



Your Guide To The Finish Line

A complete 12-week training
plan for triathletes competing
in the Noosa Tri.



Get Ready To Race With #TeamACRF

Welcome to ACRF's complete 12-week triathlon training plan - a guide designed to help support you on your triathlon journey and get you across the finish line with ease. Whether you're just starting out, already know the basics, or are a complete pro, this plan will improve your fitness levels and get your mind and body ready to swim, bike, and run. Simply choose your fitness level, save or print out your custom training plan and start training! Each plan can be adapted according to your schedule, fitness level and injury history.

About Australian Cancer Research Foundation

At Australian Cancer Research Foundation, we know that only brilliant ideas can tackle something as big as cancer. That is why we give scientists the technology, equipment and infrastructure they need for pioneering research. By funding research that seeks to progress and transform the way we prevent, detect and treat ALL cancers, we are committed to our vision of one day reaching a world without cancer.

To stay motivated and connected with other #TeamACRF triathletes, join our [Facebook group here](#).

12-Week Training Plan Outline



Weeks 1-3

We start out with learning the key sessions, then building volume slowly to allow your muscles, tendons, ligaments, and aerobic function to adapt.



Week 4

Recovery Week - there will still be some training, but less volume to allow your body to recover, adapt and get ready for the 2nd half of the program.



Weeks 5-7

These weeks will focus on increasing the distance (volume) along with race specific sessions – such as hill sessions for the ride.



Week 8

Recovery Week - active recovery to allow your body to adapt to the training and get ready for the final weeks of the program.



Week 9-10

These are the largest volume weeks – with focus on distance/volume and include race practice sessions.



Weeks 11-12

Taper weeks - the volume will come down, but with consistency maintained, to allow your body to “freshen up” ready for the big day.

Training Plan Index - Swimming

Pool Swims

Sessions for the pool are mostly focussed on freestyle.

Drills -These are used to improve your technique and build strength. They are included in the weekly pool swim sets.

- 1. Catch Up** – using a pull buoy, and swimming freestyle, allow the thumb of the returning arm to meet the opposite thumb stretch out in front, before then switching arms to pull through the next stroke. This technique encourages you to glide and slow the stroke down. You may struggle to do this for a full 50 metres - just do as much as you can then complete the lap with freestyle.
- 2. Fingertip Drag/High elbows** - as your returning arm comes out of the water, keep your elbow high and pointed towards the sky whilst allowing the fingertips to glide across the water as the arm moves forward through the stroke. It's also called Finger Trail.

For a more detailed explanation of these drills, you can search them on YouTube. You can also use a pull buoy or flippers with either of these drills.

Explanation of a swim work out:

200wu, 6 x 50 drills @ 20 secs, 5 x 100 @ 15 secs, 2 x 200 @ 20secs, 200cd

Warm up (wu) for 200 metres – this is at easy pace 5/10 effort

Drills - choose either of the above drills – swim for 50 metres, then rest for 20 secs, then repeat for a total of 6 times. Drills should be effort level 6 or 7/10.

Main set - swim 100 metres, then stop at the wall and rest of 15 secs, repeat for a total of 5 times. Then swim 200 metres, rest for 20 secs and repeat a second time. Main sets should be completed with effort level 8/10, unless indicated as FAST – then it should be 9.5/10.

Cool down (cd) for 200 metres. You can choose a mixture of strokes for cool down – freestyle, breaststroke, or backstroke.

Time vs Distance: Each of the swim sessions gives you an indication of time the session should take – if you can complete the session in less time, then add on more warmup and cool down to extend the time. If you are unable to complete the session in the time suggested, cut back on some of the main set – do the WU and CD as prescribed.

Open Water Swims - if you have access to a body of open water, this would be ideal to practice in towards the 2nd half of the program.

If it is not convenient for you to swim in open water weekly, you will need to make arrangements to practice at least once, ideally twice before your race. Race day **should not** be the first time you have swum in open water.

Swim Sets

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| 1. 1000m: 200wu, 4 x 50 drills @20sec rest, 4 x100 @20secs rest, 200cd | 7. 1800m: 200wu, 4x50 drills @15secs, 6 x (50 FAST @15 secs, 100@20secs), 1 x 200 , 300cd |
| 2. 1200m: 200wu, 6 x 50 drills @20sec rest, 5 x100 @20secs rest, 200cd | 8. 2000m: 200wu, 4 x 50 drills @15 secs, 4 x (50@10secs, 100@15secs), 2 x 200@ 20secs, 1 x 400, 200cd |
| 3. 1400m: 300wu, 6 x 50 drills @20sec rest, 6 x100 @20secs rest, 200cd | 9. 2200m: 200wu, 4 x50 drills@10secs, 2 x (50 FAST @15 secs, 100 @15secs), 3 x (100 FAST @15 secs) , 1 x 800, 4 x 50 drills, 200cd |
| 4. 1600m: 200wu, 6 x 50 drills@15 sec rest, 3x (100@20 secs rest, 200@ 20secs rest), 200cd | 10. 2400m: 200wu, 4 x 50 drills@10 secs, 2 x 200@15secs, 1 x800, 5 x 100@15secs, 300cu |
| 5. 1600m: 200 wu, 6 x 50 drills@10sec rest, 6 x (100@10secs rest, 50@10sec rest), 200cd | |
| 6. 1800m: 200 wu, 4 x 50 drill@10secs rest, 3 x (100@10secs, 200@30secs), 1x300, 200cd | |

