



# **Contact Scorching Triathlon Training Programme**

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## **1 Introduction**

### **1.1 Aim**

The Aim of this programme is to prepare someone with a basic level of fitness to complete in the Contact Scorching Triathlon series.

### **1.2 Considerations**

Running, cycling and swimming for health and fitness can be fun and rewarding, and increasingly more people are starting to become more physically active. Increasing physical activity is safe for the majority of the population however there is always the minority that can be affected.

Any person considering participating in this programme should get clearance from their doctor before hand. They should also be able to answer no to the following questions:

- ✓ Are you younger than 16 or older than 60yrs?
- ✓ Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
- ✓ Do you feel pain in your chest when you do physical activity?
- ✓ In the past month, have you had chest pain when you were not doing physical activity?
- ✓ Do you lose your balance because of dizziness or do you ever lose consciousness? E.G. Blackouts
- ✓ Do you have a bone or joint problem that could be made worse by a change in your physical regime?
- ✓ Is your doctor currently prescribing medication (e.g. water pills) for your blood pressure or heart condition?
- ✓ Do you know of any physiological reasons why you should not do physical activity?

If you answered yes to any of the above questions you need to discuss them with your doctor.

Further to the medical considerations any person wanting to start this programme should be able to swim 400m (with rests), cycle for 30min and run for 25min comfortably, prior to commencing Week 1 of the programme.

### **1.3 Triathlon**

A triathlon is an endurance event comprised of swimming, cycling and running completed consecutively. They have grown in popularity over recent years and are an achievable and rewarding goal for fit, active people. Generally triathlons are held in the summer months with its sister sport of duathlon being conducted in the winter. A number of events (including the Contact Scorching Triathlon series) offer a duathlon option for triathlons.



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Primarily you will be drawing on the aerobic energy system for the duration of the event, burning a mix of both fat and carbohydrates for fuel during both training and the event.

### 1.3.1 Contact Scorching Triathlon series

Contact Scorching Triathlon's are held in the Wellington region at Scorching Bay and Pauatahanui. There are three distances on offer (short, medium and long course). Distances vary depending on the location of the event but are usually close to:

- Short – 250m Swim / 15km Cycle / 2.5km Run
- Medium – 500m Swim / 20km Cycle / 5km Run
- Long – 1500m Swim / 40km Cycle / 10km Run (long course not offered at Pauatahanui).

or

- November Long Course – 1000m Swim / 30km Cycle / 7.5km Run

With 6 events held between Nov and March, there is a distance and time to suit all interested participants. Event dates and locations are:

- Sunday 15<sup>th</sup> Nov 2009 – *Scorching Bay*
- Sunday 6<sup>th</sup> December 2009 – *Scorching Bay*
- Monday 25<sup>th</sup> January 2010 (Wellington Anniversary Day) – *Scorching Bay*
- Sunday 14<sup>th</sup> February 2010 – *Scorching Bay*
- Sunday 28<sup>th</sup> February 2010 - *Pauatahanui*
- Sunday 28<sup>th</sup> March 2010 – *Scorching Bay*

The Contact Scorching Triathlon series is organised by Fedude Sports (pronounced Fee-doo-dee), who also run the popular Scorching Duathlon series and are involved with a number of other sporting events such as the Active Women's Duathlon & Challenge Wanaka.

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## **2 Periodisation**

Periodisation is the term coaches use to describe the loading and unloading of the training programme to increase the training stimulus as fitness improves and to increase recovery on some weeks by decreasing the load.

### **2.1 Weekly**

This programme generally loads for a few weeks followed by an unloading or recovery week. This allows maximum recovery so the body can adapt to the loads placed on it by the training of the previous weeks.

### **2.2 Daily**

Each week has a number of different sessions planned, some are hard, some are easy, and some are moderate. The definition of hard and easy will vary dependent on your level of fitness, conditioning and phase of the programme. Intense or long sessions require more recovery although they might leave you ready for more. For this reason hard days are always followed by an easy day.

### **2.3 Taper**

During the final week of the programme your training is tapering off in preparation for the event. During this time you don't cease to train, but the duration is limited.

### **2.4 Training Diary**

It is important to keep a record of your training in some sort of a diary. If you get injured, or over-trained; and seek the advice of a health professional the information in a training diary will be of great value to them to assist determine what caused the problem. If you get hooked on the sport of triathlon and decide to get a coach, the notes you record in your training diary will assist this future coach in designing a programme for you because they have a better idea of where you have come from.

