

8 WEEKS TO YOUR OLYMPIC BEST

Race your fastest this season with this focused training plan
BY MARILYN CHYCHOTA



In order to take your racing to the next level, your training plan needs to develop all aspects of your athleticism with progression and consistency. My philosophy as a coach is to create an environment that enables athletes to understand their tendencies while developing them to be their best. If you want to be a complete, well-rounded athlete, you have to train the full range of all your systems.

This program is designed for intermediate athletes training for an Olympic distance triathlon. An athlete taking on this eight-week program should have a background of successfully completing and sustaining eight weeks worth of training with a base of at least six hours per week. The key is consistency and adhering to the training zones described here. With the right focus and hard work, you're bound to race your best Olympic this season!

TRAINING ZONES

Easy: 4/10 effort level

This is very low intensity training that promotes increased oxygen absorption and can aid in injury prevention and recovery. No fueling is required in this zone, and all your warm-up and cool-down time surrounding workouts should be spent here.

Aerobic: 6/10 effort level

The majority of your training each week should be dedicated to this zone, which is moderate in intensity and increases your ability to tolerate higher workloads. Very little concentration is needed, and you should be able to carry on a complete conversation.

Tempo: 7/10 effort level

When conversation becomes difficult and you take your first deep breath—that's when you've reached the tempo zone. Your concentration at this effort should start to switch on.

Threshold: 8/10 effort level

A large portion of your training should be spent here, as it develops the ability of your fast-twitch muscle fibers and improves your body's ability to process lactate. Threshold requires solid concentration, and breathing should be labored but manageable.

VO₂ max: 9/10 effort level

Your VO₂ max work is where high speed gains are made. Recovery from this zone takes the longest, and training at this intensity is also higher risk—warm-ups and cool-downs are essential.

Conditioning specific strength endurance: 7/10 effort level

The effort for this type of training is similar to the tempo zone, but while working with a high load of resistance or using max torque to build strength.

Neuromuscular quickness:

Keep the load extremely light in this zone, with a focus on a high, smooth turnover. For experienced athletes, this session can aid in recovery. High coordination is required.

WEEK 1

M	<p>SWIM 1000</p> <ul style="list-style-type: none"> • 200 easy • 4x50 as 25 scull drill/25 swim • 4x50 25 fingertip drag drill/25 swim • 4x25 paddle on right hand only • 4x25 paddle on left hand only • 4x50 swim, descend the pace 1-4 • 200 freestyle/backstroke <p>GYM Core routine</p>
T	<p>BIKE 45 min</p> <ul style="list-style-type: none"> • Warm-up: 20 min easy • 4x[30 sec right leg only/30 sec both legs/30 sec left leg only] <p><i>Tip: When single-leg pedaling, let the unclipped leg just hang unsupported, and keep smooth circles with the pedaling leg.</i></p> <p>In an easy gear with no tension:</p> <ul style="list-style-type: none"> • 2 min at 90 RPM • 1:30 at 95 RPM • 1 min at 100 RPM • 45 sec at 105 RPM • 30 sec at 110 RPM • 45 sec at 100 RPM • 1 min at 95 RPM • 1:30 at 95 RPM • 2 min at 90 RPM <p>Cool down easy to reach total time</p> <p><i>This session's goal is neuromuscular quickness under a very light load with easy gearing. HR should stay low. Power is low. Efficient, smooth pedaling is the focus. If you start to bounce on the saddle or move around a lot, you need to smooth out the pedal stroke.</i></p> <p>RUN 30 min, easy with drills</p> <ul style="list-style-type: none"> • 4x15 meters of each drill • Butt kicks • High knees • Monster walk • Side-to-side shuffle
W	<p>RUN 40 min</p> <ul style="list-style-type: none"> • Easy run with 8x30 sec hill strides with easy jog back down <p>GYM Core routine</p>
TH	<p>GYM Core routine</p> <p>RUN 45 min</p> <ul style="list-style-type: none"> • Include 6x90 sec uphill • Slow jog back down for recovery • Hill reps should be done on a sufficient grade but not a steep hill. Efforts should be strong but not full speed.
F	<p>SWIM 1800</p> <p>4x150 as:</p> <ol style="list-style-type: none"> 1. Pull with buoy 2. 50 pull with buoy, 100 free 3. 50 head up drill, 100 free 4. 50 scull, 100 free <ul style="list-style-type: none"> • 4x100 descend pace 1-4 • 4x100 ascend pace 1-4 (start out fast) • 2x200 as 50 catch-up drill/50 swim
S	<p>BIKE 2:00</p> <p>Aerobic, easy ride</p>
S	<p>RUN 50 min</p> <p>Easy run</p>

