

Yarra Triathlon Program

Session Plans



INVOLVE CONNECT ENJOY

Long Run

Duration 1 hour
Intensity 85-90%

Warm up 10 min build
2 x 2km @ 10km race pace, recovery 3 min jog
2 x 1.5km @ 10km race pace, recovery 2:15 min jog
2 x 1km @ 10km race pace, recovery 90 sec jog
Cool Down 5 min easy

*Key is to run an even pace for all the reps

Run Squad

Tempo Run - Richmond Oval
Duration 55min
Intensity 80-85%

Warm up 10 mins
8 x 4 min E2b / 1 min E1
Cool Down 5 min easy