Training diary's can take many forms from a simple note book, actual diary, commercially produced training diary, computer log book or even a web based service. Qwik Kiwi utilise a web based training diary (Training Peaks) for all Team Qwik Kiwi members. This system is secure and requires the client to log on from the Qwik Kiwi homepage.

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### 3 Intensity

Intensity of training is important. No-one can run a marathon like they would a 100m sprint. For this reason we need to be smart about how hard we train and to ensure we allow enough recovery into the programme. There are a number of ways to determine how hard you are working. If you train and race with a heart rate monitor you should utilise that to determine your intensity, otherwise you will need to utilise the subjective Borg Scale of Perceived Exertion.

#### 3.1 Borg Scale of Perceived Exertion

This is a subjective scale from 0-10 devised by an Eastern Block sports scientist by the name of Gunnar Borg. As a triathlon is an aerobic event most of your training will be at the Borg 2-3 range.

<b>Borg Scale</b>	<b>Description</b>	<b>Conversation Test</b>
0	Nothing at All	Lying in bed asleep
½	Very, Very Weak	Not really doing anything too strenuous
1	Very Weak	
2	Weak	Able to maintain a conversation without getting out of breath
3	Moderate	
4	Somewhat Strong	Able to maintain a conversation in short sentences but will need to catch breath between sentences
5	Strong	
6		Two to three words at a time and then catch your breath
7	Very Strong	
8		Grunts and Groans
9		
10	Very, Very Strong	

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## **4 Sessions**

### **4.1 Flexibility Training**

Running, cycling and swimming are repetitive actions that will eventually cause muscles to become short and tight. It is important to include scheduled flexibility training. A minimum of 10min should be conducted after each and every training session. The non-training days on the programme are also the perfect time to include some preventative action to avoid injuries, as these days are effectively rest days and a stretching workout won't leave you fatigued for your training the next day, as well as assisting to recover from the hard training the previous day. For more details on stretching download this article on stretching from [www.qwikkiwi.com/downloads/QKStretching.pdf](http://www.qwikkiwi.com/downloads/QKStretching.pdf) Feel free to substitute a yoga, Pilates or a BodyBalance style class for this flexibility session as they have similar benefits. For a specific stretching programme for triathlete's feel free to download a programme from [www.qwikkiwi.com/downloads/Scorching.pdf](http://www.qwikkiwi.com/downloads/Scorching.pdf)

### **4.2 Swim Sessions**

The aim of these swim sessions is to increase the distance you can comfortably swim and work on your technique. There are 16 swim sessions included in the programme starting off with a total of 500m (with no more than four 25m lengths or two 50m lengths swum continuously) building up to 1800m total for a session.

These sessions incorporate interval swimming; that is breaking the swim up into manageable chunks that you repeat. Each session is progressively harder and/or longer than the previous session. Download *QKSwim1.0* from the download page of the Qwik Kiwi website ([www.qwikkiwi.com/downloads.php](http://www.qwikkiwi.com/downloads.php)). Either print it on a double sided sheet of paper, or place them back to back and laminate them together. This will enable you to take the sheet with you to the pool and reference the session whilst swimming.

### **4.3 Session 1**

100m W/U

4x 25m Drill

2x 100m Swim, 30sec RI

100m C/D

#### **4.3.1 Warm Up**

The first two lines represent the Warm Up (WU), start by swimming 100m (four lengths in a 25m pool). During this section of the warm up feel free to stop as often as you wish and stretch. The second component requires you to swim 25m utilising a swimming drill (more on these in a minute), have a short Rest Interval (RI) and repeat for a total of 4 times. As no RI has been



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specified, take long enough for you to recover your breath but not too long that you start getting cold; 10-15sec should be ample in most situations.

### **4.3.2 Swimming Drills**

Swimming Drills are activities that focus on different aspects of your swimming stroke, with the aim of improving your technique. Four common drills are:

#### **4.3.2.1 Catch Up**

Swim in a streamlined position with both hands extended ahead of the body. Complete a full stroke with one arm before tapping the lead hand and starting the stroke with the other arm. Variations include including six beats of kicking between each stroke, completing multiple strokes (usually 4 or 6) with an arm before changing arms, or utilising a kick board held at full arm extension.

#### **4.3.2.2 Single Arm Drill**

Swim in a streamlined position stroking with one arm only. The non-stroking arm is either held at full arm extension ahead of the body or dangling at the side of the body.

#### **4.3.2.3 Fists**

This drill simply involves swimming with closed fists emphasising the catch phase. Most swimmers try and catch water with only their palms. By increasing the surface area by utilising the forearms this will improve the efficiency of your swimming. By closing your fists your focus will need to change to catching water with your forearms.

