



MARCH TRAINING SESSIONS

PDF VERSIONS

Print of the relevant training sessions and take with you

[Savage Triathlon](#)

March Training Sessions

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March Training Sessions

March Swim sessions

Novice

Swim session 1

Distance = 500m

Perform (5x) sets of the following:

- 25m @ level 10 (50%)
- 50m @ level 12 (60%)
- 25m @ level 10 (50%)
- 1 minute static recovery

Coaching points

- Aim to 'connect' with the a differences in intensity both physically and mentally
- View each set as a non-stop swim. It's just the intensity levels that vary.
- Primary focus is maintaining relaxed movements. This will help with sustaining a smooth swim.
- Don't stop after swim the distances at higher intensity. Push off the wall and recover whilst swimming slowly.

Kit needed

Timer

March Training Sessions

Swim session 2

Distance = 400m

Perform (2x) sets of the following; i.e. (2x) 200m:

- 25m @ level 11 (55%) Right arm only
- 25m @ level 11 (55%) Left arm only
- 100m @ level 13 (65%) Both arms
- 50m @ level 11 (55%) Both arms
- 2 mins static recovery

Coaching points

This session requires plenty of body roll so visualise your body as a log that rolls as one

- Important to keep body aligned and stroke length long
- Distinguish between intensity levels
- Don't forget to hydrate between sets
- Never rush swim drills. Slow and steady, gains a-plenty!

Kit needed

Timer

March Training Sessions

Swim session 3

Distance = 400m

- 150m @ level 10 (50%)
- 90 secs static recovery
- 100m @ level 11 (55%)
- 80 secs static recovery
- 75m @ level 12 (60%)
- 70 secs static recovery
- 50m @ level 13 (65%)
- 60 secs static recovery
- 25m @ level 14 (70%)
- Cool down.

Coaching points

- Be strict with your recovery times and note they reduce after every repetition.
- Don't try to apply too much force just after hand entry. Just let the hand drop and 'set' itself during the initial phase before accelerating the hand through the water when its level with chest.
- Maintain a good body position at all times.
- Intensity must increase as distances reduce.
- Use swim aids to develop specific areas.

Kit needed

Timer

March Training Sessions

Swim session 4

Distance – 400m

Perform (2x) sets of the following:

- 100m @ level 11
- 90 secs static recovery
- (4x) 25m @ level 14 (15 secs recovery between reps)
- 2 mins static recovery

Coaching points

- Must be done using two different swim intensities
- Be strict with recovery times
- Don't let stroke quality deteriorate as fatigue sets in.

Kit needed

Timer

March Training Sessions

Intermediate

Session 1

Distance = 1200m

(4x) 300m:

- Set 1
 - 100m @ level 11 (55%)
 - 100m @ level 13 (65%)
 - 100m @ level 11 (55%)
 - 45 secs static recovery
- Set 2
 - 75m @ level 11 (55%)
 - 150m @ level 13 (65%)
 - 75m @ level 11 (55%)
 - 45 secs static recovery
- Set 3
 - 50m @ level 11 (55%)
 - 200m @ level 13 (65%)
 - 50m @ level 11 (55%)
 - 45 secs static recovery
- Set 4
 - 25m @ level 11 (55%)
 - 250m @ level 13 (65%)
 - 25m @ level 11 (55%)
 - Cool down

Coaching points

- Aim to 'connect' with the a differences in intensity both physically and mentally
- View each set as a non-stop swim. It's just the intensity levels that vary.
- Primary focus is maintaining relaxed movements. This will help with sustaining a smooth swim.
- Don't stop after swim the distances at higher intensity. Push off the wall and recover whilst swimming slowly.