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CORE WORK

Whenever the plan calls for a gym core work session, do this routine. Videos of the exercises can be found online at triathlete.com/olympiccorework

- 3x1 min planks
- 4x20 superman
- 4x10 single legged balancing
- Swim cords
- 3x10 star pattern lunges
- 4x20 steps monster walks
- 4x15 hamstring bridges
- 4x10 calf raises
- 4x10 swimmer pull-downs
- 3x20 (each side) clam shells
- 5x20 dead bugs

WEEK 2

M	<p>SWIM 1900</p> <ul style="list-style-type: none"> • 200 warm-up • 4x50 single-arm swimming with fins (right arm for 25/ left arm for 25) • 200 pull • 4x50 scull • 200 pull • 4x50 fingertip drag drill • 200 pull • 200 steady swim • 4x50 kick fast • 100 easy <p>GYM Core routine</p>
T	<p>BIKE 1:00</p> <ul style="list-style-type: none"> • Warm-up: 10 min easy • 6x[30 sec right leg only/30 sec both legs/30 sec left leg only] <p>In an easy gear and no tension, do this twice through:</p> <ul style="list-style-type: none"> • 2 min at 100 RPM • 1:30 at 105 RPM • 1 min at 110 RPM • 45 sec at 115 RPM • 30 sec at 120 RPM • 45 sec at 115 RPM • 1 min at 110 RPM • 1:30 at 105 RPM • 2 min at 100 RPM <p>Take 10 min easy between sets.</p> <ul style="list-style-type: none"> • Cool down easy to reach total time <p>RUN 45 min</p> <p>Easy run with drills and strides</p> <p>Include:</p> <ul style="list-style-type: none"> • 6x20 sec strides/40 sec easy jog • 4x15 meter of each drill: • Butt kicks • High knees • Bounding • Monster walk • Side-to-side shuffle

W	<p>SWIM 2100</p> <ul style="list-style-type: none"> • 3x200 as 1 swim/1 pull/1 swim • 8x50 as 2 drill/swim, 2 build, 25 fast/25 easy • 6x50 build to fast, 15 sec rest • 7x100 steady to strong effort, 10 sec rest • 100 easy cool-down <p>BIKE 1:00</p> <ul style="list-style-type: none"> • Warm-up: 10 min • 4 min, single-leg work: [1 min right leg/1 min left leg/1 min both legs] • 10 min high cadence work: • 1 min at 100 RPM • 1 min at 110 RPM • 1 min 90–95 RPM • Repeat to total 10 min • Light gear smooth pedaling • 20 min big gear work (use 95 RPM as base) • 1 min base, 1 min at 85 RPM • 2 min base, 2 min at 80 RPM • 3 min base, 3 min at 75 RPM • 4 min base, 4 min at 70 RPM • 30 sec base, 30 sec at 65 RPM • 30 sec base, 30 sec at 60 RPM • 30 sec base, 30 sec at 55 RPM • Cool down 10 min
TH	<p>GYM Core routine</p> <p>RUN 45 min</p> <ul style="list-style-type: none"> • Jog easy for 10–15 min on flat terrain • 5x1 min steady-strong uphill, focus on good form. Jog back to the bottom for recovery. • 5x1 min on a slight downhill or flat road, building cadence throughout the 1 min • 1 min easy jog between each • Cool down 10 min jog
F	<p>SWIM 2300</p> <ul style="list-style-type: none"> • 4x100 as 25 swim/25 choice drill/25 build effort/25 easy, 10 sec rest • 8x200 pull with optional gear (band, buoy, paddles), 10 sec rest • 8x25 kick fast, 15 sec rest • 100 easy
S	<p>BIKE 1:30</p> <ul style="list-style-type: none"> • 10 min easy spin • 5 min build to steady • 5 min easy • For the remaining hour, continuously repeat: 6 min big gear 60–65 RPM, 4 min spin, 90+ RPM • Cool down 10 min easy spin <p>RUN 30 min</p> <p>Easy run</p>
S	<p>RUN 50 min</p> <ul style="list-style-type: none"> • 15 min of easy aerobic warm-up • Then do a “ladder” for 10 min, where you go from walking to tempo pace, increasing your step pace every minute. Power walk for a couple minutes. <p>Main Set</p> <ul style="list-style-type: none"> • 16 min total • 1 min on at tempo pace/1 min off at 50% of VO₂ max <p>Key things:</p> <ul style="list-style-type: none"> • If you lose form then you are either going too fast, or you have done enough repeats. It’s easy to tell when form is gone on treadmill because you’ll start pounding the deck! • Cool down to reach total time

