

## CPT Annual Training plan

	November	December	January	February	March	April	May	June	July	August	September	October
Phase	Base Training				Pre Competition		Competition					Rest
Focus	Adaptation / general strength & conditioning (can be less triathlon specific for first few weeks) technique focus, skills & endurance based for swim / bike / run				Introduction to race pace intervals specific to swim / bike / run, focus on speed endurance & Race skills, transition training		Open water swimming, continuation of Race pace training, Speed focus in swim / bike / run / transitions, maintenance in strength & conditioning					Rest & Recovery
Location	HH Velodrome, indoor pools, Hillingdon cycle circuit, road, turbo, track, hills, parks & off road trails				Turbo, road, hills, track, indoor pools, Cycle circuits		HH Velodrome, indoor pools, Lido & openwater swimming, road, turbo, track, hills, parks & off road trails, transitions					
Zones	1 & 2	2	2 & 3	2 & 3	2, 3, 4		All zones will be used during this period					

**Please note these are just guidelines for the club training plan & not for individuals training plans**