

12 Week Legend (70.3) Training Plan



I wouldn't recommend anyone go straight into doing the Legend before having done any kind of triathlon before. I suggest working your way up from a sprint (or super sprint) to a Standard distance and then on to a Middle distance triathlon. That way your body adapts to the training gradually and there isn't much of a step up from a standard tri to a middle distance tri. This is aimed towards athletes who have had a few years in Triathlon racing (preferably standard/ middle distances) or have trained in all three disciplines over the last 3-5 years, often training 10 hours or more per week. Prior to starting this particular plan, athletes should have been training consistently for at least 3 months. The swim sessions are aimed towards athletes who can swim 2100m front crawl in about 38-45minutes. These sessions can be reduced in distance to suit swimmers who are not quite ready for 3km+ per session. To carry out this plan, you should expect to train two or three times a week in each discipline and have on average 9-10 hours a week to train sometimes training twice a day. Athletes should already progressed to running upto 1.5 hours on a long run and riding at least 3 hours on the bike comfortably.

KEY

WU: Warm Up
MS: Main Set
CD: Cool Down
Mins - minutes
Secs = seconds
RI - Rest Interval
M - metres
Free - freestyle
Rpm - revolutions per minute
WR - walk recovery
HC - High cadence (over 95rpm)
QT - quick transitions
B3 - breathe every 3 strokes
B5 breathe every 5 strokes
RPE - rate of perceived effort
BG - Big Gear - get into your big chain ring in the hardest gear you can to sustain the cadence given. BG is usually 55-75rpm

Strides = Strides are short efforts where the focus is on technique and form. Think about running tall, leaning from the heels, over-exaggerating your arm action and focusing on running with a high heel recovery which will help bring your knees through with momentum.

Torpedo kicking - Streamlined kicking, start under the water and then aim to come to the surface by halfway, keep your face in the water until you need to breathe - then you can go into freestyle swimming for the rest of the distance given.

RPM - revolutions per minute. You can count your revolutions by counting each time one leg does a full revolution, continue counting for 15 seconds and then multiply by 4 to get your cadence for a minute. Otherwise, you can get a cadence counter relatively cheaply.

Race pace - this is your race pace for the specific race you are aiming for. Remember to build into your pace and not go off too fast, even for a super sprint! Race intensity depends on how well developed your engine is and how long you can sustain longer distances. With the given training plan, you will have plenty of opportunities to practice the 'race pace' and should be able to judge what race pace you can sustain for the given distances. As a rule of thumb, a race should feel like you are working hard, start off with an RPE of 7 and build into a 9. Split the race into the 3 disciplines and then split each discipline into 3 parts, the first part being RPE 7 (steady to moderate), the second part building into a comfortably hard pace/ effort and the final part, if you are feeling good up it to a 9. This should be sustainable for all distances up to Standard, although for the Standard air on the side of caution when moving into RPE 9. A half is a little longer in duration and as such you should start on a 6 and build to an 8. This should be pretty sustainable as long as you don't get to an 8 too quickly!!

Strength and Conditioning is an important part of any triathlete's program. If time is an issue, perhaps consider exchanging one of the sessions (your strongest discipline) for a strength session each week. Core strengthening can be done in short 10 minute blocks regularly throughout the week (whilst watching television!). Having a strong core is good for posture whilst swimming, cycling and running helping to keep good form for longer and being more efficient, thus wasting less energy.