WEEK 3	
M	<p>SWIM 2100</p> <ul style="list-style-type: none"> • 150 swim/50 kick, 150 pull/50 kick • 10x50 swim steady • 100 easy • 10x50 swim strong • 100 easy • 10x50 at 80–85% • 200 cool-down <p>GYM Core routine</p>
T	<p>BRICK 1:00</p> <p>BIKE 40 min</p> <p>Include 12x15 sec fast, 45 sec easy</p> <p>RUN 20 min</p> <p>Easy run off the bike</p>
W	<p>SWIM 2500</p> <ul style="list-style-type: none"> • 500 warm-up • 20x25 as fast as you can/rest for the equal time as it took your 25 • 500 easy pull • 20x25 fast as you can/equal rest • 500 easy pull <p>BIKE 1:00</p> <p>Warm-up choice</p> <p>Main Set</p> <p>3x16 min as:</p> <ul style="list-style-type: none"> • 4 min tempo choice cadence • 4 min tempo, 60 RPM • 4 min stand, choice cadence and effort • 4 min tempo, 92 RPM • Insert two min easy spin recovery between each • Cool down easy to reach total time
TH	<p>GYM Core routine</p> <p>RUN 45 min</p> <ul style="list-style-type: none"> • Include 6x90 sec uphill • Slow jog back down for recovery • Hill reps should be done on a sufficient grade but not a steep hill. These efforts should be strong but not full speed.
F	<p>SWIM 2300</p> <p><i>Goal of the entire workout is to swim the second 1000 faster than the first</i></p> <ul style="list-style-type: none"> • 200 easy and relaxed on 15 sec rest • 4x75 steady with the middle 25 fast on 10 sec rest • 100 easy • 1000 start easy and build to steady effort (<i>note time</i>) • 100 easy and relaxed • 1000 swim faster than the first one (<i>note change in effort required to swim faster</i>) • 100 cool-down <p><i>These long swims are an essential part of building up the mental skill required for success in open water. The two that are important: (a) a relaxed start and (b) the capacity to be strong at the end.</i></p>

S	<p>BIKE 1:30</p> <p>Warm-up 10 min</p> <ul style="list-style-type: none"> • 4x9 min big gear, 55–65 RPM, 4 min easy spin between each • 5 min easy • 3x10 min tempo, 6–7/10 effort, 5 min easy between each • Cool down to reach total time <p>RUN 45 min</p> <p>Include 6x20 sec strides/40 sec easy jog</p> <p>4x15m of each drill:</p> <ul style="list-style-type: none"> • Butt kicks • Monster walks • Side-to-side shuffle
S	<p>RUN 1:00</p> <p>Warm-up easy 10 min</p> <ul style="list-style-type: none"> • 4x(2 min tempo/1 min easy/2 min tempo/1 min easy) • Tempo is at 75%, easy is 60% • Cool down 10–15 min
WEEK 4	
M	<p>SWIM 2000</p> <ul style="list-style-type: none"> • 100 easy • 4x25 kick, 10 sec rest • 4x25 head up drill, 10 sec rest • 5x100 swim, descending 1–5, 15 sec rest • 50 easy kick • 5x100 buoy and band, descending 1–5, 10 sec rest • 50 easy swim • 5x100 swim target race effort, 15 sec rest • 100 easy cool-down <p>GYM Core routine</p>
T	<p>BRICK</p> <p>BIKE 1:00</p> <p>Warm-up 10 min easy:</p> <ul style="list-style-type: none"> • 5x[45 sec right leg only/15 sec both legs/45 sec left leg only/15 sec both] • 1 min easy • 5 min, build the 5 min to tempo, 5 min easy • 15x1 min, alternating power* 1 min /1 min easy spinning 90+ RPM • Cool-down 10 min <p>*Power minute: Goal is to hold strong power in a hard gear. Because the gearing is hard, you might start the minute in a lower RPM and ramp it up throughout.</p> <p>RUN 30 min</p> <p>Run off the bike with a steady effort. Insert 1 min walking into each 10 min block, ending with 6x75 meter strides on 30 sec walking recovery.</p>
W	<p>SWIM 2500</p> <ul style="list-style-type: none"> • 100 swim, 100 drill/swim, 100 kick • 10x200 band/bouy/paddles on 15 sec rest • 200 cool-down <p>BIKE 1:30</p> <p>Warm-up 10 min easy</p> <ul style="list-style-type: none"> • 5 min, build to tempo • 3x[1 min strong/1 min easy] • 5 min easy <p>3x10 min in race position (aerobars if riding a tri bike)</p> <ul style="list-style-type: none"> • Cadence of 85–95 RPM • Take 5 min between efforts • Cool down 15–20 min