Training Plan Index - Riding

The program can be completed with a mixture of indoor and outdoor rides. For indoor rides, you will need a stationary bike, or an indoor bike trainer such as Wahoo or Jetblack, or if you are a member at a gym, a spin class. If you do not have access to an indoor bike, then all rides can be completed on the road.

The specified outdoor rides (Race Practice Ride) – these sessions can be completed indoors if there is bad weather. However, it is important to get experience on the road before the race, as bike handling cannot be learnt indoors.

The Noosa Olympic Triathlon course includes a steep 2km climb 10km into the race, so the program includes some hill climbs in the training to have you prepared for this.

Ride or Endurance Ride – at Aerobic pace, effort 6 /10 – you would be able to talk in full sentences. This is the majority of rides, and a specific time is given.

Sometimes the session will have additional details for the ride, Spin, Pick-ups and Hills repeats.

Spin	This is just spinning the legs with little resistance to recover.	Pick-Ups (PU)	Increasing the effort level by around 15% or to effort 8/10.
Hill Repeats	These help to develop cycling power. You can do these indoor or outdoor if you have an area with a good hill to use. Effort level climbing up is 9/10, and cadence of around 75 rpm – it should feel like a grind!		
Explanation of Ride workouts			
45mins (at 20mins insert 5 x 2 min PU, @ 1 min spin)	Ride is 45min in total – start out at endurance pace, then after 20 mins include a 2 min pick-up, then 1 min spin recovery. Repeat this a total of 5 times, so it will take 15 mins to complete - then you have 10 mins remaining to ride at endurance pace.		
45 mins (at 20 mins insert 5 x 2 min Hill Reps @ 1 min spin)	If you're on the road, ride for 20 mins, then do hill repeats - ride up the hill for 2 mins, then spin back down and repeat 5 times. Cool down ride to make up the 45mins.		
Race Practice Rides	Race Practice Rides should be done outdoors – and ideally on a course with some hills.		

Training Plan Index - Running

Endurance Run	This is also called aerobic running - you should be able to talk comfortably in full sentences during these runs. They should feel easy, and once completed you should feel good – not exhausted. The purpose is to allow your body to adapt, so that you can build the volume/distance. Effort level would be around 5-6 out of 10.	Tempo Pace	This is a faster pace than an Aerobic run, but you should still be able to talk in short sentences. Effort level would be around 7 out of 10.
Run with Pick-Ups	These are done near the end of an aerobic session (in the last 5-10 mins) and are a bit of fun! It's a great way to improve your cadence (leg turnover) and speed. You should aim for short strides, fast turnover of your legs and stand tall. You walk or slow jog between the pick-ups to allow your heart rate to come back down before the next one. Effort level for the pick-ups would be around 8 out of 10 – NOT a full 10 out of 10 sprint session.		

Brick Sessions

Brick Sessions	These are also called transition sessions and are a key component of triathlon training. The transition between the ride and run should be quick. After the bike session is complete, quickly change clothes (or just shoes if you have a tri suit) and start your run. It can feel very uncomfortable at first as your legs need to adjust to the new movement – but the more you practice the transition, the easier it becomes.
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Rest Days

Rest Day	The only training you benefit from is the training you recover from. Without adequate rest, you are more likely to become injured or ill. Enjoy some extra sleep on these days.
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Noosa Triathlon - Beginner

12
WEEK
PLAN

To start you should be able to swim 800m (with rests), ride 40 mins and run 20 mins - not all on the same day.

Progress from 3 to 6 hrs of training per week.