### **4.3.3 Main Set**

The Main Set (MS) for this work out is *2x 100m Swim, 30sec RI*. This means that you swim 100m (4 lengths of a 25m pool or 2 lengths of a 50m pool) as fast as you can (preferably without stopping), rest for 30sec before repeating for a total of two times.

### **4.3.4 Cool Down**

The Cool Down (C/D) is simply nice relaxed swimming for the distance indicated in the programme. Feel free to stop during this portion and stretch.

## **4.4 Other sessions**

All the sessions on the programme follow similar lay out with minor differences.

### **4.4.1 Warm Up**

Each warm up has the same principles just a variety of distances.

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#### **4.4.2 Swimming Drills**

As the programme progresses, the number of drills increases. You can either repeat each drill twice or include other swimming drills you may know.

##### **4.4.2.1 8x 50m (25m Drill/25m Swim)**

This set looks complicated but it is really quite simple. Each repetition you swim for a total of 50m and that 50m is broken up into halves. The first half (25m) you swim conducting a swimming drill, without stopping you move straight into the second half which is regular swimming. You then repeat for a total of eight times with a short RI between 50m repetitions.

#### **4.4.3 Main Sets**

Most main sets follow the example in Session 1 but with a different number of repetitions, different distance or different RI

##### **4.4.3.1 Session 2 (4x 50m, 10sec RI)**

Session 2 follows the example above, with increased repetitions (from 2 to 4), decreased distance (from 100m to 50m) and decreased RI (from 30sec to 10sec).

##### **4.4.3.2 Kick**

Kick sets are abbreviated K, as in Session 2 *50m K*. Kick sets can be done one of two ways, either with a board or without. To get optimal benefit it is suggested that you split your time evenly between the two methods.

With a kick board held between the thumb and fingers of both hands, held at full arm extension, keep your head down and body horizontally aligned. When you need a breath raise your head briefly, breathe in and return your head into the horizontal position.

To conduct a kick set without a board, place one hand on top of the other, with the arms fully extended above your head, biceps pressing on the ears, head down keeping the body in a streamlined horizontal position. When you need a breath, scull the hands outwards as if starting a breast stroke catch, simultaneously raise your head, breath in, and lower the head back into the water. As the head goes back into the water, move the hands back together to return to the streamlined body position.

##### **4.4.3.3 Continuous Swims**

These sets are designed to improve your endurance and are to be swum non-stop for the distance specified in the programme.

##### **4.4.3.4 Kick Pull Swim (KPS)**

KPS sets are easily divisible by three. The first third is kick (see 4.4.3.2 above), the middle third is swum using a pull buoy (see 4.4.3.5 below) and the

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final third is swum normally. Some people utilise a pull buoy for their kick portion, and others use a kick board for the pull section, especially when you are only swimming one length for each third, as equipment will get spread from one end of the pool to the other. The key is to quickly transition from one into the next as seamlessly as possible.

#### **4.4.3.5 Pull**

Apart from sessions that include a KPS set there will be no other sessions on this programme that require a pull buoy. Swim with a pull buoy held between your legs. When conducting pull sets focus on your arm stroke technique, especially the underwater aspect.

#### **4.4.3.6 Pyramid set**

In Session 13 the main set starts off with a single length (of a 25m pool) with a short rest. After that each repetition gets slightly longer (by one length each repetition) up until you swim a repetition of 150m. From there you then swim one less length each repetition. The RI for each repetition also varies, giving you more rest for the longer reps and short rest for the shorter reps.

### **4.5 Run – Long**

The aim of the long run is improve the athlete's endurance, increase the efficiency of the heart and lungs and allow the body to develop more capillaries through the muscles. Long runs are scheduled each week and are one of the most important sessions each week for someone training for a triathlon. They are to be run at Borg 2-3. Early in the programme keep on the flat for the long runs but include some hills towards the end of the programme.

### **4.6 Cycle – Long**

The aim of the long cycle is similar to the long run but specific to the cycling portion of the triathlon. They also develop the efficiency of the heart and lungs and allow the body to develop more capillaries through the muscles. Long cycles are scheduled into the programme each week as they are also one of the more important sessions. They are to be conducted at Borg 2-3. They are also an opportunity to include some hills particularly latter in the programme.

### **4.7 Brick Sessions**

Brick sessions are named after one of the legendary pioneers of the sport of Duathlon, former multiple world champion New Zealander Matt Brick. Simply they simulate the effect of running after cycling. If you have ever attempted this, you will know that your legs feel like jelly. The good news is that with exposure and practise of running after cycling, they jelly feeling will diminish and if you continue with the sport of triathlon (and/or duathlon) will eventually stop occurring.

