

**Radix Nutrition XTERRA Rotorua Multisport Festival**  
XTERRA Long Course Triathlon Training Plan

**ROTORUA FESTIVAL**

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	<b>11</b> Swim - 750m	<b>12</b> Cycle - 45min (Speed)	<b>13</b> Swim - 750m Run Hills - 4km	<b>14</b> Cycle - 45min (Hills)	<b>15</b> REST DAY	<b>16</b> MTB - Course Reccie	<b>17</b> Run - 45min
2	<b>18</b> Swim - 750m	<b>19</b> Cycle - 1hr (Speed)	<b>20</b> Swim - 1000m Run Hills - 5km	<b>21</b> Cycle - 45min (Hills)	<b>22</b> REST DAY	<b>23</b> Cycle - 2hr30 + 10min Run	<b>24</b> Run - 50min
3	<b>25</b> Swim - 1000m	<b>26</b> Cycle - 1hr (Speed)	<b>27</b> Swim - 1200m Run Hills - 6km	<b>28</b> Cycle - 1hr (Hills)	<b>1 March</b> REST DAY	<b>2</b> Cycle - 3hr + 15min Run	<b>3</b> Run - 1hr
4	<b>4</b> Swim - 1000m	<b>5</b> Cycle - 45min (Easy)	<b>6</b> Swim - 1000m Run Easy - 5km	<b>7</b> Cycle - 45min (Hills)	<b>8</b> REST DAY	<b>9</b> Cycle - 2hr30	<b>10</b> Run - 1hr
5	<b>11</b> Swim - 1200m	<b>12</b> Cycle - 1hr (Speed)	<b>13</b> Swim - 1500m Run Intervals - 5km	<b>14</b> Cycle - 1hr (Hills)	<b>15</b> REST DAY	<b>16</b> Cycle - 3hr + 20min Run	<b>17</b> Run - 1hr15
6	<b>18</b> Swim - 1500m	<b>19</b> Cycle - 1hr (Speed)	<b>20</b> Swim - 1500m Run Intervals - 6km	<b>21</b> Cycle - 1hr (Hills)	<b>22</b> REST DAY	<b>23</b> MTB - 1 lap Run - 2 laps	<b>24</b> Lake Swim MTB or Run - 1 lap
7	<b>25</b> Swim - 1800m	<b>26</b> Cycle - 1hr (Speed)	<b>27</b> Swim - 2000m Run Intervals - 6km	<b>28</b> Cycle - 1hr (Hills)	<b>29</b> REST DAY	<b>30</b> RACE SIM: Swim - 500m Cycle - 1 lap, Run - 1 lap	<b>31</b> Cycle - 1hr30
8	<b>1 April</b> Swim - 1500m	<b>2</b> Cycle - 45min (Easy)	<b>3</b> Swim - 1500m Run Easy - 3km	<b>4</b> REST DAY	<b>5</b> Cycle - 20min Run - 10min	<b>6</b> <b>RACE DAY!!</b>	<b>8</b>

This 8 week training plan is best suited to helping a newbie finish their very first XTERRA Rotorua Long Course Triathlon.

- To start this training plan, it is recommended that you have trained 4-6 hours per week for the past 6 weeks prior.
- There are 8 training sessions per week with an average training volume of 6 to 10 hours per week.
- Prior to commencing please ensure you are in good physical health and have had your mountain bike serviced - always wear a helmet on the bike!

#### Training Notes:

Pool Swimming - incorporate swim drills & intervals.

- swapping for the occasional lake swim would be a great way to practice your sighting skills as well as swimming continuously.

Cycling - depending on accessibility to trails, the assumption is that you will predominantly ride on the road. When you have the opportunity to ride on trail, do so.

- the more you ride on the actual course the better.
- speed: incorporate 2-4 lots of 5min efforts in the middle of the ride.
- hills: go hard on every hill ascent and practice descending too, especially on the trails.
- weekend cycle: slower pace, this is your endurance ride.

Running - trail is best due to its technical aspect.

- hills: option is either an undulating course or hill repeats with easy running pre and post.
- intervals: incorporate a fartlek set in the middle such as 3-2-1 min of effort with 1min recovery between each effort.
- Saturday run is directly after the cycle to get the legs accustomed to running off the bike.
- Sunday run is slow, this is your endurance run.

#### **MTB Course Reccie:**

Not sure whether the XTERRA Long Course is for you? Download a copy of the course map to your phone and ride the course. This will give you a good idea as to the commitment you require to train, and ultimately complete this course. If you feel there are sections that are beyond your ability, do not despair – the more you ride the course the better you become. You may even want to consider signing up for a 1-on-1 session to work on technical skills – a lifelong investment toward your enjoyment of MTBing.

#### **Two Weeks Out:**

Two weeks from race day and the course is freshly marked. This allows you to ride the course with a better flow and without the worry of missing a turn. This times well with the peak of your training load so a good time to head to Rotorua for a weekend of fun training!

#### **Race Simulation:**

One week out from race day, train on the fully marked course with conditions as close to race day.

If you have a particular goal in mind and require a more personalised approach to your training or plant-based nutrition, then please feel free to contact **Fitness Locker's** Head Coach **Ben** at [benjamin@fitnesslocker.co.nz](mailto:benjamin@fitnesslocker.co.nz) or go to [www.fitnesslocker.co.nz](http://www.fitnesslocker.co.nz) for more information about how we can help you achieve your sporting goals.