


MASTERS / OF / TRI /

MASTERS / OF / TRI / - STRENGTH SESSIONS		RUNNING
		
WARM UP:		
Indoors - 10min EASY on a 1% incline		
Outdoors - 10min EASY to a hill		
WEEK	MAIN SET	TOTAL TIME
1 Intro	2x(5x1min) as: 30sec up hill (5% incline) at MEDIUM-HARD effort , 30sec fast walk back down or on 2% incline • 2min EASY run on a flat (1%) after the 1st round	12min
2 Build	2x(6x1min) as: 30sec up hill (5% incline) at MEDIUM-HARD effort , 30sec fast walk back down or on 2% incline • 2min EASY run on a flat (1%) after the 1st round	14min
3 De-load	2x(5x1min) as: 30sec up hill (5% incline) at MEDIUM-HARD effort , 30sec fast walk back down or on 2% incline • 2min EASY run on a flat (1%) after the 1st round	12min
4 Build	3x(4x1min) as: 30sec up hill (5% incline) at MEDIUM-HARD effort , 30sec fast walk back down or on 2% incline • 2min EASY run on a flat (1%) after the 1st and 2nd round	16min
5 Build	3x(5x1min) as: 30sec up hill (5% incline) at MEDIUM-HARD effort , 30sec fast walk back down or on 2% incline • 2min EASY run on a flat (1%) after the 1st and 2nd round	19min
6 De-load	4x(3x1min) as: 30sec up hill (5% incline) at MEDIUM-HARD effort , 30sec fast walk back down or on 2% incline • 2min EASY run on a flat (1%) after the 1st, 2nd & 3rd round	18min
COOL DOWN:		
10-20min EASY effort to finish / return home		
KEY:		
MEDIUM / HARD	The effort to run at, HARD is on the muscles, not heart rate / breathing	
x% incline	Use the treadmill incline setting to select stated incline % If doing sessions outdoors use websites to find incline or guess (but not too steep!)	