



Harbour to hills

A basic training program for triathlon newbies or half ironman beginners

By Ken Maclaren of KinEli Coaching www.kinelicoaching.co.nz

Training and preparation

Welcome to part two of the plan for the Harbour to hills for newbies. In the first fifteen weeks the plan has been mostly about the training. In this second part preparation becomes more of the plan.

Training is what gets you fit.

Preparation is what get's you ready.

Preparation is about doing what you can prior to the event day so you're able to make the best use of the fitness you have on the day and avoid losing time (or even not finishing) through mistakes.

Key preparation points over the next weeks will include:

- Practicing with the clothes / shoes etc you plan to use on event day.
- Practicing what time you need to get up to get ready on event day.
- Practicing your transition routines as closely as possible.
- Practicing your food and drinks routines.
- Practicing changing a puncture out on the road.
- Working out what you can do to avoid soreness and chaffing.

In summary there are always things on event day that you can't control, preparation helps you to be ready to cope with the things you can control.

Preparation could be a whole book but this plan will help you with the major ones.

Enjoy the next few months.

Ken Maclaren



Harbour to hills

By Ken Maclaren of KinEli Coaching www.kinelicoaching.co.nz

Week 16		Monday January 16th to Sunday January 22nd
Session No.	Training	Notes
1	Swim 4 laps Pandora, Run 5km	That's it. If you can't get to the pond aim to swim 2.5km in the pool
2	Run 15km	Take your time and aim to stay off road
3	Bike 45km with hills	
4 (optional)	Ocean Swim	Time to get to into the Ocean, most Saturdays there are groups swimming off Harding Road—check facebook for info and times
Sun 22nd Jan	TriHB Triathlon	Aim to do the standard distance event, 1400m swim, 42k bike 10k run
Notes for week	Take a rest day after the race. Worried about ocean swimming? Aim to experience as many different conditions as you can between now and the event day.	

Week 17		Monday January 23rd to Sunday January 29th
Session No.	Training	Notes
1	Swim 4 laps Pandora Pond (2.4km) + Run 5km	Once again if you can't get to Pandora try to cover the same distance elsewhere.
2	Bike 40km inc hills	
3	Run 8km inc 5km medium effort	Medium effort means working harder than you usually would. Do the medium effort 5km in the middle
Key Practice Session	Swim 2km, Bike 58km, Run 5km Suggested Date Sun 29th January	Key practice session: Swim 2km at Harding Road, Bike the route with one lap of the Tuki Valley, run 5km. Start the swim at 7am, get up at a time you plan to get up on event day, eat what you plan to eat on event morning etc.
Notes for week	Have you changed an innertube on your own yet whilst out on the road? Take two rest days after your Key practice session.	

Week 18		Monday January 30th to Sunday February 5th
Session No.	Training	Notes
1	Swim 4 laps Pandora Pond (2.5km) + Run 5km	Once again if you can't get to Pandora try to cover the same distance elsewhere.
2	Run 10km	If you've been run / walking aim to run the full distance this time.
3	Ocean Swim 2km Run 5km	Not hard—ideally swim off Harding Road
4	Bike easy 90km	Don't ride hard but just hit the roads and pedal until you get to the end. Ideally ride the Harbour to hills course with the full two laps of the Tuki Valley.
Notes for week	Don't think the big picture. When you're feeling tired with a long way to go, don't focus on the big picture. Instead focus on the next 30 seconds. Go forward, look after yourself. Repeat.	



Harbour to hills

By Ken Maclaren of KinEli Coaching www.kinelicoaching.co.nz

Week 19		Monday February 6th to Sunday February 12th
Session No.	Training	Notes
1	Swim 4 laps Pandora, Run 5km	That's it. If you can't get to the pond aim to swim 2.5km in the pool
2	Run 15km	Take your time and aim to stay off road
3	Bike 45km with hills	
4 (optional)	Ocean Swim	
Sun Feb 12th	TriHB Triathlon or Erin Baker Triathlon Kinloch	There is a 1500m / 40k / 10k race in Kinloch (pre entry required) or the tri HB tri at Pandora.
Notes for week	Take two rest days after the race.	

