



# Beijing International Triathlon TRAINING GUIDE

## INTERMEDIATE



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WEEK	MON	TUE	WED	THU	FRI	SAT	SUN	
<b>1</b>	<b>B U I L D</b>							
	SWIM	50 MINS/1400 M			50 MINS/1400 M			
	BIKE			1 HR SPIN CLASS or 1 HR BIKE RIDE		REST	1.25 HR/29 KM	
	RUN		40 MINS/6.5 KM	WITH 15 MINS <b>Brick</b>			20 MINUTES	30 MINS/5 KM
<b>2</b>	<b>B U I L D</b>							
	SWIM	55 MINS/1500 M			55 MINS/1500 M			
	BIKE			1 HR SPIN CLASS or 1 HR BIKE RIDE		REST	1.25 HR/30 KM	
	RUN		45 MINS/8 KM	WITH 20 MINS <b>Brick</b>			25 MINUTES	30 MINS/5 KM
<b>3</b>	<b>B U I L D</b>							
	SWIM	60 MINS/1600 M			60 MINS/1600 M			
	BIKE			1 HR SPIN CLASS or 1 HR BIKE RIDE		REST	1.5 HR/39 KM	
	RUN		45 MINS/8 KM	WITH 25 MINS <b>Brick</b>			25 MINUTES	40 MINS/6.5 KM
<b>4</b>	<b>B U I L D</b>							
	SWIM	60 MINS/1600 M			60 MINS/1600 M			
	BIKE			1 HR SPIN CLASS or 1 HR BIKE RIDE		REST	1.5 HR/40 KM	
	RUN		50 MINS/9 KM	WITH 30 MINS <b>Brick</b>			25 MINUTES	40 MINS/6.5 KM
<b>5</b>	<b>R E C O V E R</b>							
	SWIM	30 MINS/1000 M			30 MINS/1000 M			
	BIKE			1 HR SPIN CLASS or 1 HR BIKE RIDE		REST	1.5 HR/42 KM	REST
	RUN		35 MINS/5.5 KM	WITH 15 MINS <b>Brick</b>			20 MINUTES	
<b>6</b>	<b>R E C O V E R</b>							
	SWIM	60 MINS/1650 M			60 MINS/1650 M			
	BIKE			1 HR SPIN CLASS or 1 HR BIKE RIDE		REST	1.5 HR/44 KM	
	RUN		50 MINS/9 KM	WITH 30 MINS <b>Brick</b>			25 MINUTES	50 MINS/8 KM



WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
<b>7</b>							
SWIM	60 MINS/1750 M			60 MINS/1750 M			
BIKE			1 HR SPIN CLASS or 1 HR BIKE RIDE		<b>REST</b>	1.5 HR/32 KM	
RUN		50 MINS/9 KM	WITH 35 MINS <b>Brick</b>			35 MINUTES	50 MINS/8 KM
<b>8</b>							
SWIM	60 MINS/1850 M			60 MINS/1850 M			
BIKE			1 HR SPIN CLASS or 1 HR BIKE RIDE		<b>REST</b>	1.5 HR/32 KM	
RUN		60 MINS/10 KM	WITH 40 MINS <b>Brick</b>			40 MINUTES	50 MINS/9 KM
<b>9</b>	<b>RECOVER</b>						
SWIM	30 MINS/1000 M			30 MINS/1000 M			
BIKE			1 HR SPIN CLASS or 1 HR BIKE RIDE		<b>REST</b>	1.5 HR/32 KM	<b>REST</b>
RUN		35 MINS/5.5 KM	WITH 20 MINS <b>Brick</b>			25 MINUTES	
<b>10</b>							
SWIM	60 MINS/1850 M			60 MINS/1850 M			
BIKE			1 HR SPIN CLASS or 1 HR BIKE RIDE		<b>REST</b>	1.75 HR/40 KM	
RUN		60 MINS/10 KM	WITH 40 MINS <b>Brick</b>			45 MINUTES	50 MINS/8 KM
<b>11</b>							
SWIM	60 MINS/1900 M			60 MINS/1900 M			
BIKE			1 HR SPIN CLASS or 1 HR BIKE RIDE		<b>REST</b>	1.75 HR/40 KM	
RUN		55 MINS/9 KM	WITH 35 MINS <b>Brick</b>			35 MINUTES	50 MINS/8 KM
<b>12</b>							
SWIM	45 MINS/1400 M	25 MINS/900 M					
BIKE			1 HR SPIN CLASS or 1 HR BIKE RIDE	<b>REST</b>	Stretch	<b>RACE DAY</b>	
RUN		30 MINS/ 5 KM <b>Brick</b>	WITH 10 MINS <b>Brick</b>				