Typical week: 2 swims, 2 rides, 2-3 runs, and 1 day off.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest day	Ride 35mins aerobic pace.	Pool swim 25mins or 1000m Set 1	Run 3km. Aerobic Pace.	Pool swim 25mins or 1000m Set 1	Endurance Run 4km. Aerobic Pace.	Endurance Ride 45mins at 20mins 5 x 1min Pick Ups @ 1 min spin.
Week 2	Rest day	Ride 35mins aerobic pace.	Pool swim 30mins or 1200m Set 2	Run 4km. Tempo Run.	Pool swim 25mins or 1000m Set 1	Endurance Run 5km. Aerobic Pace.	Endurance Ride 45mins at 20mins 5 x 1min Pick Ups @ 1 min spin.
Week 3	Rest day	Ride 45mins aerobic pace.	Pool swim 35mins or 1400m Set 3	Run 5km. Tempo Run.	Pool swim 40mins or 1600m Set 5	Endurance Run 6km. Aerobic Pace.	Endurance Ride 60mins at 20mins 5 x 1min Pick Ups @ 1 min spin.
Week 4	Rest day	Ride 35mins aerobic pace.	Pool swim 35mins or 1400m Set 3	Run 5km. Aerobic Pace.	Pool swim 25mins or 1000m Set 1	Endurance Run 5km. Aerobic Pace.	Endurance Ride 45mins. Aerobic Pace.
Week 5	Rest day	Ride - Hills. 45mins at 20mins, insert 5 x 2 min Hill Repeats @ 1 min spin.	Pool swim 30mins or 1200m Set 2	Run 5km. Tempo Run.	Pool swim 40mins or 1600m Set 4	Endurance Run 6km. Aerobic Pace.	Endurance Ride 60mins. Aerobic Pace.
Week 6	Rest day	Ride - Hills. 60mins at 20mins, insert 5 x 2 min Hill Repeats @ 1 min spin.	Pool swim 40mins or 1600m Set 5	Run 5km. Aerobic with 4 x 40sec Pick Ups.	Pool swim 40mins or 1600m Set 4	Endurance Run 7km. Aerobic Pace.	Endurance Ride 80mins. Aerobic Pace.
Week 7	Rest day	Ride - Hills. 70mins at 20mins, insert 3 x 3 min Hill Repeats @ 1 min spin.	Pool swim 40mins or 1600m Set 5	Run 7km. Tempo Run.	Pool swim 45mins or 1800m Set 6	Endurance Run 8km. Aerobic Pace.	Race Practice Ride 120mins. Aerobic Pace.
Week 8	Rest day	Ride - Hills. 45mins at 20mins, insert 5 x 1 min Pick Ups @ 1 min spin.	Pool swim 40mins or 1600m Set 5	Run 5km. Aerobic Pace.	Pool swim 35mins or 1400m Set 3	Endurance Run 7km. Aerobic Pace.	Race Practice Ride 60mins. Aerobic Pace.
Week 9	Rest day	Run 6km. Tempo Run.	Pool swim 50mins or 2000m Set 8	Ride - Hills. 60mins at 20mins, insert 3 x 3 min Hill Repeats @ 1 min spin.	Endurance Run 9km. Aerobic Pace.	Brick Session. Endurance Ride 90mins. Run off the bike 3km.	Open Water Swim. 35mins or 1200m.
Week 10	Rest day	Run 6km. Aerobic with 4 x 40 sec Pick Ups.	Pool swim 55mins or 2200m Set 9	Ride - Hills. 70mins at 20mins, insert 5 x 2 min Hill Repeats @ 1 min spin.	Endurance Run 10km. Race Pace for the last 3km.	Brick Session. Endurance Ride 90mins. Run off the bike 3km, fast first 1km.	Open Water Swim. 40mins or 1500m.
Week 11	Rest day	Run 5km. Aerobic with 4 x 30 sec Pick Ups.	Pool swim 45mins or 1800m Set 6	Ride - Hills. 60mins at 20mins, insert 3 x 1 min Hill Repeats @ 1 min spin.	Endurance Run 8km.	Brick Session. Endurance Ride 60mins. Run off the bike 2km.	Open Water Swim. 35mins or 1200m.
Week 12	Rest day	Run 6km. Tempo Run.	Pool swim 40mins or 1600m Set 5	Ride. 30mins at 20mins. On course if possible.	Easy swim - Optional. Open water or pool 1000m.	Rest or gentle exercise.	Event Day

Noosa Triathlon - Intermediate

12
WEEK
PLAN

To start you should be able to swim 1800m (with rests), ride 1:30 hrs and run 45 mins - not all on the same day.

Progress from 4 to 8 hrs of training per week.

