

MASTERS / OF / TRI /

Strength sessions for Swim, Bike and Run

Strength sessions 2, 3 and 4 below follow on from the first sessions and, as before, should be completed once per week, and not on consecutive days (especially the bike and run sessions).

The terminology and way to approach these is covered in the previous article [Types of sessions](#)

You may notice that the sessions are repetitive, simple and simply build the volume – this is all that is required, nothing fancy or complicated. Simple is best.

Swim

Again, no drills, simply focus on swimming. The aim is to develop the movement pattern and be strong enough to maintain it throughout the whole session. Relax the recovery and push fully back - simple!

Warm up: (sessions 2, 3 and 4) (400m)

3x25p, 10RI – EASY) Repeat 4
25p, 10RI – HARD) times

Main sets:

Session 2 (2000m)

6x100p, 10RI
6x200p/P, 20RI
8x25p/P/B, 15RI

Session 3 (2200m)

6x100p, 10RI
6x200p/P, 20RI
2(8x25p/P/B, 15RI), 45RI

Session 4 (2600m)

8x100p, 10RI
6x200p/P, 20RI
4(6x25p/P/B, 15RI), 45RI

Push back FULLY to complete the stroke; there should be no focus on the front other than to get your hand vertical to start pushing.

Bike

These sessions and can be performed on either a turbo or outdoors on hills and involve HARD efforts at low cadence with big gears. Focus on applying power to the pedals to overcome the resistance of the hill or turbo/gears and aim for a hill of around 5-6% if outdoors.

Warm up can be short as the intention of the main set – strength – should not raise your heart rate excessively, so 10-20mins is adequate, and it should all be EASY.

Warm up: (sessions 2, 3 and 4)

10' Easy building resistance by shifting to higher gear to reduce cadence to around 60rpm

MASTERS / OF / TRI /

Main sets:

Session 2

12(1min HARD @ 50-55rpm, 1min EASY)

Session 3

14(1min HARD @ 50-55rpm, 1min EASY)

Session 4

16(1min HARD @ 50-55rpm, 1min EASY)

Warm down

5-10min of relaxed pedalling at an EASY level.

Again, simple but effective. Focus on using the quads (front thighs) and the glutes (backside) on each push down on the pedal. Quads and glutes will (should) feel the effort during and after the session.

Run

Use a hill of around 5-6% incline (real or treadmill) to provide the resistance for the run strength session.

Warm up: (sessions 2, 3 and 4)

15-20min of EASY running to the hill, or on the treadmill – all EASY.

Main sets:

Session 2

2 x (4x40sec HARD up hill, walk back down), 5min EASY

Session 3

2 x (6x40sec HARD up hill, walk back down), 5min EASY

Session 4

2 x (8x40sec HARD up hill, walk back down), 5min EASY

Warm down

5-10min at an EASY level.

These sessions are very simple but effective and the progression over the weeks should be manageable providing the mix of your overall weekly sessions allows adequate recovery.

There is no magic session that will help progression but the consistent application of developing a movement pattern that can be sustained over race distance.