Kit needed

Timer

March Training Sessions

Session 2

Distance = 1200m

(3x) 400m as:

- Set 1 (No swim aids)
 - 50m @ level 12 (60%) Right arm only
 - 50m @ level 12 (60%) Left arm only
 - 200m @ level 14 (70%) Both arms
 - 100m @ level 12 (60%) Both arms
 - 90 secs static recovery
- Set 2 (Repeat set 1 using hand paddles)
 - 90 secs static recovery
- Set 3 (Repeat set 1, no swim aids)
 - Followed by Cool down

Coaching points

- This session requires plenty of body roll so visualise your body as a log that rolls as one
- Important to keep body aligned and stroke length long
- Distinguish between intensity levels
- Don't forget to hydrate between sets
- Never rush swim drills. Slow and steady, gains a-plenty!

Kit needed

Timer

March Training Sessions

Session 3

Distance = 1200m

Perform (2x) sets of the following:

- 200m @ level 10 (50%)
- 80 secs static recovery
- 150m @ level 11 (55%)
- 70 secs static recovery
- 100m @ level 12 (60%)
- 60 secs static recovery
- 75m @ level 13 (65%)
- 50 secs static recovery
- 50m @ level 14 (70%)
- 40 secs static recovery
- 25m @ level 15 (75%)
- 2 mins static recovery

Repeat

Coaching points

- Be strict with your recovery times and note they reduce after every repetition.
- Don't try to apply too much force just after hand entry. Just let the hand drop and 'set' itself during the initial phase before accelerating the hand through the water when its level with chest.
- Maintain a good body position at all times.
- Intensity must increase as distances reduce.
- Use swim aids to develop specific areas.

Kit needed

Timer

March Training Sessions

Session 4

Distance = 1000m

- 300m @ level 12 (60%) Use pull buoy.
- 90 secs static recovery
- (4x) 50m @ level 14 (70%) No swim aids. (15 secs recovery between reps)
- 60 secs static recovery
- 300m @ level 12 (60%) No swim aids
- 90 secs static recovery
- (4x) 50m @ level 14 (70%) No swim aids. (10 secs recovery between reps)

Cool down

Coaching points

- Must be done using two different swim intensities
- Be strict with recovery times
- Don't let stroke quality deteriorate as fatigue sets in.

Kit needed

Timer

Pull buoy

Hand paddles

March Training Sessions

Advanced

Session 1

Distance = 2000m

(5x) 400m:

- Set 1
 - 125m @ level 12 (60%)
 - 150m @ level 14 (70%)
 - 125m @ level 12 (60%)
 - 30 secs static recovery
- Set 2
 - 100m @ level 12 (60%)
 - 200m @ level 14 (70%)
 - 100m @ level 12 (60%)
 - 30 secs static recovery
- Set 3
 - 75m @ level 12 (60%)
 - 250m @ level 14 (70%)
 - 75m @ level 12 (60%)
 - 30 secs static recovery
- Set 4
 - 50m @ level 12 (60%)
 - 300m @ level 14 (70%)
 - 50m @ level 12 (60%)
 - 30 secs static recovery
- Set 5
 - 25m @ level 12 (60%)
 - 350m @ level 14 (70%)
 - 25m @ level 12 (60%)

Cool down

Coaching points

- Aim to 'connect' with the differences in intensity both physically and mentally
- View each set as a non-stop swim. It's just the intensity levels that vary.
- Primary focus is maintaining relaxed movements. This will help with sustaining a smooth swim.
- Don't stop after swim the distances at higher intensity. Push off the wall and recover whilst swimming slowly.

Kit needed

Timer

March Training Sessions

Session 2

Distance = 1950m

(3x) 650m.

- Set 1 – No swim aids
- Set 2 – Hand paddles
- Set 3 – Pull buoy
- Sets 1, 2 and 3
 - 75m @ level 13 (65%) Right arm only
 - 75m @ level 13 (65%) Left arm only
 - 300m @ level 15 (75%) Both arms
 - 200m @ level 13 (65%) Both arms
 - 60 secs static recovery

Coaching points

- This session requires plenty of body roll so visualise your body as a log that rolls as one
- Important to keep body aligned and stroke length long
- Distinguish between intensity levels
- Don't forget to hydrate between sets
- Never rush swim drills. Slow and steady, gains a-plenty!

