

Radix Nutrition XTERRA Rotorua Multisport Festival

XTERRA Short Course Triathlon Training Plan

ROTORUA FESTIVAL

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	11 Swim - 500m	12 Cycle - 30min (Speed)	13 Swim - 500m Run Intervals - 3km	14 Cycle - 30min (Hills)	15 REST DAY	16 MTB - Course Reccie	17 Run - 30min
2	18 Swim - 500m	19 Cycle - 45min (Speed)	20 Swim - 800m Run Intervals - 4km	21 Cycle - 30min (Hills)	22 REST DAY	23 Cycle - 1hr30 + 5min Run	24 Run - 40min
3	25 Swim - 800m	26 Cycle - 45min (Speed)	27 Swim - 1000m Run Intervals - 5km	28 Cycle - 45min (Hills)	1 March REST DAY	2 Cycle - 2hr + 10min Run	3 Run - 50min
4	4 Swim - 800m	5 Cycle - 30min (Easy)	6 Swim - 800m Run Easy - 4km	7 Cycle - 45min (Hills)	8 REST DAY	9 Cycle - 1hr30	10 Run - 50min
5	11 Swim - 1000m	12 Cycle - 45min (Speed)	13 Swim - 1300m Run Intervals - 5km	14 Cycle - 1hr (Hills)	15 REST DAY	16 Cycle - 2hr + 15min Run	17 Run - 1hr
6	18 Swim - 1300m	19 Cycle - 1hr (Speed)	20 Swim - 1300m Run Intervals - 6km	21 Cycle - 1hr (Hills)	22 REST DAY	23 MTB - 1 lap Run - 1 lap	24 Lake Swim MTB or Run - 1 lap
7	25 Swim - 1500m	26 Cycle - 1hr (Speed)	27 Swim - 1500m Run Intervals - 6km	28 Cycle - 1hr (Hills)	29 REST DAY	30 RACE SIM: Swim - 500m Cycle - 1 lap, Run - 1 lap	31 Cycle - 1hr30
8	1 April Swim - 1300m	2 Cycle - 45min (Easy)	3 Swim - 1300m Run Easy - 3km	4 REST DAY	5 Cycle - 20min Run - 10min	6 RACE DAY!!	8

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

- To start this training plan, it is recommended that you have trained 2-4 hours per week for the past 6 weeks prior.
- There are 8 training sessions per week with an average training volume of 4 to 7 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 Short 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 or go to www.fitnesslocker.co.nz for more information about how we can help you achieve your sporting goals.