

ALPS
LAC
D'ANNECY

x

**RUN
MOTION** COACH

SAMEDI 7
JUN 2025

XTREM TRIATHLON

ALPS
LAC
D'ANNECY

SAINT-JORIOZ
FRANCE

XTREM TRIATHLON



XTREM TRIATHLON TRAINING PLAN

+ OUR TIPS

OFFICIAL COACH OF THE ALPSMAN

XTREM TRIATHLON TRAINING PLAN

MASTER YOUR XTREM TRIATHLON 🦵

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
W-12	Easy jog 20' 5x3' 10k pace r2'	Swimming - Drills 2000m	Cycling 2h Easy jog 1h	Easy jog 20' 2x10' Threshold + 4x1' VO ₂ max pace r1'	Cycling 3h	Swimming - Endurance 2500m Easy jog 1h15
W-11	Easy jog 20' 6x4' 10k pace r2'	Swimming - Endurance 2800m	Cycling 2h Easy jog 1h	Easy jog 20' Hills 8x1' r1'30	Cycling 4h	Swimming - Endurance 3000m Easy jog 1h
W-10	Easy jog 20' 4km-3km-2km r2'	Swimming - Drills 2200m	Cycling 2h Easy jog 1h10	Easy jog 20' Hills 8x1'30 r2'	Cycling 5h	Swimming - Endurance 3500m Easy jog 1h
W-9	Easy jog 1h15	Swimming - Endurance 3400m	Cycling 1h30 Active endurance 1h	Easy jog 20' 4x7' hm pace r3'	Cycling 3h	Swimming - Endurance 2500m Easy jog 1h15
W-8	Easy jog 20' 2x20min marathon pace r4'	Swimming - Drills 2200m	Cycling 2h Easy jog 1h10	Easy jog 20' Hills 5x3' r3'	Cycling 5h	Swimming - Endurance 3000m Easy jog 1h
W-7	Easy jog 20' Hills 8x1'30 r2'	Swimming - Endurance 4200m	Cycling 2h Easy jog 1h15	Easy jog 20' 3x10' hm pace r4'	Cycling 6h	Swimming - Endurance 3500m Easy jog 1h
W-6	Easy jog 20' 2x30min marathon pace r4'	Swimming - Drills 3000m	Cycling 2h Easy jog 1h20	Easy jog 20' Hills 5x8' r6'	Cycling 6h	Swimming - Endurance 2500m Easy jog 1h15
W-5	Active endurance 1h	Swimming - Endurance 4000m	Cycling 2h Easy jog 1h30	Easy jog 20' VO ₂ max pace 8x1'30 r1'20	Cycling 3h	Swimming - Endurance 3000m Easy jog 1h15
W-4	Easy jog 20' 10km marathon pace r4'	Swimming - Drills 2800m	Cycling 2h Easy jog 1h10	Easy jog 20' 2km-1500-1km r2'30	Cycling 5h	Swimming - Endurance 3500m Easy jog 1h
W-3	Easy jog 20' VO ₂ max pace 10x1'/1'	Swimming - Endurance 3000m	Cycling 1h30 Easy jog 1h15	Easy jog 20' Hills 3x10' r6'	Cycling 4h	Swimming - Endurance 2500m Easy jog 1h15
W-2	Easy jog 20' Hills 4x5' r4'	Swimming - Drills 2500m	Cycling 2h Easy jog 1h	Active endurance 1h	Cycling 2h30	Swimming - Endurance 2500m Easy jog 1h15
W-1	Cycling 1h	Rest	Easy jog 30min VO ₂ max pace 6x30"/30"	Rest	Pre-race session: Easy jog 20' + 4 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.

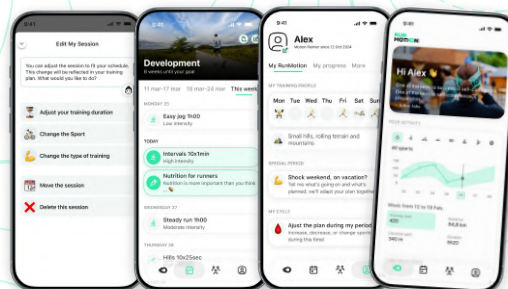
To get ready for the elevation gain you'll face on race day, include long rides that feature **sustained climbs**.

[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](#) 📱