Kit needed

Hand paddles

Pull buoy

Timer

March Training Sessions

Session 3

Distance = 2100m

Perform (2x) sets of the following:

- (3x) 200m @ level 12 (60%) (30 secs static recovery between reps)
- 90 secs static recovery
- (3x) 100m @ level 14 (70%) (20 secs static recovery between reps)
- 90 secs static recovery
- (3x) 50m @ level 16 (80%) (20 secs static recovery between reps)
- 2 mins secs static recovery

Coaching points

- Be strict with your recovery times and note they reduce after every repetition.
- Don't try to apply too much force just after hand entry. Just let the hand drop and 'set' itself during the initial phase before accelerating the hand through the water when its level with chest.
- Maintain a good body position at all times.
- Intensity must increase as distances reduce.
- Use swim aids to develop specific areas.

Kit needed

Timer

March Training Sessions

Session 4

Distance = 2000m

- 500m @ level 13 (65%) with paddles
- 60 secs static recovery
- (5x) 100m @ level 15 (75%) no paddles (20 secs recovery between reps)
- 60 secs static recovery
- 500m @ level 13 (65%) no paddles
- 60 secs static recovery
- (5x) 100m @ level 15 (75%) with paddles (20 secs recovery between reps)

Cool down.

Coaching points

- Must be done using two different swim intensities
- Be strict with recovery times
- Don't let stroke quality deteriorate as fatigue sets in.

Kit needed

Hand paddles

Pull buoy

Timer

March Training Sessions

March Bike Sessions

Novice

Bike session 1 – Turbo

Sets	Reps per set	Time/Distance	Gear	Intensity	Cadence range	Recovery between		Notes
						Reps	Sets	
1	1x	2 mins	50:17	12		2 mins	3 mins	
	1x	2 mins	50:17	12		100 secs		
	1x	2 mins	50:17	12		80 secs		
	1x	2 mins	50:17	12		60 secs		
	1x	2 mins	50:17	12		40 secs		
	1x	2 mins	50:17	12		-		
1	3x	30 secs		12	70 rpm	-	3 mins	le (3x) 2 mins. Stay in same gear throughout.
		30 secs		13	75 rpm	-		
		30 secs		14	80 rpm	-		
		30 secs		15	Max rpm	-		
1	3x	30 secs		15	Max rpm	-	Cool down	Use easy gear to make cadence possible.
		30 secs		14	80 rpm	-		
		30 secs		13	75 rpm	-		
		30 secs		12	70 rpm	-		
Total		24 mins						

Coaching points

- It's important to use the same gear throughout sets 2 and 3. Use the warm up to establish gear selection
- Keep upper body still and relaxed regardless of cadence.

Kit needed

Turbo trainer / riser block

Bike

Fluids

Cadence feedback

March Training Sessions

Bike session 2

Duration – 30 mins

Perform (3x) sets of the following:

- 2 mins in 50/17 @ level 14 (70%)
- 8 mins in 50/17 @ level 9 (30%)

Coaching points

- Stay in the same gear throughout
- Select flat course where possible
- Don't be shy about really opening up and working at high levels of intensity during the shorter phases
- 'Maximise' your recovery phases by calm, controlled breathing

Kit needed

Bike

Helmet

Cadence feedback

Fluids

March Training Sessions

Bike session 3 – Fartlek session

8 mile ride

Constantly vary levels of intensity and durations using a variety of gears.

Coaching points

- Attack the inclines / recover the declines
- Chose a hilly course
- Aim to stay seated during inclines where possible and ‘spin’ using easy gear
- Think “exertion / recovery”

Kit needed

Helmet

Bike

Cadence feedback

Fluids

March Training Sessions

Bike session 4 – Cadence

10 mile ride

- 0-3 miles @ level 11 (55%)
- 3-6 miles @ level 12 (60%)
- 6-9 miles @ level 13 (65%)
- 9-10 miles @ level 14 (70%)

Coaching points

- Select easy gear and stay in it throughout
- Use warm up to gauge initial cadence
- View the session as a continuous ride
- Keep upper body loose
- Retain bike control regardless of cadence
- View the rates of intensity as incidental as they will naturally elevate with the increase in cadence.

