



Beijing International Triathlon TRAINING GUIDE

INTERMEDIATE



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



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