Week 20		Monday February 13th to Sunday February 19th
Session No.	Training	Notes
1	Swim 4 laps Pandora Pond (2.4km) + Run 5km	Once again if you can't get to Pandora try to cover the same distance elsewhere.
2	Bike 40km inc hills	
Sat Feb 18th	Napier Port Ocean Swim	2.5km—yes do the long one. You'll need to enter the event.
Sun Feb 19th	Bike 90km, Run 5km	Key practice session: Bike the route with two laps of the Tuki Valley, run 5km. Start the bike at 7am, get up at a time you plan to get up on event day, eat what you plan to eat on event morning etc.
Notes for week	Take two rest days after your Key practice session. Sore bits: if you find you're getting sore bits, try to work out what you can do to prevent them occurring. Petroleum jelly is your friend to avoid chaffing.	

Week 21		Monday February 20th to Sunday February 26th
Session No.	Training	Notes
1	Swim 4 laps Pandora Pond (2.5km) + Run 5km	Once again if you can't get to Pandora try to cover the same distance elsewhere.
2	Bike 30km inc hills	
3	Ocean Swim 2km Run 10km	Not hard—ideally swim off Harding Road
4	Bike 60km Run 5km	Just ride and enjoy our beautiful HB countryside.
Notes for week	Don't think the big picture. When you're feeling tired with a long way to go, don't focus on the big picture. Instead focus on the next 30 seconds. Go forward, look after yourself. Repeat.	



Harbour to hills

By Ken Maclaren of KinEli Coaching www.kinelicoaching.co.nz

Week 22		Monday February 27th to Sunday March 5th
Session No.	Training	Notes
1	Swim 5 laps Pandora	That's it. If you can't get to the pond aim to swim 3km in the pool
2	Run 20km	Take your time and aim to stay off road.
3 (optional)	Bike 20-30km	Just spin out those legs on the flat
4	Ocean Swim	
5	Long bike ride—100km 2km run off bike	Just ride take your time and enjoy some different scenery here in Hawkes Bay.
Notes for week	Rubbing and chaffing - pre apply petroleum jelly to avoid those sore bits.	

Week 23		Monday March 6th to Sunday March 12th
Session No.	Training	Notes
1	Swim 4 laps Pandora Pond (2.4km) + Run 5km	Once again if you can't get to Pandora try to cover the same distance elsewhere.
2	Bike 40km inc hills	
3	Run 8km inc 5km medium effort	Medium effort means working harder than you usually would. Do the medium effort 5km in the middle
4 (optional)	Ocean Swim	
Sunday March 12th	TriHB Triathlon, Pandora Pond Napier	750m swim, 21k bike, 5k run—your last race before the Harbour to Hills.
Notes for week	Take a rest day after the race.	

Week 24		Monday March 13th to Sunday March 19th
Session No.	Training	Notes
1	Swim 4 laps Pandora Pond (2.5km) + Run 5km	Once again if you can't get to Pandora try to cover the same distance elsewhere.
2	Bike 40km inc hills	
3	Ocean Swim 2km Run 5km	Not hard—ideally swim off Harding Road
4	Bike easy 60km, run 5km off the bike	Don't ride hard but just hit the roads and pedal until you get to the end. Ideally ride the Harbour to hills course with the one lap of the Tuki Valley.
Notes for week	This is your last big day out before the big day out. Enjoy. Have you changed a tube on the road yet? If not, why not? Do it today. If you have done so, do it again without any assistance.	



Harbour to hills

By Ken Maclaren of KinEli Coaching www.kinelicoaching.co.nz

Week 25		Monday March 20th to Sunday March 26th
Session No.	Training	Notes
1	Swim 4 laps Pandora Pond (2.4km) + Run 5km	Once again if you can't get to Pandora try to cover the same distance elsewhere.
2 (optional)	Bike 20-30km	Just spin out those legs on the flat
3	Run 10km	Take your time and aim to stay off road.
4	Ocean Swim	
5	Bike 40km 2km run off bike	Just ride take your time and enjoy some different scenery here in Hawkes Bay.
Notes for week	Get your bike checked.	

Week 26		Monday March 27th to Sunday April 2nd
Session No.	Training	Notes
1	Swim 4 laps Pandora Pond (2.4km) + Run 5km	Once again if you can't get to Pandora try to cover the same distance elsewhere.
2	Bike 20km include one or two hills	This is your post bike service bike check ride.
3	Ocean Swim	
Sunday April 2nd	Your big day	Just do it. Follow your routines, think of the next thirty seconds, look after yourself, go forward. Let the end come to you. It's simple but will always be hard.
Notes for week	Well done.	

