



The Intermediate ten-week triathlon plan is for athletes with one to two years of triathlon training experience or advanced single-sport athletes looking to get their feet wet in the world of multisport.

The general workout structure includes two swims with one optional swim, three runs (short, long, interval), and three bike rides (short, long, interval), and one or two strength sessions per week. There is usually one brick on the weekends.

Monday is the set day off. Average weekly training volume is eight hours. The plan includes an easy/recovery week (5 hours) and a taper week preceding race week.

There are a number of optional sessions and adjustments described within the plan.

The plan uses perceived effort (easy/medium/hard) or Friel heart rate training zones.

Some useful article links that support this schedule:

[Training Zones](#)

[Running Drills](#)

[Training Paces](#)

[Nutrition Habits](#)

[Triathlon Swimming](#)

You will find quite a few more articles on the [One Step Beyond website](#).

Please email Coach Marty directly at marty@osbmultiposport.com for any schedule questions. I'll do my best to provide constructive ideas but don't provide detailed personal adjustments for a Prepared plan.

For Trainingpeaks support issues, please visit the Trainingpeaks.com bulletin board at www.trainingpeaks.com.

Thanks!

Enjoy your sport,
Marty Gaal
One Step Beyond
919.975.5274
marty@osbmultiposport.com