Training plan produced by TriRox Training



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Anyone interested in joining TRT in our strength and conditioning Live Zoom sessions can find more information here:
<https://triroxtraining.co.uk/coaching-services/land-training-for-triathletes/>



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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1 (10.5 hours)	Rest	Bike & Run BIKE: Ride for 60-90mins at a steady pace all high cadence (100rpm) (RPE 3-4) RUN: 30mins (separate to the bike) steady (RPE 3-4)	Swim: Test Set WU: 4x200m free +10sec RI (you can mix this up with drills and pull) TT: 400m swim (test your self to see how quickly you can do it. Whatever stroke you can do) Rest for a few minutes until you feel ready to go again Approx 5-8mins Then do a 200m TT record your times and use the CSS calculator to get your Critical Swim Speed time. Drills: 6x100m focus on breathing 2 on left side only, 2 on right side only 2 on both sides (every 3 strokes) CD: 300m easy choice (2300m)	Run 60 mins steady continuous run include 20mins of tempo running (RPE 7-8)	Swim TECHNIQUE: WU: 500m free, 200m pull, 100m as 4x50m torpedo kicking into free +10sec rest MS: 300m pull 4x50m as 25m drill + 25m free B5 200m pull 6x50m as 25m drill + 25m free B5 100m pull and paddles 8x50m as 25m drill+ 25m free B7 CD: 200m easy choice (2500m) BIKE: 1 hour Easy spin: in your small chain ring, spin the legs at a comfortably high cadence (around 100rpm) for the duration	Bike Ride: 3 hour steady riding (aim to adjust your gears so you can keep your cadence up the hills and keep seated) RPE 3-4	Run 1.5 hour at a steady pace (RPE 3-4)
Week 2 (11 hours)	Rest	Bike & Run BIKE: Ride for 60-90 mins at a steady pace all at (100rpm) (RPE 3-4) RUN: 30mins (separate to the bike) steady (RPE 3-4)	Swim ENDURANCE WU: 6x100m as 50m swim (free or your choice) + 50m pull MS: 5x300m swim +30sec rest do this at RPE 5-6 (practice sighting every 5-7 strokes on alternate 300s) 8x25m fast +20sec rest CD: 200m easy choice (2500m)	Run 60 mins steady continuous run Include 2x20mins at tempo (RPE 5-6), with 1-3 mins easy in-between	Swim MIX MATCH! WU: 500m swim +20sec MS: 5x200m continuous swim +30sec rest (RPE 7-8) 6x100m pull fast +20sec RI (RPE 9-10) 6x50m easy swim focus on technique CD: 100m easy choice (2500m) BIKE: 1 hour Easy spin: in your small chain ring, spin the legs at a comfortably high cadence (around 100rpm) for the duration RPE: 4-5	Bike 3 1/2 hour steady riding this time include 3x(10mins Big Gear , 3mins easy) RPE 3-4	Run 1 3/4 hour at a steady pace (RPE 3-4)
Week 3 (12.25 hours)	Rest	Bike & Run BIKE: Ride for 90mins at a steady pace all high cadence (100rpm) (RPE 3-4) RUN: 30mins (separate to the bike) steady (RPE 3-4)	Swim ENDURANCE 500m continuous swim steady (RPE 3-4) Build: 4x100m each one getting faster (RPE 3-10) *practice deep water starts on each 100 MS: 4x400m swim +20sec RI (RPE 7-8) breathe every 3 strokes (B3) 2x200m swim (B3) RPE 7-8 +20sec RI CD: 200m choice easy (2700m)	Run 1 1/4 hr steady continuous run Include 2x25mins at tempo (RPE 7), with 1-3 mins easy in-between	Swim THRESHOLD *although you are sprinting here, your rest is short so don't expect fast times! WU: 500m free 200m as 25m drill+ 25m free 4x50m as 1/2 length scull #1 + 1/2 doggy paddle + 25m free (use a pull buoy) Build: 4x100m free descending (getting faster for each 100m) +20sec RI MS: 4x (4x50m @ CSS pace +10sec RI + 100m sprint +15sec RI) Bonus 30sec RI in-between sets 2x100m fast +30sec RI CD: 200m easy choice (2500)	Bike 4 hour steady riding this time include 2x(20mins Big Gear , 3mins easy) RPE 3-4	Run 2hour at a steady pace (RPE 3-4)