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For these sessions set up your running clothes and shoes (if you intend to change during the event) prior to going on a bike ride, once you return get changed and go for a run almost straight away. These sessions are also conducted at Borg 2-3.

**4.8 Run – Easy**

These are a recovery session, conducted at Borg 2-3. The aim is to flush any waste products out of the muscles and be fresh for the next training session.

**4.9 Cycle – Easy**

Also a recovery session, conducted at Borg 2-3. The aim is to flush any waste products out of the muscles and be fresh for the next training session. Try and focus on riding with a high cadence, pedalling at 90 RPM or higher, just make sure you are in a low gear.



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## **5 Programmes**

Here are the programmes to help you prepare and build up to a Contact Scorching Triathlon.

### **5.1 8 Week Programme for Short Course**

See Table 1 for the sessions to build your fitness up to complete the short course option at a Contact Scorching Triathlon.

### **5.2 Maintenance Programme for Short Course**

Once you have completed your first Contact Scorching Triathlon to continue on to future events you do not need to start from the start of the programme again. Your fitness has progressed since you first started the programme; you now need a maintenance programme to keep your fitness at a level to participate in future events. Have a look at how many weeks until the next event, find this number in the left hand column in Table 2 and then follow the table across to the right to see what sort of training weeks you need to complete. The details of these weeks can be found in Table 3.

Take for example you have completed the November Contact Scorching Triathlon and are looking forward to doing the December Contact Scorching Triathlon. There are 3 weeks between the two events; looking across through the next 3 weeks of your training you will see that they are Easy, Easy and Race weeks. When you look on Table 3, you find out what you do on each particular day of those weeks.

### **5.3 Bridging Programme from Short to Medium Course**

Once you have completed your first Contact Scorching Triathlon you may be keen to attempt a Medium Course event. To do this you will need to complete a bridging programme that will lift your fitness to the next level. Depending on the event you have just done you will have a 2 week, 3 week, 4 week or 7 week gap to bridge. Table 4 is a programme that will take you from doing a short course Contact Scorching Triathlon to a medium course Contact Scorching Triathlon over 3 weeks, Table 5 is a programme that will take you from doing a short course Contact Scorching Triathlon to a medium course Contact Scorching Triathlon over 4 weeks and Table 6 is a programme that will take you from doing a short course Contact Scorching Triathlon to a medium course Contact Scorching Triathlon over 7 weeks. It is recommended that you spend a minimum of 3 weeks training to step up from the short course to the medium course; hence there is no 2 week bridging programme.

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Table 1: 8 Week Programme for Short Course

Week #	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest Day	Swim Session 1	Run - Long 25min Borg 2-3	Swim Session 2	Flexibility Training 30min Stretching	Brick – Cycle 30min / Run 15min Borg 2-3	Cycle - Long 40min Borg 2-3
2	Rest Day	Swim Session 3	Run - Long 30min Borg 2-3	Swim Session 4	Flexibility Training 30min Stretching	Brick – Cycle 35min / Run 15min Borg 2-3	Cycle - Long 50min Borg 2-3
3	Rest Day	Swim Session 5	Run - Long 35min Borg 2-3	Swim Session 6	Flexibility Training 30min Stretching	Brick – Cycle 20min / Run 10min Borg 2-3	Cycle - Long 40min Borg 2-3
4	Rest Day	Swim Session 7	Run - Long 30min Borg 2-3	Swim Session 8	Flexibility Training 30min Stretching	Brick – Cycle 30min / Run 15min Borg 2-3	Cycle - Long 50min Borg 2-3
5	Rest Day	Swim Session 9	Run - Long 35min Borg 2-3	Swim Session 10	Flexibility Training 30min Stretching	Brick - Cycle 35min / Run 15min Borg 2-3	Cycle - Long 55min Borg 2-3
6	Rest Day	Swim Session 11	Run - Long 40min Borg 2-3	Swim Session 12	Flexibility Training 30min Stretching	Brick – Cycle 45min / Run 20min Borg 2-3	Cycle - Long 60min Borg 2-3
7	Rest Day	Swim Session 13	Run - Long 45min Borg 2-3	Swim Session 14	Flexibility Training 30min Stretching	Brick – Cycle 20min / Run 10min Borg 2-3	Cycle - Long 40min Borg 2-3
8	Rest Day	Swim Session 15	Run - Long 30min Borg 2-3	Swim Session 16	Flexibility Training 30min Stretching	Cycle - Easy 15min Borg 2-3	<b>Contact Scorching</b> <b>Triathlon</b>