TH	<p>GYM Core routine</p> <p>RUN 1:00, track</p> <ul style="list-style-type: none"> • Warm-up 10 min jog • 4x15m of each drill: • Butt kicks • Monster walks • Side-to-side shuffle • 10x200/200 easy • Focus is 90+ cadence and keeping the stride short. Think quick feet! • Jog to cool down.
F	<p>SWIM 2000</p> <ul style="list-style-type: none"> • 100 swim, 100 kick, 100 drill <p>Twice through the following: (Round 1 swim/Round 2 use fins)</p> <ul style="list-style-type: none"> • 100 fast/100 easy • 2x(75 fast/25 easy) • 2x(50 fast/50 easy) • 2x(25 fast/75 easy) • 1 min rest between rounds • 100 cool-down
S	<p>BIKE 2:00</p> <ul style="list-style-type: none"> • Warm-up 10 min • 5x15 min tempo in race position at 90–95 RPM, 5 min easy between each • Cool down 10 min
S	<p>RUN 1:00</p> <p>Main Set</p> <ul style="list-style-type: none"> • 3x10 min, start relaxed and end at tempo pace. Easy 2 min jog between. • End with 6x20 sec strides/40 sec walk. Jog to reach total time.
WEEK 5	
M	<p>SWIM 1400</p> <ul style="list-style-type: none"> • 200 choice • 4x25 build to fast, 10 sec rest • 100 easy • 400 time trial: Best possible effort today. • 3x200 pull buoy/band/paddles aerobic, 10 sec rest <p>BIKE 1:00 easy</p>
T	<p>BRICK</p> <p>BIKE</p> <ul style="list-style-type: none"> • Warm-up 10 min easy • 4x(30 sec right leg only/30 sec both legs/30 sec left leg only/30 sec both legs) • 2 min spin easy • 5x30 sec hard/30 sec easy • 5x1 min hard/1 min easy • 5x2 min hard/2 min easy • 5x1 min hard/1 min easy • 5x30 sec hard/30 sec easy • Easy 5 min <p>RUN 40 min</p> <ul style="list-style-type: none"> • 10 min at target race pace • 10x1 min slightly above race pace/30 sec race pace • Cool down easy to reach total time

W	<p>SWIM 2600</p> <ul style="list-style-type: none"> • 200 warm-up • 4x50 descending pace 1–4, 10 sec rest • Pull (buoy, band, paddles): 4x(100 fast, 300 mid race pace effort, 100 easy), 15 sec rest • 200 easy <p>BIKE 1:00</p> <p>Warm-up, then:</p> <ul style="list-style-type: none"> • 6x5 min big gear (cadence 50–60 RPM) • Take 5 min recovery at a cadence of 100 RPM between each interval • Cool down 15 min <p><i>*Note: Effort on the 5 min is strength focused—hard tension, big gear, strong legs in TT position.</i></p>
TH	REST DAY
F	<p>SWIM 2500</p> <ul style="list-style-type: none"> • 400 choice warm-up • Main Set (40x50) • 16x50 as 1 fast, 3 steady (x4), all on 5 sec rest • 12x50 as 1 fast, 2 steady (x4), all on 10 sec rest • 8x50 as 1 fast, 1 steady (x4), all on 15 sec rest • 4x50 all fast, 20 sec rest • Do the first 16 with buoy and band (if you have band experience). Do the next 12 with no gear. Do the next 8 with small paddles. • Cool-down as needed <p>RUN 50 min, track</p> <ul style="list-style-type: none"> • Warm-up 10 min jog • 4x strides • 3x600 at 80%, 200 jog • 2 min rest • 6x200 at 85–90%, 200 jog • Cool down jog and stretch
S	<p>BIKE 2:30</p> <p>After a warm-up, include:</p> <ul style="list-style-type: none"> • 2x(3x15 min TT position at tempo effort, 5 min easy between, 80–90 RPM)
S	<p>RUN 1:10</p> <p>On flat road or treadmill</p> <ul style="list-style-type: none"> • Warm-up 10–15 min • 10x3 min tempo, build to threshold, 90 sec easy between • Cool down 10 min easy

