

# SportsCare

## CANBERRA

### **Training Progression for Race Day**

Challenge Canberra is now 20 weeks away, which means it is time to officially commence your base training to be race ready by November.

It's only winter and it's a long season, so we recommend starting with separating all three legs, initially focusing on building aerobic base kilometres. Starting with the swim and bike, and then the run. Once you have comfortably built up the three legs to at least the race distance, for example for the middle distance race, being able to swim 2k, ride 100k and run 90 minutes, then it is time to add intensity to the three legs - at and above race intensity. It is best to ensure that the majority (approximately 80%) of the training over the week remains aerobic. As the final component of your build to race day, we recommend you incorporate the brick (swim to bike and bike to run) into your training schedule. Again, begin with aerobic runs off the bike and then gradually build the intensity off the bike to longer efforts at race pace, as well as shorter intervals above race pace. On top of this, it's very important that you have deload weeks every 3-4 weeks, where you back the intensity right off and the duration by approximately half.

A generalised build to November could look like this:

#### **July & Early August: Aerobic Base Training of three legs**

Build up to the race distance of the three legs. Remain in the aerobic zone 2 for all training.

3 weeks build, 1 week deload. Repeat.

#### **Late August & September: Add Intensity at and above race pace**

Add intensity to the three legs and back the duration off the sessions, and keep the legs separated. However, do not complete two higher intensity sessions back to back but separate with an aerobic, recovery or rest day

- Shorter Zone 4 above race pace efforts, with equal or greater periods of rest (e.g. Bike: 4 x 4min zone 4, 6 min recovery, total 40min for main set. Run: 8 x 1k at 10k race pace (2min rest)).
- Longer zone 3 efforts at race pace, with shorter periods of rest (e.g. 2hr ride including 3 x 20min at race pace)

2-3 week build, 1 week deload. Repeat.

### **October: Race specifics - Bring it all together**

Commence longer specific race pace sessions, add bricks, practice transitions and have 1-2 rest days a week so you can absorb and adapt to your training. Race specifics include:

- 2-3hr long rides (depending on race distance), with 15min hard runs off the bike
- Long rides with race pace efforts, into interval run at above and below race pace

2 weeks quality, 1 week deload. Repeat.

### **November - It's race month**

Race day is close! Time to finish off the race specific session and then freshen up for race day. Maintain quality training, but also program some race simulations so you can prepare the body and mind for race day. Race simulations will help you work out your race pace for race day, as well as help you to get more comfortable with pushing through the uncomfortable feeling transitioning from swim to bike and bike to run. The race simulation should be hard but doesn't have to be race distance, and don't expect it to be race pace as you will be going in a little fatigued.

Start backing off the overall training from early November, with a great focus on nailing your race specific sessions and then plenty of recovery between sessions so sessions remain high quality.

We will then be back with more specific advice in November for taper time. Good luck and enjoy the process!

*By Dave Halpin*