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Table 2: Weeks between events

<b>Number of weeks between races</b>	<b>Week #1</b>	<b>Week #2</b>	<b>Week #3</b>	<b>Week #4</b>	<b>Week #5</b>	<b>Week #6</b>	<b>Week #7</b>
<b>2</b>	Easy	Race					
<b>3</b>	Easy	Easy	Race				
<b>4</b>	Easy	Hard	Easy	Race			
<b>7</b>	Easy	Moderate	Hard	Easy	Hard	Easy	Race

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Table 3: Weekly session for short course maintenance programme

<b>Week</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Easy</b>	Rest Day	Swim Session 6	Run - Long 35min Borg 2-3	Swim Session 7	Flexibility Training 30min Stretching	Brick – Cycle 20min / Run 10min Borg 2-3	Cycle - Long 40min Borg 2-3
<b>Moderate</b>	Rest Day	Swim Session 8	Run - Long 35min Borg 2-3	Swim Session 9	Flexibility Training 30min Stretching	Brick – Cycle 35min / Run 15min Borg 2-3	Cycle - Long 55min Borg 2-3
<b>Hard</b>	Rest Day	Swim Session 10	Run - Long 40min Borg 2-3	Swim Session 11	Flexibility Training 30min Stretching	Brick – Cycle 45min / Run 20min Borg 2-3	Cycle - Long 60min Borg 2-3
<b>Race</b>	Rest Day	Swim Session 12	Run - Long 30min Borg 2-3	Swim Session 7	Flexibility Training 30min Stretching	Cycle - Easy 15min Borg 2-3	<b>Contact Scorching Triathlon</b>

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Table 4: 3 week bridging programme between short and medium course Contact Scorching Triathlon's

<b>Week #</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>1</b>	Rest Day	Swim Session 13	Run - Long 45min Borg 2-3	Swim Session 14	Flexibility Training 30min Stretching	Brick – Cycle 45min / Run 20min Borg 2-3	Cycle - Long 70min Borg 2-3
<b>2</b>	Rest Day	Swim Session 15	Run - Long 55min Borg 2-3	Swim Session 16	Flexibility Training 30min Stretching	Brick – Cycle 60min / Run 30min Borg 2-3	Cycle - Long 80min Borg 2-3
<b>3</b>	Rest Day	Swim Session 12	Run - Long 30min Borg 2-3	Swim Session 7	Flexibility Training 30min Stretching	Cycle - Easy 15min Borg 2-3	<b>Contact Scorching Triathlon</b>



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Table 5: 4 week bridging programme between short and medium course Contact Scorching Triathlon's

<b>Week #</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>1</b>	Rest Day	Swim Session 7	Run - Long 50min Borg 2-3	Swim Session 8	Flexibility Training 30min Stretching	Brick – Cycle 50min / Run 25min Borg 2-3	Cycle - Long 70min Borg 2-3
<b>2</b>	Rest Day	Swim Session 9	Run - Long 55min Borg 2-3	Swim Session 10	Flexibility Training 30min Stretching	Brick – Cycle 60min / Run 30min Borg 2-3	Cycle - Long 80min Borg 2-3
<b>3</b>	Rest Day	Swim Session 11	Run - Long 55min Borg 2-3	Swim Session 12	Flexibility Training 30min Stretching	Brick – Cycle 60min / Run 30min Borg 2-3	Cycle - Long 90min Borg 2-3
<b>4</b>	Rest Day	Swim Session 10	Run - Long 30min Borg 2-3	Swim Session 7	Flexibility Training 30min Stretching	Cycle - Easy 15min Borg 2-3	<b>Contact Scorching Triathlon</b>



*'Training for excellence, with excellent training.'*

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Table 6: 7 week bridging programme between short and medium course Contact Scorching Triathlon's