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 4 Recovery week (7 hours)	Rest	Bike Ride for 60 mins at a easy pace (RPE 3-4) comfortably high cadence 100RPM	Recovery swim: WU: 300m swim easy MS: 5x(200m pull, 100m swim all steady) +20sec RI Practice sighting every 8-9 strokes on alternate 200s 4x50m build to fast, 20sec RI CD: 100m easy (2100m)	Run: 50 mins continuous running RPE 3-4 include 5x1mins build to fast, 1min easy	Swim SPEED: WU: 4x150m as 1. Free, 2. Pull, 3. Kick on side, 4. Swim choice Build: 4x50m descending (each one getting faster) +20sec RI MS: 4x100m as 25m fast, 75m easy change which length is fast on each 100m +20sec RI 4x50m as 25m easy, 25m fast +20sec RI CD: 600m steady swimming (2000m)	Bike: 2.5 hour steady riding (RPE 3-4) include 5x1mins fast, 1min easy	Run: 75 mins at a steady pace (RPE 3-4)
Week 5 (11 hours)	Rest	Bike & Run BIKE: Ride for 90 mins at a steady pace (RPE 3-4) and include 3x10mins Threshold (RPE 8-9), 5min easy Onto a short RUN: 15mins steady (RPE 3-4)	Swim Threshold & Bike WU: 200m swim, 200m pull, 100m torpedo kicking MS: 15-20x 100m at a moderate - hard pace (sustainable) RPE 7-8 +20-30sec RI CD: 100m easy choice (2600m) BIKE: Recovery spin 1 hour (keep in small chain ring and spin the legs 100rpm) RPE 4-5	Run 60min as WU: 10mins easy to steady 3-5 strides MS: moderate hill reps: 3x 6mins into a headwind or a low gradient hill, jog easy for 2-3 mins CD: 5-10mins steady to easy run	Swim ENDURANCE straight into 6x400m +30sec RI. 1+2. Steady CSS+6sec/100m 3. Steady -Moderate CSS +4sec/100m 4. Moderate CSS+3sec/ 100m 5. Moderate - hard CSS+2sec/100m Each 400m is gradually getting faster, aim to do each one as a negative split. Use a tempo trainer and set it on mode 1 for each length, stay with the beep (2400m)	Bike 3.1/2 hours steady riding (RPE 3-4) include: 2x10mins Threshold (RPE 8-9) after the first hour and half, 10mins recovery in between.	Swim & Run OPEN WATER SWIM: Acclimatise to the water slowly - see tips for acclimatising Swim continuously for as long as is comfortable depending on the water temperature. (Up to 30mins) If you are a novice to open water swimming, it may be better to find a group to go with that will give you safety cover or coaching. As this is your first time in the open water, regain your composure before going out for the run (try to do the run as quickly after the swim as you can) RUN: easy/ steady run for 90mins (RPE 3-4)
Week 6 (11 hours)	Rest	Bike & Run BIKE: Ride for 90 mins at a steady pace (RPE 3-4) include 3x8mins harder, with 3mins recovery (RPE 8-9) Onto a RUN: 30 mins steady (RPE 3-4)	Swim & Bike FOCUS ON BREATHING 400m swim continuous focus on breathing every 3 Drills: 7x100m +20sec RI 1. B4 on left side 2. B3 3. B4 on right side 4. B5 5. B6 on left side 6. B7 7. B6 on right side MS: 6x200m at moderate to hard pace (sustainable) RPE 7-8 +20-30sec RI CD: 100-200m easy choice (2500m) BIKE: Recovery spin 1 hour (keep in small chain ring and spin the legs 100rpm) RPE 4-5	Run 60min as WU: 10mins easy to steady 3-5 strides MS: moderate hill reps: 4x 6mins into a headwind or a low gradient hill, jog easy for 2-3 mins CD: 5-10mins steady to easy run	Bike or Swim BIKE: recovery ride 60mins in your small chain ring and spinning at a comfortably high cadence (100rpm) Or a recovery swim of continuous swimming at least 2x1000m	Bike Ride for 3 1/2- 4hours at a steady pace (RPE 5-6) include 2x15mins @Threshold with 10mins recovery (RPE 8-9)	Swim & Run OPEN WATER SWIM: Acclimatise slowly, swim 5-10mins continuous to get warm MS: swim 3x 750m loops - practice moving around buoys quickly CD: practice entering and exiting the water (be aware and be careful of what is underfoot) On your last exit of the water, quickly get out of wetsuit and put your trainers on ready for a run: RUN: 90mins as 10mins at race pace (RPE 8-9), 20mins steady (RPE 3-4)

