



## **GUIDE TO DEVELOPING YOUR ANNUAL PLAN FOR TRIATHLON CYCLING**

Provided by [www.teamsheeper.com](http://www.teamsheeper.com)  
and [www.USATriathlonTraining.com](http://www.USATriathlonTraining.com)

Use the following as a reference in creating your annual cycling plan for triathlon. These ideas outline the training phases and target cycling goals through a yearly triathlon training cycle. Actual workouts and distances will depend on your competitive goals, time and ability.

As a reminder, a complete Sprint Triathlon Training Plan is available in volume 1 of this series. If you have any questions, please feel free to contact us:

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### **MEDICAL DISCLAIMER**

The creators, producers, and distributors of this program disclaim any liabilities in connection with the information and advice provided herein. Not all exercises are suitable for everyone, and this or any other exercise program may result in injury or death. Any user of this exercise program assumes the risk of injury resulting from performing the exercises.

Consult a physician before beginning this or any other exercise program.

## 1. Base Phase (12 weeks)

**Focus:** Develop aerobic system for season. Develop strong musculoskeletal system for injury prevention.

**Strength:** Prepare body to improve on the bike through general and specific strength training exercise three days per week for 20 minutes minimum.

**Time:** Spend progressively greater amounts of time on the bike. Increase time 5-10% per week.

**Bike:** Ride your road bike and spend time riding back in the saddle while climbing.

**Stationary Training:** Spend time on a stationary trainer improving leg speed in easy to moderate resistant gears.

**Road Training:** Ride varied terrain and with increased climbing at comfortable and controlled pace.

**Intensity:** Mostly relaxed moderate level training with small bouts of intensity once a week for diversity.

## 2. Pre Competitive Phase (10 weeks)

**Focus:** Transitioning into specificity of preparation while working at higher aerobic and threshold capacities.

**Strength:** Taper off one of the weekly workouts and use the other two workouts to maintain gains.

**Time:** Time per week on the bike no longer grows like in the base phase. Establish a stable amount of time that you can ride each week.

**Bike:** Begin riding the Triathlon bike 75% of the time so your muscles can adapt to the different positioning.

**Stationary Training:** Begin introducing higher training intensities and using harder gears.

**Road Training:** Begin riding race course simulations in training at least once per week with specificity for early season or peak race.

**Intensity:** One strong road ride per week and one strong stationary ride per week.

### 3. Competitive Phase (20 weeks)

**Focus:** Sharpening for upcoming races and improving from race to race with adjusted and focused training.

**Strength:** Maintain strength gains with one strength session per week.

**Time:** Decreasing training time going into a race to ensure adequate intensity and decrease training time after an event to ensure appropriate recovery. Some rides during this phase should be longer than race distance to maintain adequate speed endurance.

**Bike:** Spend 100% of time riding triathlon bike on the road and stationary.

**Stationary Training:** Using the trainer for specific output goals that correspond to race goals, and riding at higher than race pace and maximum effort intensities.

**Road Training:** Flats for leg speed and positioning work while using hills for strength and sustained outputs.

**Intensity:** Some workouts should be harder but shorter than race distance. Some workouts should be used mostly as recovery from the hard workouts.

### 4. Recovery and Exercise Phase (10 weeks)

**Focus:** To exercise and keep the body healthy while recovering from a season of pushing the body and mind to improve. Finding exercise that is enjoyable and inviting and not necessarily strenuous.

**Strength:** Determine the exercises that will rehabilitate weaknesses and/or injuries and incorporate two days per week.

**Time:** Total weekly training time should reduce to 50-75% of in-season training.

**Bike:** Road bike, mountain bike and fixed gear instead of tri bike.

**Stationary Training:** Depending on weather, the more challenging the weather the more indoor training sessions.

**Road Training:** Road exploring and off-road exercise, importance of diversity.

**Intensity:** Mostly moderate or below to keep the body and mind mending from the “pushing” of the season.