WEEK 6

M	<p>SWIM 3300</p> <ul style="list-style-type: none"> • 100 swim, 4x50 build on 1:00 • 8x100 steady on 10 sec rest • 200 easy • 8x100 at race effort, 15 sec rest • 200 easy • 8x100 above race effort, 20 sec rest • 200 easy <p>BIKE 1:00</p> <ul style="list-style-type: none"> • 10x1 min RPM 105 light gear, 30 sec easy between • 4x5 min 50–60 RPM, 2 min easy between • Cool down easy to reach total time
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T	<p>BRICK</p> <p>BIKE 1:30</p> <ul style="list-style-type: none"> • Include 2x10 min tempo effort in race position, 4 min easy between • 8x1 min hard, 2 min easy between <p>RUN 30 min</p> <ul style="list-style-type: none"> • Include 5 min very easy, 5x2 min at race effort, 90 sec easy between • Cool down easy to reach total time
W	<p>SWIM 2000</p> <ul style="list-style-type: none"> • Continuous and relaxed—if you're feeling good, the last 1000 should alternate fast/easy by 100 <p>BIKE 1:00</p> <ul style="list-style-type: none"> • Warm-up 15 min easy • 30 min progressive big gear • Start in a gear where you are pushing 70 RPM • Work your way to bigger gears each 5–10 min, until the last 5 min (of the 30 min) you are pushing 50 RPM • Do this on a flat road in race position. • 15 min easy spin to finish
TH	REST DAY
F	<p>SWIM 1850</p> <ul style="list-style-type: none"> • 200 swim, 200 kick, 200 buoy only, 4x50 right hand paddle for 2/left hand paddle for 2 • 4x25 build to fast on :30 • 2x75 as 25 sprint/50 steady, 15 sec rest • 100 max effort right into 100 steady • 2x75 pull, 5 sec rest • 3x50 descend 1–3 10 sec rest • 4x25 sprint/equal rest • 200 easy pull <p>RUN 20 min</p> <ul style="list-style-type: none"> • 10x400 at threshold effort, 200 easy jog/walk between • Cool down 5–10 min
S	<p>BIKE 2:00</p> <ul style="list-style-type: none"> • Warm up 5–10 min • 2x(30 sec right leg only/1 min both legs/30 sec left leg only) • 5 min progressive: Start in a gear that puts you at about 60% effort. Each min, click up one gear harder to work your way to 80% by the end of the 5 min. • 2 min easy <p>Main Set</p> <ul style="list-style-type: none"> • TT best effort • Build throughout the rep to best effort. This should be challenging! Go by feel to get your best possible TT effort today. • 2x6 min TT effort/2 min easy • 5 min recovery • 2x6 min TT effort/2 min easy • 5 min recovery • 2x6 min/2 min easy • Cool down easy to reach total time
S	<p>RUN 1:00</p> <p>Split the run into thirds:</p> <ul style="list-style-type: none"> • Easy effort for first third • Tempo effort second third • Hold your tempo pace in final third, effort may increase a bit to threshold <p><i>Always start at an effort that leaves you room to finish strong. This is an endurance session, keep the effort comfortably aerobic at all times. If you find that you have to raise HR by more than 5% to hold steady pace, it is best to dial down the middle pace so you don't have to "race" at the end of the workout.</i></p>