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Week 7 (11 hours)	Rest	Bike & Run BIKE: Ride for 60 mins at a steady pace (RPE 3-4) include 3x10mins @Threshold effort (RPE 8-9), 5mins recovery Onto a RUN: 30mins steady (RPE 3-4)	Swim THRESHOLD WU: 600m continuous swim +30sec RI 200m pull MS: 50m, 100m, 200m, 300m, 200m, 100m, 50m All reps should be done at the same pace (effort will increase 7-9 as you go up the mountain) +20-25sec RI Drill: 8x50m 25m drill into 25m free +15sec RI CD: 300m easy choice (2500)	Run 60min as WU: 10mins easy to steady 3-5 strides MS: For 20mins continuous running, aim to run at threshold for 2mins, then build up a little faster/harder than threshold (upto your 5km pace) for 2 mins, repeat till you have completed approximately 20mins CD: 5-10mins steady to easy run	Recovery Bike & Swim 60mins in your small chain ring and spinning at a comfortably high cadence (100rpm) Swim: continuous swimming for 2km rest, then swim 1km at the same pace	Bike & Run BIKE: Ride for 3hours at a steady pace (RPE 3-4) include 20mins continuous at threshold (RPE 8-9) Steady RUN off the bike: 15mins (RPE 3-4)	Swim & Run OPEN WATER SWIM: swim a loop of approximately 500m and repeat the loop x4-5 times time yourself each time and see if you can beat the previous time. Aim to RUN once out of the water for a 90mins as 20mins @ race pace, 10mins easy
Week 8 (7 hours)	Rest	Bike: Ride for 60 mins at a steady pace (RPE 3-4)	Swim & TT WU: 300m easy swim 200m drill: as 4x(25m 6-1-6 drill + 25m free) 100m torpedo kicking MS: 400m TT record time and compare to the last time you did it. Rest 5-8mins 200m TT record and compare *remember you can put your times in to the CSS calculator to see if your CSS time has come down. Drills: 3x200m 1. Pull and paddles 2. 4x50m as 25m drill +25m free 3. Pull and paddles B5 4. 25m Drill + 25m Free CD: 200m easy choice (1900m)	Run 45mins continuous include: 5x1mins build to fast, 1min easy	Rest	Bike Ride: 2 1/2hour steady riding (RPE 3-4) include 5x1mins fast, 1min easy	Swim & Run OPEN WATER SWIM: Swim continuously for up to 30mins Practice sighting (Approx 1500- 2000m) RUN: 60mins easy off the swim include 5x30secs build to fast, 30secs easy
Week 9 (11 hours)	Rest	Bike & Run BIKE: Ride for 60 mins at a steady pace (RPE 3-4) include 10x3mins Hard (RPE 8-9) with 2mins recovery QT: onto run RUN: 30mins as 15mins race pace, 15 mins steady run off the bike	Swim RACE PACE WU: 4x150m as 1. Free, 2. Choice of stroke, 3. Fins: 6-1-6 drill, 4. Free MS: 10x200m at race pace +20sec rest (RPE 7-8) 4x50m as 25m sprint, 25m easy +20sec RI CD: 100m easy choice (2900m)	Bike & Run BIKE: Ride:60mins of steady riding, aiming to keep at RPE 3-4 QT: out of the shoes on the bike and aim to practice your transition of getting off the bike with shoes left on the bike Straight onto the run... RUN: Steady 30 mins with 3-5 X 30sec strides, 30sec recovery	Bike easy spin- keep in small chain ring and spin at 100rpm+ unto 1.5hour RPE 4-5	Brick: long ride + short run BIKE: 2.5 hours steady riding, include 30mins @race pace (make sure you have a good 30mins warm up and a 15mins cool down. QT: as quickly as you can off your bike and onto the run... RUN: 30 mins run, as 3x6mins at race pace, 2min easy, 5mins steady	Swim & Bike OPEN WATER SWIM: Aim to swim continuously at least 1-2x1500m at a moderate pace/ effort (RPE 7-8) Practice breathing on one side only and bilaterally (B3-5) Practice exiting the water quickly, being mindful of what is on the ground, on your last exit, wetsuit off and onto the bike... BIKE as soon as you can out of the swim 1 hours of easy to steady riding

