

**ALPS**  
LAC  
D'ANNECY

x

**RUN  
MOTION** COACH

SAMEDI 7  
JUN 2025

XTREM TRIATHLON

**ALPS**  
LAC  
D'ANNECY

SAINT-JORIOZ  
FRANCE

XTREM TRIATHLON



**XPERIENCE TRAINING PLAN**

**+ OUR TIPS**

**OFFICIAL COACH OF THE ALPSMAN**

# XPERIENCE TRAINING PLAN

CRUSH YOUR S DISTANCE 💪

|      | DAY1                                                    | DAY2                                                    | DAY3                    | DAY4                                                                    | DAY5            |
|------|---------------------------------------------------------|---------------------------------------------------------|-------------------------|-------------------------------------------------------------------------|-----------------|
| W-12 | Easy jog 20'<br>5x3' 10k pace r2'                       | Swimming - Drills<br>1200m                              | Easy jog 50'            | Easy jog 20'<br>10' Threshold +<br>4x1' VO <sub>2</sub> max pace<br>r1' | Cycling<br>2h   |
| W-11 | Easy jog 20'<br>5x4' 10k pace r2'                       | Swimming -<br>Endurance 1800m                           | Easy jog 55'            | Easy jog 20'<br>VO <sub>2</sub> max pace<br>6x1'20 r1'20                | Cycling<br>2h30 |
| W-10 | Easy jog 20'<br>10x40"/40"                              | Swimming -<br>Drills 1400m                              | Easy jog 55'            | Easy jog 20'<br>2km-1.5km-1km<br>r1'45                                  | Cycling<br>2h30 |
| W-9  | Easy jog 1h                                             | Swimming -<br>Endurance 1800m                           | Active endurance<br>50' | Easy jog 25'<br>2x5' r3'                                                | Cycling<br>2h   |
| W-8  | Easy jog 20'<br>VO <sub>2</sub> max pace<br>10x1'/1'    | Swimming -<br>Drills 1600m                              | Easy jog 1h             | Easy jog 20'<br>5x1km 10k pace r2'                                      | Cycling<br>3h   |
| W-7  | Easy jog 20'<br>VO <sub>2</sub> max pace<br>12x1'/1'    | Swimming -<br>Endurance 2000m                           | Easy jog 1h05           | Easy jog 20'<br>4x3' r2' +<br>4x30"/30"                                 | Cycling<br>3h   |
| W-6  | Easy jog 20'<br>8x1'40/1'40                             | Swimming -<br>Drills 1600m                              | Easy jog 1h05           | Easy jog 20'<br>6x2' 5k pace r1'30                                      | Cycling<br>3h   |
| W-5  | Easy jog 1h                                             | Swimming -<br>Endurance 2600m                           | Active endurance<br>50' | Easy jog 20'<br>3x6' 10k pace r4'                                       | Cycling<br>3h   |
| W-4  | Easy jog 20'<br>VO <sub>2</sub> max pace<br>8x1'20/1'20 | Swimming -<br>Drills 1800m                              | Easy jog 1h10           | Easy jog 20'<br>3km-2km-1km<br>r2'                                      | Cycling<br>2h   |
| W-3  | Easy jog 20'<br>VO <sub>2</sub> max pace<br>10x50"/50"  | Swimming -<br>Endurance 2000m                           | Easy jog 1h05           | Easy jog 20'<br>8x2' 5k pace r2'                                        | Cycling<br>2h   |
| W-2  | Easy jog 20'<br>VO <sub>2</sub> max pace<br>8x50/50"    | Swimming -<br>Drills 1600m                              | Easy jog 1h             | Easy jog 20'<br>3x4' 5k pace r2'                                        | Cycling<br>1h30 |
| W-1  | Swimming -<br>Endurance 1200m                           | Easy jog 30min<br>VO <sub>2</sub> max pace<br>6x30"/30" | Rest                    | Pre-race session:<br>Easy jog 20' + 4<br>strides                        | D-Day           |



# STRUCTURING YOUR TRIATHLON TRAINING WEEK

One of the biggest challenges in triathlon preparation is finding enough time to train across all 3 disciplines 🤔. Here are our tips to help you stay organized and make the most of your training week.

## XPÉRIENCE

📅 **5 SESSIONS MIN**

3 running sessions 🏃  
1 cycling session 🚴  
1 swimming session 🏊

## HALF

📅 **7 SESSIONS**

4 running sessions 🏃  
2 cycling session 🚴  
1 swimming session 🏊

## XTREM

📅 **8 SESSIONS MIN**

4 running sessions 🏃  
2 cycling session 🚴  
2 swimming session 🏊

## ⚡ KEY WORKOUTS

Before every main session, warm up for 15-20 minutes.  
Afterward, take 5 minutes to cool down and do gentle stretching 🧘

### 🏔️ TRAIL PREP - HILL WORKOUTS

**Short hill sprints (30 sec) :**  
build explosiveness ⚡ and power. Run hard uphill, walk back down for recovery.

**Long hill intervals (2-6 min) :**  
improve muscular endurance musculaire. Keep a steady, rhythmic stride at 70-80% of your max effort.

[Read more](#) 📖

### 🏊 SWIMMING TECHNIQUE

To prepare effectively, mix **three types of workouts: endurance, technique, and intervals.**  
For example:

**Endurance** - 1 hour steady crawl  
**Technique** - kicking drills  
**Fractionné** - 4 x 100 m at high intensity

[Read more](#) 📖

### 🚴 CLIMBING ON THE BIKE

Developing your **aerobic endurance on the bike is essential** – it will also benefit your running and swimming performance.

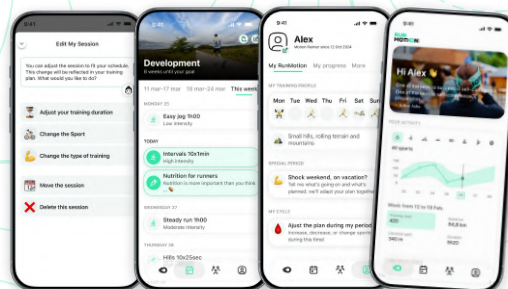
To get ready for the elevation gain you'll face on race day, include long rides that feature **sustained climbs**.

[Read more](#) 📖

## 🧰 TRIATHLON ESSENTIALS

EQUIP YOURSELF PROPERLY  
STAY ORGANIZED SMARTLY  
**FOLLOW A STRUCTURED TRAINING PLAN** 📅  
MASTER YOUR TRANSITIONS

17 [How to Train and Stay Organized with RunMotion](#)



## 🔍 RACE-DAY GEAR CHECKLIST

Packing for a race can be stressful – between mandatory gear and the fear of forgetting something, it's best to double-check that you've got everything covered.  
Here's a quick list of must-haves for each discipline 🙌

### SWIMMING

- 👒 Swim cap
- 👓 Goggles
- 👙 Swimsuit or tri suit
- 👕 Wetsuit\*
- 🧴 Anti-chafing cream
- 🧺 Towel

### CYCLING

- 📵 Helmet
- 👟 Cycling shoes & socks
- 🕶️ Sunglasses
- 📏 Race belt
- 🛠️ Flat tire repair kit
- 🚰 Mini pump
- 🍌 On-bike nutrition
- 💧 Bottles/hydration

### RUNNING

- 👟 Running shoes & socks
- 💧 Hydration belt
- 🍷 Flask or water bottle
- 🍌 Nutrition (gels, bars, etc.)
- 🕶️ Sunglasses
- 👒 Cap

\*if required by race organizers

17 [Get your personalized triathlon training plan on the RunMotion Coach app](#) 📱