Kit needed

Helmet

Bike

Cadence feedback

Fluids

March Training Sessions

Intermediate

Bike session 1 – Turbo

Sets	Reps per set	Time/Distance	Gear	Intensity	Cadence range	Recovery between		Notes
						Reps	Sets	
1	1x	3 mins	50:16	13		90 secs	2 mins	
	1x	3 mins	50:16	13		80 secs		
	1x	3 mins	50:16	13		70 secs		
	1x	3 mins	50:16	13		60 secs		
	1x	3 mins	50:16	13		50 secs		
	1x	3 mins	50:16	13		-		
1	4x	45 secs		12	75 rpm	-	90 secs	le (4x) 3 mins Use same (easy) gear throughout.
		45 secs		13	80 rpm	-		
		45 secs		14	85 rpm	-		
		45 secs		15	Max rpm	-		
1	4x	45 secs		15	Max rpm	-	Cool down	Reverse of set 2.
		45 secs		14	80 rpm	-		
		45 secs		13	75 rpm	-		
		45 secs		12	70 rpm	-		
Total		42 mins						

Coaching points

- It's important to use the same gear throughout sets 2 and 3. Use the warm up to establish gear selection
- Keep upper body still and relaxed regardless of cadence.

Kit needed

Turbo trainer / riser block

Bike

Fluids

Cadence feedback

March Training Sessions

Bike session 2

Duration – 48 mins

Perform (4x) sets of the following:

- 3 mins in 50/16 @ level 14 (70%)
- 9 mins in 50/16 @ level 9 (30%)

Coaching points

- Stay in the same gear throughout
- Select flat course where possible
- Don't be shy about really opening up and working at high levels of intensity during the shorter phases
- 'Maximise' your recovery phases by calm, controlled breathing

Kit needed

Bike

Helmet

Cadence feedback

Fluids

March Training Sessions

Bike session 3

15 mile ride

Constantly vary levels of intensity and durations using a variety of gears.

Coaching points

- Attack the inclines / recover the declines
- Chose a hilly course
- Aim to stay seated during inclines where possible and 'spin' using easy gear
- Think "exertion / recovery"

Kit needed

Helmet

Bike

Cadence feedback

Fluids

March Training Sessions

Bike session 4 – Cadence

20 mile ride

- 0-5 miles @ level 11 (55%)
- 5-10 miles @ level 12 (60%)
- 10-15 miles @ level 13 (65%)
- 15-20 miles @ level 14 (70%)

Coaching points

- Select easy gear and stay in it throughout
- Use warm up to gauge initial cadence
- View the session as a continuous ride
- Keep upper body loose
- Retain bike control regardless of cadence
- View the rates of intensity as incidental as they will naturally elevate with the increase in cadence.

Kit needed

Helmet

Bike

Cadence feedback

Fluids

March Training Sessions

Advanced

Bike session 1 – Turbo

Sets	Reps per set	Time/Distance	Gear	Intensity	Cadence range	Recovery between		Notes
						Reps	Sets	
1	1x	4 mins	50:15	14		1 min	90 secs	
	1x	4 mins	50:15	14		50 secs		
	1x	4 mins	50:15	14		40 secs		
	1x	4 mins	50:15	14		30 secs		
	1x	4 mins	50:15	14		20 secs		
	1x	4 mins	50:15	14		-		
1	5x	60 secs		12	80 rpm	-	1 min	le (5x) 4 mins
		60 secs		13	90 rpm	-		Use same (easy) gear throughout.
		60 secs		14	100 rpm	-		
		60 secs		15	Max rpm	-		
1	5x	60 secs		16	Max rpm	-	Cool down	Reverse of set 2.
		60 secs		15	80 rpm	-		
		60 secs		14	75 rpm	-		
		60 secs		13	70 rpm	-		
Total		64 mins						

Coaching points

- It's important to use the same gear throughout sets 2 and 3. Use the warm up to establish gear selection
- Keep upper body still and relaxed regardless of cadence.