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 10 (10hours)	Rest	Bike & Run IKE: Ride for 45mins at a steady pace (RPE 3-4) include 5x4mins hard uphill (going upto RPE 9) with 4mins recovery QT: onto the run RUN: 2x15mins at race pace with 5mins easy run between (focus on getting the breathing into a comfortable rhythm), 10mins cool down (45mins in total)	Swim SWIM RACE PACE: : WU: 800m free Drills: 4x100m as (25m kick on right side, 25m kick on left side + 25m 6-1-6+25m free) MS: 4x400m at race pace +20sec RI CD: 200m easy (3000m)	Run Steady 60mins total WU: 10-15mins easy to steady + 3-5 X 30sec strides, 30sec recovery MS: 5x3mins @ hard (RPE 9), 3mins recovery aim to do this on a flat soft surface such as a field or track CD: 10-15mins easy	Bike easy spin - keep in small chain ring and spin at 100rpm+ upto 90mins RPE 4-5	Brick: short ride + long run BIKE: 2hour steady riding aim to keep in Z2 for this QT: as quickly as you can off your bike and onto the run... RUN: 60 mins, as 30 mins at race pace, 30mins steady	Swim & Bike OPEN WATER SWIM: Aim to swim continuously at least 2-4x750m at a moderate pace/ effort (RPE 7-8) Onto a bike... BIKE: 1.5hour: include a 15mile TT on a course similar to that of your race
Week 11 (8hours 30mins)	Rest	Bike & Run BIKE: Ride for 60mins at a steady pace (RPE 3-4) include 6x4mins hard (RPE 8-9) with 5mins recovery QT: off the bike and onto the run RUN: 15mins run at race pace off the bike (get into a comfortable pace and keep it there, 15mins easy/ steady)	Swim RACE PACE 500m swim steady (RPE 3-4) Build: 4x50m build pace to fast +20sec rest MS: 500m at race pace (relaxed breathing every 3) 5x100m at race pace +20sec rest B3 10x50m fast +20sec rest CD: 300m easy choice (2500m)	Run Steady 45mins with 3-5 X (30sec strides, 30sec recovery) Plus in the middle include 10x1mins @ hard 1min easy	Bike Easy spin - keep in small chain ring and spin at 100rpm+ upto 90mins include 5x1mins build to fast, 1mins easy	Brick: short ride + short run BIKE: 1.5hours steady riding, include 15mins of harder effort (aim for race pace here, makes sure you have a good 30mins warm up and a 15mins cool down. QT: as quickly as you can off your bike and onto the run... RUN: 30mins run, as 15mins steady, 5mins at race pace, 10mins steady	Swim / Bike OPEN WATER SWIM: Aim to swim continuously atleast 4x500m increasing effort/ pace on each one from steady, to moderate, to hard Optional easy- steady spin 1 hours
Week 12 (4.25 hours + race)	Rest	Brick: Do this in race kit BIKE: for 60 mins at a steady pace (RPE 3-4) include 5x1mins build to a fast pace, 1min easy QT: smoothly get off bike, park it and then put your trainers on to go run RUN: 10mins easy, 5x30sec build to fast, 30sec easy, 5mins easy / walk	Swim RACE PACE This can be done in the open water as a continuous swim. Aim to get up to race pace for atleast 10x100m of it. WU: 400m swim 200m pull 4x25m torpedo kicking +15sec rest MS: 10x100m (aiming for the pace you will swim at on race day) +20-30sec RI CD: 200m easy swimming (1900m)	Bike & Run BIKE: 30mins easy spin, include 5x30sec build to fast, 30sec easy RUN: 45mins continuous running RPE 3-4 include 5x1mins build to fast, 1min easy	Rest	Pre race Brick (in race kit):: BIKE: 45mins easy spinning in total, include 3-5x30secs build to fast, 30sec easy, QT: QUICKLY! RUN: 5mins get into a comfortable rhythm, 5x20sec build to fast, 40sec walk or jog, 5 mins jog or walk	Race day Legend Triathlon