Typical week: 2 swims, 2-3 rides, 2-3 runs, and 1 day off

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest day	Ride 50mins Aerobic pace.	Pool swim 35mins or 1400m Set 3	Run 5km. Tempo Pace.	Pool swim 30mins or 1200m Set 2	Endurance Run 8km. Aerobic Pace.	Endurance Ride 60mins at 20mins 5 x 1min Pick Ups @ 1 min spin.
Week 2	Rest day	Ride 60mins at 20mins 5 x 1min Pick Ups @ 1 min spin.	Pool swim 45mins or 1800m Set 6	Run 6km. Aerobic with 4 x 40sec Pick Ups.	Pool swim 40mins or 1600m Set 5	Brick Session. Endurance Ride 90mins. Run off the bike 2km.	Endurance Run 9km. Aerobic pace.
Week 3	Rest day	Ride 60mins Aerobic pace.	Pool swim 50mins or 2000m Set 8	Run 6km. Tempo Pace.	Pool Swim / Bike 45mins or 1800m Set 7	Brick Session. Endurance Ride 90mins. Run off the bike 2km.	Endurance Ride 70mins at 20mins 5 x 1min Pick Ups @ 1 min spin.
Week 4	Rest day	Ride 50mins Aerobic pace.	Pool swim 40mins or 1600m Set 4	Run 6km. Aerobic Pace.	Pool Swim 35mins or 1400m Set 3	Endurance Run 7km. Aerobic pace.	Endurance Ride 60mins. Aerobic pace.
Week 5	Rest day	Ride 60mins at 20mins 5 x 2min Hill Repeats @ 1 min spin.	Pool swim 50mins or 2000m Set 8	Run 6km. Tempo Pace.	Pool Swim / Bike 45mins or 1800m Set 7	Brick Session. Endurance Ride 90mins. Run off the bike 3km.	Endurance Ride 80mins. Aerobic pace.
Week 6	Rest day	Ride 60mins at 20mins 5 x 2min Hill Repeats @ 1 min spin.	Pool swim 50mins or 2000m Set 8	Run 6km. Aerobic with 4 x 40sec Pick Ups.	Pool Swim / Bike 45mins or 1800m Set 6	Brick Session. Endurance Ride 100mins. Run off the bike 3km.	Endurance Ride 90mins. Aerobic pace.
Week 7	Rest day	Ride - Hills. 70mins at 20mins 3 x 3min Hill Repeats @ 1 min spin.	Pool swim 50mins or 2200m Set 9	Run 9km. Aerobic with 4 x 50sec Pick Ups.	Brick Session. Endurance Ride 60mins. Run off the bike 4km. Fast for first 1km.	Race Practice Ride 120mins. Aerobic pace.	Open Water Swim and Endurance Run. 45mins or 1800m. Aerobic Run 10km.
Week 8	Rest day	Ride 50mins at 20mins 5 x 1min Pick Ups @ 1 min spin.	Pool swim and Strength Training. 50mins or 2200m Set 9	Run 7km. Aerobic Pace.	Brick Session. Endurance Ride 60mins. Run off the bike 4km.	Race Practice Ride 120mins. Aerobic pace.	Open Water Swim and Endurance Run. 40mins or 1500m. Aerobic Run 7km.
Week 9	Rest day	Brick Session. Endurance Ride 60mins. Run off the bike 3km.	Pool swim 60mins or 2400m Set 10	Run 9km. Aerobic with 6 x 40sec Pick Ups.	Ride - Hills. 60mins at 20mins insert 3 x 3min Hill Repeats @ 1 min spin.	Race Practice Ride 120mins. Aerobic pace.	Open Water Swim and Endurance Run. 40mins or 1500m. Aerobic Run 10km.
Week 10	Rest day	Run 8km. Tempo Pace.	Pool swim 50mins or 2200m Set 9	Ride - Hills. 90mins at 20mins insert 5 x 2min Hill Repeats @ 1 min spin.	Endurance Run 12km. Race Pace for last 5km.	Brick Session. Endurance Ride 90mins. Run off the bike 5km. Fast for first 2km.	Open Water Swim. 50mins or 2000m.
Week 11	Rest day	Run 7km. Aerobic with 4 x 50sec Pick Ups.	Pool swim 45mins or 1800m Set 7	Ride. 70mins at 20mins insert 4 x 1min Pick Ups @ 1 min spin.	Endurance Run 9km.	Brick Session. Endurance Ride 80mins. Run off the bike 3km.	Open Water Swim. 35mins or 1400m.
Week 12	Rest day	Run 8km. Tempo Pace.	Pool swim 50mins or 1800m Set 7	Ride 45min. On course if possible.	Easy swim - Optional. Open water or pool 1000m.	Rest or gentle exercise.	Event Day

Thank you



Thank you so much for participating in the Noosa Triathlon as a part of **#TeamACRF** - we are so grateful for your support. You are helping raise vital funds for life-saving cancer research, backing brilliant scientists with the technology they need for pioneering projects.

We are here to support you, so please get in touch with the team via the details below if you need anything. We wish you the best of luck with your training and fundraising and look forward to staying up to date with your amazing progress! You will smash it on race day!



#TeamACRF is here to help!

Get in touch with us at atrun@acrf.com.au or on 02 9223 7833.