Kit needed

Turbo trainer / riser block

Bike

Fluids

Cadence feedback

March Training Sessions

Bike session 2

Duration – 75 mins

Perform (5x) sets of the following:

- 4 mins in 50/15 @ level 14 (70%)
- 11 mins in 50/15 @ level 9 (30%)

Coaching points

- Stay in the same gear throughout
- Select flat course where possible
- Don't be shy about really opening up and working at high levels of intensity during the shorter phases
- 'Maximise' your recovery phases by calm, controlled breathing

Kit needed

Bike

Helmet

Cadence feedback

Fluids

March Training Sessions

Bike session 3

30 mile ride

Constantly vary levels of intensity and durations using a variety of gears.

Coaching points

- Attack the inclines / recover the declines
- Chose a hilly course
- Aim to stay seated during inclines where possible and 'spin' using easy gear
- Think "exertion / recovery"

Kit needed

Helmet

Bike

Cadence feedback

Fluids

March Training Sessions

Bike session 4 - Cadence

40 mile ride

- 0-10 miles @ level 11 (55%)
- 10-20 miles @ level 12 (60%)
- 20-30 miles @ level 13 (65%)
- 30-40 miles @ level 14 (70%)

Coaching points

- Select easy gear and stay in it throughout
- Use warm up to gauge initial cadence
- View the session as a continuous ride
- Keep upper body loose
- Retain bike control regardless of cadence
- View the rates of intensity as incidental as they will naturally elevate with the increase in cadence.

Kit needed

Helmet

Bike

Cadence feedback

Fluids

March Training Sessions

March Run sessions

Novice

Run session 1

Duration = 20 mins Fartlek session

Constantly vary intensities and durations.

Coaching points

- Note that the recovery sections are equally as important as those done at high intensities
- Use gradients, landmarks, timer on watch as targets
- A hilly course would be ideal. Attack those inclines and recover the descents or vice-versa.

Kit needed

Timing device

March Training Sessions

Run session 2

Duration = 30 mins

Perform (3x) 10 minute repetitions as:

2 min (or 400m) run at level 12 (60%)

8 mins (or 1600m) run at level 9 (30%)

Coaching points

- Flat course preferable
- See the session as a continuous run but broken into two different intensities
- Use a timer on watch if you have this facility
- Aim to run smoothly regardless of intensity
- Aim for consistency in timings.

Kit needed

Timing device

Fluids

March Training Sessions

Run session 3

Duration = 30 mins

Perform (1x) 30 minute run broken down as follows:

- 6 mins @ level 13 (65%)
- 4 mins @ level 10 (50%)
- 7 mins @ level 13 (65%)
- 3 mins @ level 10 (50%)
- 8 mins @ level 13 (65%)
- 2 mins @ level 10 (50%)
- Cool down

Coaching points

- Resist the temptation to simply run for the specified duration at one pace. You will not have developed a key aspect of fitness by doing this.
- Look for pace consistency throughout across both levels of intensity
- Aim to replicate running at the higher intensity level during your warm up to make sure your body has been introduced to this intensity prior to hitting the first run hard.

Kit needed

Timing device

Fluids

March Training Sessions

Run session 4

Duration = Various

Run 100-120% target race distance.

First ½ @ level 12 (60%)

Second ½ @ level 13 (65%)

Coaching points

- Aim to only fractionally increase pace at the halfway point
- Aim to use your own perception of pace as a guide by 'listening to your body' as opposed to electronic feedback.
- Why not try splitting the distance into a lap/s and stash a drinks bottle somewhere handy to simulate race day.

Kit needed

Timing device

Fluids

March Training Sessions

Intermediate

Run session 1

Duration = 40 mins Fartlek session

Constantly vary intensities and durations.