Training Intensity Zones



Zones	Hellemans	% HRMax	%HRR	Beats below MHR	RPE (1-10)	RPE (6-20)	Primary Reliance Energy System	Primary Reliance Fuels Used	Carbs%	Fat%
1- Easy	Easy	68-73%	50-60%	MHR minus > 40 beats	1-2	10-12	Aerobic	Blood glucose Muscle glycogen Fat	40%	60%
2- Light Aerobic	Steady	73-80%	60-70%	MHR minus 30-50 beats	3-4	12-14	Aerobic		65%	35%
3- Moderate Aerobic	Mod. Hard	80-87%	70-80%	MHR minus 20-40 beats	5-6	14-16	Aerobic		80%	20%
4- Threshold	Hard	87-93%	80-90%	MHR minus 10-30 beats	7-8	16-18	Aerobic	Blood Glucose Muscle Glycogen	92%	8%
5- Above Threshold	Very Hard	93-100%	90-100%	MRH minus < 10 beats	9-10	18-20	Aerobic and Anaerobic Glycolysis		98-100%	< 2%

Zones	RPE (1-10)	RPE (6-20)	Swim Pace/ 100 yd (mtr)	% THR Bike	% FTP Bike Power	Aerobic Threshold Heart Rate ATHR	Run VO2 max	Run Pace	% THR Run	Primary Reliance Energy System	Primary Reliance Fuels Used	Carbs%	Fat%
1- Easy	1-2	10-12	Technique only	< 68% THR	< 55% FTP		52-60 percent of VO2max	Very easy	< 85% THR	Aerobic	Blood glucose Muscle Glycogen Fat	40%	60%
2- Light Aerobic	3-4	12-14	Pace + 10 seconds	69-83% THR	56-75% FTP	< 78% of your ATHR	61-70 percent of VO2max	Easy	85-89% THR	Aerobic		65%	35%
3- Moderate Aerobic	5-6	14-16	Pace + 5 seconds	84-94% THR	76-90% FTP	78-90% ATHR	71-79 percent of VO2max	Moderate - close to marathon pace	90-94% THR	Aerobic		80%	20%
4- Threshold	7-8	16-18	Race pace	95-105% THR	91-105% FTP	90-100% ATHR	80-89 percent of VO2max	Half-marathon to 10-K pace	95-99% THR	Aerobic	Blood Glucose Muscle Glycogen	92%	8%
5- Above Threshold	9-10	18-20	Pace - 5 seconds	> 106% THR	> 105% FTP	Above ATHR	90-100 percent of VO2max	5-K to 3-K race pace	> 100% THR	Anaerobic Glycolysis/ Aerobic		98-100%	< 2%

Hellemans, John. 2000. The Training Intensity Handbook for Endurance Sport. KinEli Pub.

