

triathlete



Training Guide: Build A Bombproof Run off the Bike - DOWNLOADABLE PDF

	Sprint-Distance	Olympic-Distance	Half/Middle-Distance	Full-Distance
BIKE FITNESS				
Weekly Bike Frequency	2-3x		3-4x	
Peak Weekly Bike Volume	35+ miles	50+ miles	100+ miles	150+ miles
Peak Long Bike Distances	18+ miles	30+ miles	60+ miles	105+ miles
Race Pace Intervals	Workouts incorporating 5- to 20-minute intervals, totaling 30-40 minutes of work at race pace	Workouts incorporating 10- to 30-minute intervals, totaling 45-60 minutes of work at race pace	15- to 45-minute intervals within your long ride, totaling 1.5-2.5 hours of work at race pace	30- to 60-minute intervals within your long ride, totaling 3-4 hours of work at race pace
RUN FITNESS				

Weekly Run Frequency	3-4x, including one run off the bike		4-5x, including one run off the bike	
Peak Weekly Run Volume	10+ miles	20+ miles	30+ miles	35+ miles (beg/int runners) 40+ miles (adv runners)*
Peak Long Run Distances/Durations	4.5+ miles	8+ miles	13-15 miles	2:30 (beg/int runners) 3:00 (adv runners)*
Race Pace Intervals	Workouts incorporating 400-1000m intervals, totaling 3-4k of work at race pace	Workouts incorporating 800-2000m intervals, totaling 6-8k of work at race pace	1-2 mile intervals within your long run, totaling 6-9 miles of work at race pace	2-3 mile intervals within your long run, totaling 8-12 miles of work at race pace
<i>*Advanced runners can tolerate more run volume as their stride efficiency produces less fatigue.</i>				
RUN-OFF-THE-BIKE FITNESS & EXECUTION				
Run Interval Workouts	3-4x 2- to 3-minute intervals at race pace followed by 4-6x 30-second hills at race effort	2-3x 5- to 8-minute intervals at race pace followed by 3-5x 1-minute hills at race effort	20-30 minutes at race pace followed by 3-6x 5-minute intervals at 10k pace	20-30 minutes at 1/2 marathon pace followed by 3-6x 5-minute intervals at 10k pace
	4-6x 30-second hills OR 1-minute intervals at race effort/pace followed by 5-10 minutes at race pace	4-6x 1-minute hills OR 2-minute intervals at race effort/pace followed by 10-20 minutes at race pace	5-8x 1-minute hills OR 2-minute intervals at 10k effort/pace followed by 10-20 minutes at 10k pace	
Long Runs with Late Intervals	2-3x 3 minutes at race pace in the final third of the run	2-3x 5 minutes at race pace in the final third of the run	3-4x 5 minutes faster than race pace in the final third of the run	4-6x 5 minutes faster than race pace in the final third of the run

Long Runs on Tired Legs				30- to 60-minute low-cadence, endurance effort bike immediately before long runs
Runs Off The Bike	Execution: First half - or up to twenty minutes - at a very strict and disciplined endurance pace; Fitness: Negative split finishing at or above race pace			
RUN DURABILITY				
Posture Cues	1. Superman pose: shoulders back and chest forward 2. Run tall: lengthen upward, pushing up from the top of your head			
Core Strength	Supplement your current core routine or swap out exercises, with a heavy focus on contra-lateral core work, 2-3x per week: 2 sets of the following exercises, done as a circuit 1. Weighted glute bridges (15 reps, increase weight as you progress) 2. Dead bugs (12-15 reps on each side, add a band around feet as you progress) 3. Side plank (20-45 seconds on each side, add hip dips or crunches as you progress) 4. Bird dogs (12-15 on each side, add foam rollers beneath hands and then knees as you progress) 5. Opposite arm-leg Supermans (12-15 reps on each side)			
Plyometrics	Add within or after your strength training, 1-2x per week; focus on soft and springy landings similar to what you experience during your run stride, rather than explosive movement: 2 sets of the following exercises, done as a circuit 1. Forward skips (5 reps each side) 2. Single-leg forward hops (5-8 reps on each side) 3. Squat jumps (5-8 reps of half-depth squats) 4. Switch lunge (8-12 total reps alternating sides, of half-depth lunges)			
NON-FITNESS COMPONENTS				
Fueling, Hydration, and Electrolyte Plan	Your plan should include, and you should test and practice during long training days: carbohydrate targets (g/hr), fluid targets (oz/hr), and electrolyte targets (mg/oz)			

	for breakfast, pre-swim, during the bike, and during the run.			
Race Execution Plan	Your plan should include, and you should verify during long training days: effort-level targets for the swim; effort-level, heart rate, and/or power targets for the bike; pace or heart rate targets for the first mile/s of the run; pace, heart rate, or effort-level targets for the remainder of the run.			
PUTTING IT ALL TOGETHER				
Proof-of-Concept Training Day	R1: 15-minute very easy run B: 9-mile bike, including 2x 2-mile intervals at race pace R2: 2 total miles - 1/2 mile easy, 1 mile at race pace, 1/2 mile slightly faster than race pace	R1: 30-minute very easy run B: 18-mile bike, including 3x 3-mile intervals at race pace R2: 3 total miles - 1 easy, 1 at race pace, 1 slightly faster than race pace	R1: 45-minute very easy run B: 40-mile bike, including 3x 7-mile intervals at race pace R2: 8 total miles - 3 easy, 3 at race pace, 2 slightly faster than race pace	R1: 60-minute very easy run B: 70-mile bike, including 3x 12-mile intervals at race pace R2: 10 total miles - 4 easy, 4 at race pace, 2 slightly faster than race pace