	RIDE Trainer 10 min efforts			RIDE Crit Race 30km	SWIM 2.5km 4 x 500 Pull	
WEEK 19 TAPER	AM		RUN 10km Aerobic	RUN 12km Aerobic	RIDE Trainer Aerobic	SWIM 1.5km Open Water	RIDE 120km Endurance - Hilly 1 x 30km RP	RUN 18km Endurance
	PM	SWIM 3.5km Squad	RIDE Trainer Aerobics			RIDE Crit Race 30km	SWIM 2.5km 4 x 500 Pull	
WEEK 20 RACE WEEK	AM			RUN 8km Aerobic	RIDE 30km Aerobic	DAY OFF	Easy Ride Run/Walk Ocean Swim	RACE DAY
	PM	SWIM 3.5km Squad	RIDE Trainer Aerobics					



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