<b>Week #</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>1</b>	Rest Day	Swim Session 7	Run - Long 50min Borg 2-3	Swim Session 8	Flexibility Training 30min Stretching	Brick – Cycle 50min / Run 25min Borg 2-3	Cycle - Long 70min Borg 2-3
<b>2</b>	Rest Day	Swim Session 9	Run - Long 55min Borg 2-3	Swim Session 10	Flexibility Training 30min Stretching	Brick – Cycle 60min / Run 30min Borg 2-3	Cycle - Long 80min Borg 2-3
<b>3</b>	Rest Day	Swim Session 11	Run - Long 55min Borg 2-3	Swim Session 12	Flexibility Training 30min Stretching	Brick – Cycle 60min / Run 30min Borg 2-3	Cycle - Long 90min Borg 2-3
<b>4</b>	Rest Day	Swim Session 7	Run - Long 50min Borg 2-3	Swim Session 8	Flexibility Training 30min Stretching	Brick – Cycle 50min / Run 25min Borg 2-3	Cycle - Long 70min Borg 2-3
<b>5</b>	Rest Day	Swim Session 9	Run - Long 55min Borg 2-3	Swim Session 10	Flexibility Training 30min Stretching	Brick – Cycle 60min / Run 30min Borg 2-3	Cycle - Long 80min Borg 2-3
<b>6</b>	Rest Day	Swim Session 11	Run - Long 55min Borg 2-3	Swim Session 12	Flexibility Training 30min Stretching	Brick – Cycle 60min / Run 30min Borg 2-3	Cycle - Long 90min Borg 2-3
<b>7</b>	Rest Day	Swim Session 10	Run - Long 30min Borg 2-3	Swim Session 7	Flexibility Training 30min Stretching	Cycle - Easy 15min Borg 2-3	<b>Contact Scorching Triathlon</b>

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## **6 Recovery**

Recovery is the most important part of training. If you don't recover from the training that you do, you will not improve. For this reason if your recovery is compromised and you are not physically up to training at the level prescribed, it is best to ease off or to take a rest day.

To maximise your recovery you need to ensure you get sufficient sleep, a minimum of 8hrs is required by most people. A healthy balanced diet is also important, for further information on nutrition download an article from [www.qwikkiwi.com/downloads/QKNutritionGuidelines.pdf](http://www.qwikkiwi.com/downloads/QKNutritionGuidelines.pdf)

How do you know if your recovery has been compromised? By regularly recording your Resting Heart Rate (RHR) first thing in the morning you will get to see it fluctuate. If it is elevated by 5 Bpm or more you should take it easier in training. This means cut long sessions shorter, and decrease the intensity in high intensity sessions. If your RHR is 10 Bpm above normal then it is recommended that you take a day off training.

RHR elevates often before other symptoms of illness become obvious. If you take an easy day or two or even a day off training this may allow your body to successfully fight off a virus before it gets settled and forces you to take a week off training.

### **6.1 Resting Heart Rate (RHR)**

Record your resting HR over a week, take your average of these 7 recordings to determine your RHR. The best way to do this is to set a wrist watch alarm with in arms reach of your bed. When the alarm goes off, reach over and grab your watch. Whilst holding it in one hand, find your pulse with the first and second fingers of the other hand on the wrist of the hand holding the watch. Count full beats only by counting 0, 1, 2, 3 etc... for a full 60secs whilst lying still. Record this value in a diary. Take an average of the seven days to get your RHR.

### **6.2 Flexibility**

Completing regular flexibility training can greatly increase your recovery from training. See 4.1 above for further details on flexibility training.

Qwik Kiwi Ltd stocks a number of products to assist you with improving your flexibility and enhancing your recovery.

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### 6.2.1 Trigger Point (TP) Therapy Products

Trigger Point (TP) Therapy products are made of a dense material that mirrors the feeling of the human hand and change shape after five to seven seconds of pressure. They are able to penetrate the belly of the muscle safely and effectively. Once the pressure is applied and the user takes a deep breath, the trigger point of the targeted muscle is forced to relax and the spasm is relieved. When using TP Therapy's Performance Therapy tools, three to five minutes of pressure within each muscle group is all that is needed. This treatment is recommended after each workout and event and prior to stretching. Athletes tend to overdo things. That's what gets them into the painful situation in the first place, moderation is the key.

TP Therapy products are for anyone who wishes to relieve or prevent pain. This includes all active bodies and even office workers. Muscles become fatigued when sitting in front of a computer or working around the house. To energise muscles, Trigger Point suggests using their therapy tools often. Any stress on muscles causes damage. Stress can be from too much weight, like a laundry basket or over working muscles without proper rest. The applications are the same.

### 6.2.2 TP Therapy Total Package + Ultimate 6 Guidebook

The TP Therapy Total Body Package is the ultimate set of tools for creating and maintaining a healthy, active body. This package is comprised of the complete line of TP Therapy Tools the TP Massage Ball, TP Footballer, and the TP Quadballer. The Total body Package also includes an instructional DVD and the Ultimate 6 Guidebook. Use the Total Body Package to treat injury, prevent injury, increase flexibility and enhance biomechanics. This product is recommended for anyone who enjoys an active lifestyle, needs a simple solution to pain or is in need of a lifestyle change.



