

XTERRA Rotorua Multisport Festival

XTERRA Long Course Triathlon Training Plan

ROTORUA FESTIVAL

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	15 February Swim - 750m	16 Cycle - 45min (Speed)	17 Swim - 750m Run Hills - 4km	18 Cycle - 45min (Hills)	19 REST DAY	20 Cycle - 2hr30	21 Run - 45min
2	22 Swim - 750m	23 Cycle - 45min (Speed)	24 Swim - 1000m Run Hills - 5km	25 Cycle - 1hr (Hills)	26 REST DAY	27 Cycle - 2hr30 + 10min Run	28 Run - 50min
3	1 March Swim - 1000m	2 Cycle - 1hr (Speed)	3 Swim - 1200m Run Hills - 6km	4 Cycle - 1hr (Hills)	5 REST DAY	6 Cycle - 3hr + 15min Run	7 Run - 1hr
4	8 Swim - 1000m	9 Cycle - 45min (Easy)	10 Swim - 1000m Run Easy - 5km	11 Cycle - 45min (Hills)	12 REST DAY	13 Cycle - 3hr	14 Run - 1hr10
5	15 Swim - 1200m	16 Cycle - 1hr (Speed)	17 Swim - 1500m Run Intervals - 5km	18 Cycle - 1hr (Hills)	19 REST DAY	20 Cycle - 3hr + 20min Run	21 Run - 1hr15
6	22 Swim - 1500m	23 Cycle - 1hr (Speed)	24 Swim - 1500m Run Intervals - 6km	25 Cycle - 1hr (Hills)	26 REST DAY	27 MTB - 1 lap Run - 2 laps	28 Lake Swim MTB or Run - 1 lap
7	29 Swim - 1800m	30 Cycle - 1hr (Speed)	31 Swim - 2000m Run Intervals - 6km	1 April Cycle - 1hr (Hills)	2 REST DAY	3 RACE SIM: Swim - 500m Cycle - 1 lap, Run - 1 lap	4 Cycle - 1hr30
8	5 Swim - 2000m	6 Cycle - 45min (Easy)	7 April Swim - 1500m Run Easy - 3km	8 REST DAY	9 Cycle - 20min Run - 10min	10 RACE DAY!!	11

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 your ability to swim 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: is at a 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 at a slow pace, 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 mountain biking.

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.

Environment:

The lakes and oceans we swim in and the trails we ride and run on are becoming fragile. This is our playground and we need to care for it. If you see any rubbish along the way, please pick it up. The rest of us will appreciate it.

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** XTERRA-certified coach **Ben** at benjamin@fitnesslocker.co.nz or go to www.fitnesslocker.co.nz for more information about how we can help you achieve your sporting goals. Make sure you follow [Fitness Locker](#) on Facebook and [FitnessLocker](#) on Instagram for updates on upcoming XTERRA training camps.