



CANCER
RESEARCH
UK

Together we are
beating cancer

Triathlon training plan Olympic

running
withus 



Triathlon training plan

Olympic

Training tips

- For threshold, continuous hills and interval sessions, start and finish with a 15-minute warm-up/cool-down.
- For faster swim sets, start and finish with a 4 x 25m or 2 x 50m easy warm-up/cool-down.
- If you're injured, very sore or it's unsafe to run, always substitute cross-training for running.
- If you have time, add a core-conditioning, Pilates or yoga class once or twice a week.
- Stretch daily for at least 10 minutes to aid flexibility and recovery.
- Refuel promptly: Eat within 20–30 minutes of finishing a run, swim or cycle to support recovery.
- Open-water practice: If your event is in open water, include some swims in a wetsuit during training.
- Safety first: Only swim in open water in supervised, safe environments.
- Race-pace discipline: In race-paced sessions, stick to your target pace – don't compromise or push too hard.
- Listen to your body: Tiredness always builds up, so prioritise rest when needed.



Triathlon training plan

Olympic

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest or swim: 20 min freestyle easy with 4 x (5 min, 2 min recovery)	Run: 30 min easy conversational pace (add 1 min walk every 5 min if needed)	Rest	Swim: 6 x (75m steady, 30 sec recovery)	Rest	Bike: 45 min easy	Run: 30 min easy conversational pace (add 1 min walk every 5 min if needed)
2	Rest or swim: 20 min freestyle easy with 4 x (5 min, 2 min recovery)	Run: 30 min with 4 x (4 min threshold, 3 min jog/walk recovery)	Rest	Swim: 8 x (75m steady, 30 sec recovery)	Rest	Bike: 50 min easy	Run: 45 min easy (add 1 min walk every 5 min if needed)
3	Rest or swim: 30 min freestyle easy with 3 x (10 min, 2-3 min recovery)	Run: 30 min with 3 x (5 min threshold, 2 min jog recovery)	Rest	Swim: 10 x (75m steady, 30 sec recovery), 1 min 30 sec recovery, 50m fast	Rest	Bike: 1 hr easy	Run: 45 min easy (add 1 min walk every 5 min if needed)

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4	Rest or swim: 30 min freestyle easy with 3 x (10 min, 2–3 min recovery)	Run: 30 min with 3 x (5 min threshold, 2 min jog recovery)	Rest	AM Swim: 6 x (100m steady, 30 sec recovery), 1 min 30 sec recovery, 100m fast recording time PM Rest or run: 20 min easy	Rest	Bike: 1 hr–1 hr 10 min easy	Run: 45 min–1 hr easy conversational pace
5	Rest or swim: 30 min freestyle easy with 3 x (10 min, 1 min 30 sec recovery)	Run: 30 min with 3 x (5 min threshold, 2 min jog recovery)	Rest	Swim: 30 min as fast as you can while maintaining control	Rest	Parkrun or self-timed 5k	Bike: 1 hr easy
6	Rest or swim: 30 min easy	Brick session bike: 30 min easy with last 10 min threshold Run: 4 x (3 min threshold, 1 min 30 sec jog recovery)	Rest	AM Swim: 6 x (150m steady, 20 sec recovery), 1 min 30 sec recovery, 100m fast recording time PM Rest or run: 20 min easy	Rest	Bike: 1 hr 30 min easy	Run: 1 hr easy

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7	Rest or swim: 30 min easy	Run: 45 min with 5 x (5 min threshold, 1 min 30 sec jog recovery)	Rest	AM Swim: 5 x (200m steady, 30 sec recovery) PM Rest or run: 30 min easy	Rest	Bike: 1 hr 30 min easy	Run: 1 hr–1 hr 10 min easy
8	Rest or swim: 35 min easy	Brick session bike: 40 min easy, last 20 min race pace Run: 4 x (5 min threshold, 1 min 30 sec jog recovery)	Rest	AM Swim: 5 x (200m steady, 30 sec recovery) PM Rest or run: 30 min easy	Rest	Bike: 1 hr 45 min easy	Run: 1 hr 10 min– 1 hr 20 min easy
9	Rest or swim: 40 min easy with 2 x (20 min, 5 min recovery)	Run: 6 x (5 min threshold, 1 min 30 sec jog recovery)	Rest	AM Swim: 30–40 min as far as you can while maintaining control PM Rest or run: 30 min easy	Rest	Bike: 2 hr easy	Run: 1 hr 20 min easy

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10	Rest or swim: 40 min easy	Brick session bike: 45 min easy, last 20 min race pace Run: 4 x (6 min threshold, 1 min 30 sec jog recovery)	Rest	AM Swim: 8–10 x (100m race pace, 15–20 sec recovery) PM Rest or run: 30 min easy	Rest	Parkrun or self-timed 5k with easy run after: 20 min	Bike: 1 hr 30 min with 4 x (3k race pace, 3 min easy spin recovery)
11	Rest, core or swim: 30 min easy	PM Run: 6 min threshold, 5 x (2 min 5k pace, 2 min jog recovery, 6 min threshold, 2 min jog recovery)	Rest	AM Rest or swim: 30 min freestyle easy PM Run: 30 min with 10 min easy, 10 min steady, 10 min threshold	Rest	Bike: 1 hr 15 min easy	Run: 45 min–1 hr easy
12	Rest	Run: 30 min with 3 x (5 min threshold, 3 min jog recovery)	Rest	Swim: 20 min freestyle easy	Rest	Stretch and run: 15 min easy	Race day – good luck!