



The Intermediate sixteen-week Olympic distance triathlon plan is for athletes with a minimum of two years of triathlon training experience or advanced single-sport athletes.

The general workout structure includes:

- Day off – Monday
- Three swims (two pool and one open water or pool on the weekends)
- Three to four runs (short, long, interval, brick)
- Three to four bike rides (short, long, interval, recovery)
- One or two strength sessions per week

Average weekly training volume is about eleven hours. The largest weekly volume is 13.5 hours and the lowest is six hours during a recovery week. There are lactate threshold tests or sprint triathlons planned during weeks 4, 8, and 12. The Olympic distance triathlon is planned for Sunday of week 16.

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