### 6.2.3 TP Massage Ball

TP Massage Ball's primary focus is to relieve the muscle of existing spasms and/or trigger points by applying pressure to the 'trigger point' area.

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#### **6.2.4 TP Quad Baller**

The TP Quad Baller allows the user to roll completely through the Quads, IT band, lower back, hamstrings and neck in a safe effective manner. **ON YOUR OWN and HANDS FREE!**

With its patented technology, the TP Quad Baller feels just like a human hand. This allows you to manipulate the quads similar to the way your massage therapist would on their massage table.

This product allows you to manipulate the quads in a safe effective way on a daily basis. By addressing the quads you are able to release the waste product within the muscle, create more power from the muscle group and create better structural integrity.

#### **6.2.5 TP Footballer**

It has a soft tissue approach to releasing trigger point or muscle spasms, open up the capillaries and increasing oxygen delivery to the affected area. The TP Footballer was created relieving Achilles tendonitis, plantar faciitis, calf and heal pain, and carpel tunnel syndrome.



Its primary focus is to relieve the foot, calf, wrist or forearm of existing 'trigger points', myofascial pain syndrome, or carpel tunnel by applying pressure to the affected area opening up the capillaries and increasing oxygen.

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## **7 FAQ**

If you have a question that is not covered below please feel free to e-mail [ray@qwikkiwi.com](mailto:ray@qwikkiwi.com) to get it answered.

### **7.1 What if I miss a session?**

If you miss a session, sad movie, get over it and move on. If you try and catch up sessions later on in the week you will just compromise your recovery, by trying to squash too much training into the one day. If you try and catch up that session on a rest day, you will not allow yourself the rest from the usually harder day previously.

### **7.2 I am concerned about swimming in the sea.**

This is a common concern for novice triathletes and some experienced triathletes as well. There are a couple of major differences between the two. In the open water the water is murky and has currents, compared to the pool where you can follow the black line and not worry about any current.

Qwik Kiwi conducts Open Water Swim Seminars to assist new comers and experienced athletes alike to improve their open water swimming skills and knowledge. They are held the day before each Contact Scorching Triathlon. Further details can be found at [www.qwikkiwi.com/openwater.php](http://www.qwikkiwi.com/openwater.php)

Some common concerns and how to get around them are covered below:

#### **7.2.1 The water is dark and I can't see the bottom**

You don't need to worry about the bottom as you will be staying on the surface of the water. Focus on staying afloat and if you need to lie on your back and do some back stroke (or just lying there catching your breath) do so.

#### **7.2.2 I'm scared I might hit someone or get hit by someone**

This is always a possibility when swimming in close proximity that there may be some unintentional contact. The best way to avoid this is to position yourself on the outside and slightly behind the other swimmers on the start-line. Take your time getting into the water and gradually build up your pace, avoiding other swimmers.

#### **7.2.3 What about sharks and other marine life (especially the small ones we can't see)?**

Sharks prefer warmer water than Wellington harbour and are not often seen in Wellington harbour. Sharks generally don't attack humans unless provoked. You have a higher chance statistically of being in a plane crash than getting attacked by a shark.

Each summer a species of jelly fish arrive in Wellington Harbour and a number of them wash up on the beach. These particular jelly fish are harmless. If you accidentally touch one whilst swimming, the best option is to

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just keep on swimming. It is a slightly slimy/goosey experience, but if you stop swimming the jelly fish will be floating right in front of you; whereas if you continue on swimming after a couple of strokes it is a number of metres behind you.

Greater Wellington Regional Council does water quality testing on a regular basis in all popular swimming beaches and rivers around the Greater Wellington region, including Scorching Bay. You can visit their website [www.gw.govt.nz](http://www.gw.govt.nz) (or use the links page of the Qwik Kiwi website [www.qwikkiwi.com](http://www.qwikkiwi.com)) and get the latest water quality results. Scorching Bay typically has a lower bacteria count than a typical public swimming pool.

### **7.3 What if I get injured?**

Get medical advice from a doctor and/or physio; take the time to get the injury sorted before trying to carry on with your training.

### **7.4 Do I need to use sports drinks?**

Short answer, no. However sports drinks such as Balance Endurance Elite Fuel supply do assist to replace energy, electrolytes and fluid that has either been used up or sweated out. If you are going to use a sports drink during the race (Balance Endurance Elite Fuel supply is available at the drink stations in the Contact Scorching Triathlon series, with Balance Endurance Elite Fuel Supply Squeezepacks in your race pack), make sure you have used it in training previously. You don't want to find out in the middle of the race that the product causes stomach and/or bowel problems for you. You do not need to take a drink with you on every training session, but the long sessions it will be beneficial.