WEEK 7

M	<p>SWIM 3025</p> <ul style="list-style-type: none"> • 3x200 as 1 swim, 1 pull, 1 kick w/fins • 15x100 as 1 relaxed on 10 sec rest, 2 steady on 5 sec rest, 2 faster on 5 sec rest, repeat. • 100 easy • 25x25 fast on 10 sec rest • 200 cool-down
T	<p>BRICK BIKE 1:30</p> <p>30 min easy, 8x3 min TT at threshold, 85–95 RPM, 3 min easy between, spin easy to finish up</p> <p>RUN 30 min</p> <p>10 min easy/10 min at target race pace/10 min easy</p>
W	<p>SWIM 2200</p> <ul style="list-style-type: none"> • 200 warm-up • 4x50 single arm swimming with fins on. Right arm for 25/left arm for 25 • 200 pull • 4x50 scull • 200 pull • 4x50 finger tip drag drill • 200 pull • 4x50 using a kick board as your buoy like a shark fin • 200 pull • 4x50 kick fast • 200 pull <p>BIKE 1:30</p> <p>Include the following:</p> <ul style="list-style-type: none"> • 3x8 min big gear on a slight incline (2–3%), cadence 50–60 RPM • Recovery is 4 min, 100 RPM
TH	REST DAY
F	<p>SWIM 1500</p> <ul style="list-style-type: none"> • 200 swim, 8x50 descend 1–4 on 10 sec rest, 100 kick • 2x(10x25 fast with fins/equal rest, 200 swim relaxed) • 4x75 as 25 drill/50 swim non-free <p>RUN 1:00, track</p> <ul style="list-style-type: none"> • Warm-up 15–20 min • 6 strides, light stretching • 1200/800/600/400/200 (just over 10K pace), 200 jog (1 min) between each • 800/600/400/200 (at 10K pace), 400 jog (2 min) between each • 600/400/200 (at 5K pace), 400 jog (2 min) between each
S	<p>BIKE 1:30</p> <ul style="list-style-type: none"> • Include 2x(3x4 min at threshold, 2 min easy between in TT position at 85–95 RPM) 5 min easy between rounds <p>RUN 30 min, easy</p>
S	<p>RUN 45 min</p> <ul style="list-style-type: none"> • Warm up exactly like race day. Then practice your first three miles exactly like you want to run on race day. End with 6x strides with walking recoveries.

WEEK 8

M	<p>SWIM 2600</p> <p>Threshold focus:</p> <ul style="list-style-type: none"> • Warm up 200 choice, 6x50 as descending 1–3, 15 sec rest, 100 easy • Main Set • 2 rounds of 8x100 at race pace, 10 sec rest • 100 easy between rounds. Pace consistently across the set. • Cool-down: 200 pull/paddles cruise, 200 kick/swim easy
T	<p>BRICK BIKE 45 min</p> <ul style="list-style-type: none"> • Warm-up: 10 min • 3x2 min, build to 85% of race effort, 2 min between each interval • 10 min easy • 5 min at tempo • Cool down easy to reach total time <p>RUN 10 min</p> <ul style="list-style-type: none"> • Off the bike as 3 min at race pace, 5x30 sec fast/30 sec walk, 2 min jog to finish
W	<p>SWIM 1200</p> <ul style="list-style-type: none"> • 100 swim, 100 back, 100 scull • 3x200 buoy only, 10 sec rest • 8x25 kick build to fast, 15 sec rest • 100easy <p>BIKE 45 min, easy</p>
TH	REST DAY: Today is a good day for a pre-race massage!
F	<p>PRE-RACE WORKOUTS</p> <p>RUN</p> <ul style="list-style-type: none"> • Pre-race: 10 min easy, include 4x30 sec strides (controlled, smooth, faster than race pace, but not forced). Full recovery between strides, 2 min jog. <p>BIKE</p> <ul style="list-style-type: none"> • On the race course: Warm-up for 15 min easy, then ride 5 min progressive build to a comfortable but steady effort around race pace. Ride 5 min easy, then 4x30 sec faster than race pace with 90 sec easy between each. Cool down with 10 min easy. <p>SWIM</p> <ul style="list-style-type: none"> • On the race course: Warm up 100 mixed strokes, easy. Then do a progressive build effort for 100, followed by 50 easy. Practice 2–3 race starts with 10 strokes fast followed by easy swimming back to the start in between. Finish with 100 easy, mixed strokes. • Have a look at sighting markers, the entry and exit paths to/from transition, and for any currents in the water.
S	<p>RACE DAY</p> <ul style="list-style-type: none"> • Warm-up: Jog 3 min very easy, 2x1 min build to race effort, 30 sec walk, 3 min jog. • If possible, get in the water to do 2–3 10 stroke pick-ups with full recovery followed by a couple easy minutes. • Alternatively, try the swim cord routine at <i>Triathlete.com/swimcordwarmup</i>.
S	CELEBRATE!

Marilyn Chychota is a former elite cyclist and triathlete who coaches for Endurance Corner.