Coaching points

- Note that the recovery sections are equally as important as those done at high intensities
- Use gradients, landmarks, timer on watch as targets
- A hilly course would be ideal. Attack those inclines and recover the descents or vice-versa.

Kit needed

Timing device

March Training Sessions

Run session 2

Perform (4x) 10 minute repetitions as:

3 min (or 600m) run at level 13 (65%)

7 mins (or 1500m) run at level 10 (50%)

Coaching points

- Flat course preferable
- See the session as a continuous run but broken into two different intensities
- Use a timer on watch if you have this facility
- Aim to run smoothly regardless of intensity
- Aim for consistency in timings.

Kit needed

Timing device

Fluids

March Training Sessions

Run session 3

Perform a 39 minute run broken down as follows:

- 8 mins @ level 14 (70%)
- 5 mins @ level 11 (55%)
- 9 mins @ level 14 (70%)
- 4 mins @ level 11 (55%)
- 10 mins @ level 14 (70%)
- 3 mins @ level 11 (55%)

Coaching points

- Resist the temptation to simply run for the specified duration at one pace. You will not have developed a key aspect of fitness by doing this.
- Look for pace consistency throughout across both levels of intensity
- Aim to replicate running at the higher intensity level during your warm up to make sure your body has been introduced to this intensity prior to hitting the first run hard.

Kit needed

Timing device

Fluids

March Training Sessions

Run session 4

Duration = Various

Run 100-120% target race distance.

First ½ @ level 12 (60%)

Second ½ @ level 13 (65%)

Coaching points

- Aim to only fractionally increase pace at the halfway point
- Aim to use your own perception of pace as a guide by 'listening to your body' as opposed to electronic feedback.
- Why not try splitting the distance into a lap/s and stash a drinks bottle somewhere handy to simulate race day.

Kit needed

Timing device

Fluids

March Training Sessions

Advanced

Run session 1

Duration = 60 mins Fartlek session

Constantly vary intensities and durations.

Coaching points

- Note that the recovery sections are equally as important as those done at high intensities
- Use gradients, landmarks, timer on watch as targets
- A hilly course would be ideal. Attack those inclines and recover the descents or vice-versa
- Work the arms hard, especially on the inclines.

Kit needed

Timing device

Fluids

0.5kg hand weights

March Training Sessions

Run session 2

Perform (6x) 10 minute repetitions as:

4 min (or 800m) run at level 14 (70%)

6 mins (or 1200m) run at level 11 (55%)

Coaching points

- Flat course preferable
- See the session as a continuous run but broken into two different intensities
- Use a timer on watch if you have this facility
- Aim to run smoothly regardless of intensity
- Aim for consistency in timings.

Kit needed

Timing device

Fluids

March Training Sessions

Run session 3

60 minute continuous run as:

- 9 mins @ level 15 (75%)
- 6 mins @ level 12 (60%)
- 10 mins @ level 15 (75%)
- 5 mins @ level 12 (60%)
- 11 mins @ level 15 (75%)
- 4 mins @ level 12 (60%)
- 12 mins @ level 15 (75%)
- 3 mins @ level 12 (60%)

Coaching points

- Resist the temptation to simply run for the specified duration at one pace. You will not have developed a key aspect of fitness by doing this.
- Look for pace consistency throughout across both levels of intensity
- Aim to replicate running at the higher intensity level during your warm up to make sure your body has been introduced to this intensity prior to hitting the first run hard.

Kit needed

Timing device

Fluids

March Training Sessions

Run session 4

Duration = Various

Run 100-120% target race distance.

First ½ @ level 12 (60%)

Second ½ @ level 13 (65%)

Coaching points

- Aim to only fractionally increase pace at the halfway point
- Aim to use your own perception of pace as a guide by 'listening to your body' as opposed to electronic feedback.
- Why not try splitting the distance into a lap/s and stash a drinks bottle somewhere handy to simulate race day.

Kit needed

Timing device

Fluids