### **7.5 What sort of bike do I need?**

Participants in the Contact Scorching Triathlon series participate utilising a range of different bikes, from the good old clunky Healing 10 speed, to a mountain bike, BMX or for some a flash road bike. It doesn't matter what bike you utilise as long as it is road worthy, and you get out there and have fun.

### **7.6 What if I need specific coaching?**

Qwik Kiwi offers a range of coaching services to assist all levels of athlete from first time participant through to World Champions. We have coached World Champions but 99% of our clients are recreational athletes just like you. For further details check out [www.qwikkiwi.com](http://www.qwikkiwi.com) or e-mail [info@qwikkiwi.com](mailto:info@qwikkiwi.com)

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## 8 Glossary

**Borg Scale:** A subjective scale of perceived exertion named after the sports scientist who first used it. Used to describe exercise intensity.

**Cadence:** The number of pedal revolutions completed each minute, expressed in Revolutions Per Minute (RPM).

**Heart Rate:** The number of heart beats completed each minute, expressed in Beats Per Minute (BPM). Used to describe exercise intensity.

**Heart Rate Monitor:** A tool used to measure heart rate. It consists of a strap worn around the chest that picks up electrical signals from the heart and either a wrist watch or bike computer that receives and displays the signals.

**Interval:** A workout where the session is broken into manageable chunks (or intervals) of a set distance or duration, followed by a Rest Interval (RI).

**Periodisation:** A term referring to how each week is structured into the programme with varying training volumes and intensities to ensure the athlete has an optimal training stimulus and recovery.

**Power Meter:** A bike computer that measures how much power you generate whilst riding.

**Repetitions:** Repetitions or reps as they are known, collectively form a set. The number of repetitions will vary from set to set depending on the aim of the session. In the sessions on your swim programme repetitions will be followed by 'x', and then followed by the distance of the interval. E.G. 4x 100m 30sec RI refers to four repetitions.

**Rest Interval:** A break or recovery period when conducting an interval session.

**Sets:** Sets refer to a collection of repetitions of a set distance (or sometimes time). Main sets are usually made up of a number of sets. In the work outs for your swim programme each new set starts on a new line.

**Taper:** Over the final week or two before a major event, training is decreased allowing more recovery to ensure the athlete is rested and fully prepared for the event.

**Time Trial:** An event or training session where there is one person swims, cycles or runs as fast as they can to record their fastest time. Often called 'the race of truth'.

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**Wind Trainer:** A device that attaches to your rear wheel to enable you to ride in a stationary position. This enables you to avoid bad weather, road conditions and traffic.



**Open Water Swim Seminars**

In association with the Contact Scorching Triathlon Series, Qwik Kiwi – Endurance Sports Consultants will be conducting Open Water Swim Seminars throughout the 2009/10 series.

Level I – combination of theory and practical open water swimming skills including:

- Fears and safety
- Water conditions
- Navigation
- Breathing
- Drafting and swimming in groups

Level II – predominantly practical based seminar includes:

- Advanced navigation
- Advanced Open Water Swimming Techniques
  - Turning around buoys
  - Entering and exiting the water
  - Race tactics

Contact:

[www.qwikkiwi.com/openwater.php](http://www.qwikkiwi.com/openwater.php)

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## **9 Abbreviations**

BPM	Beats Per Minute
CD	Cool Down
HR	Heart Rate
HRM	Heart Rate Monitor
K	Kick
MS	Main Set
RHR	Resting Heart Rate
RI	Rest Interval
RPM	Revolutions Per Minute
TP	Trigger Point
WU	Warm Up

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## 10 Summary

Triathlons are challenging, but achievable and rewarding for participants who put the time in to train seriously for them. Contact Scorching Triathlon's are a great introduction to the sport in a relaxed, encouraging and fun atmosphere. Good luck with your training and athletic endeavours, may you achieve your goals. Feel free to come up and say gid'day at any of the races, by following this programme (or part of it) you are now part of the Qwik Kiwi family. Remember to keep smiling and enjoy the journey.



Therapy you can understand!  
Treat the problem not the symptom!

Trigger Point Therapy Products work on the self-massage principle. They can assist you by using the products (massage ball, quadballer and footballer) to relieve muscles of existing spasms and/or trigger points by applying focused pressure.

Qwik Kiwi Ltd has a range of products and packages that can assist you alleviate your triathlon aches and pains.

Contact:

[www.qwikkiwi.com/products.php](http://www.qwikkiwi.com/products.php)

[sales@qwikkiwi.com](mailto:sales@qwikkiwi.com)

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