



Harbour to hills

A basic training program for triathlon newbies or half Ironman beginners

By Ken Maclaren of KinEli Coaching

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



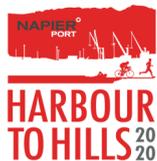
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Week 16		Monday November 11th to Sunday November 17th
Session No.	Training	Notes
1	Ocean swim 2.5km, Run 5km	That's it. If you can't get to the pond aim to swim 2.5km in the pool
2	Run 15km	Take your time and aim to stay off road
3	Bike 45km with hills	
4 (optional)	Ocean Swim 2.5km	
Sun 17th Nov	If possible join a local event	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 November 18th to Sunday November 24th
Session No.	Training	Notes
1	Swim 2.5km + Run 5km	Once again if you can't get to Open water 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 24th November 2019	Key practice session: Swim 2km open water, Bike the route with some hills, 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 November 25th to Sunday December 1st
Session No.	Training	Notes
1	Swim 2.5km + Run 5km	Once again if you can't get to open water 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 open water
4	Bike easy 90km	Don't ride hard but just hit the roads and pedal until you get to the end. Ideally ride the same terrain as the Harbour to hills course.
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.	



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Week 19		Monday December 2nd to Sunday December 8th
Session No.	Training	Notes
1	Ocean swim 2.5km, 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 Dec 8th	Standard distance Training	Swim 1500m bike 40k run 10k Open water if possible. Try a local event or even an event close to home with the distances.
Notes for week	Take two rest days after training.	

Week 20		Monday December 9th to Sunday December 15th
Session No.	Training	Notes
1	Swim open water 2.4km + Run 5km	Once again if you can't get to open water try to cover the same distance elsewhere.
2	Bike 40km inc hills	
Sat Dec 14th	Ocean Swim	2.5km
Sun Dec 15th	Bike 90km, Run 5km	Key practice session: Bike the route with hills and 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 December 16th to Sunday December 22nd
Session No.	Training	Notes
1	Swim open water 2.5km + Run 5km	Once again if you can't get to open water try to cover the same distance elsewhere.
2	Bike 30km inc hills	
3	Ocean Swim 2km Run 10km	Not hard
4	Bike 60km Run 5km	Just ride and enjoy our your day.
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.	



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Week 22		Monday December 23rd to Sunday December 29th
Session No.	Training	Notes
1	Swim open water 3km	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..
Notes for week	If you're going away over the holiday period just aim to do one or two of the sessions that work the best for you and your family. Something is better than nothing. At the very least take your running shoes. If you're going away over the holiday period just aim to do one or two of the sessions that work the best for you and your family. Something is better than nothing. At the very least take your running shoes.	

Week 23		Monday December 30th to Sunday January 5th 2020
Session No.	Training	Notes
1	Swim open water 2.4km + Run 5km	Once again if you can't get to open water 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 January 5th	Tri practice session	750m swim, 21k bike, 5k run—your last good practice before the Harbour to Hills.
Notes for week	Something hurting more than others? Petroleum jelly is your best friend for that annoying chaffing	

Week 24		Monday January 6th to Sunday January 12th 2020
Session No.	Training	Notes
1	Swim 2.5km + Run 5km	Once again if you can't get to open water try to cover the same distance elsewhere.
2	Bike 40km inc hills	
3	Ocean Swim 2km Run 5km	Not hard
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 with one set of hills.
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.	



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Week 25		Monday January 13th to Sunday January 19th 2020
Session No.	Training	Notes
1	Swim open water 2.4km + Run 5km	Once again if you can't get to open water 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,
Notes for week	Get your bike checked.	

Week 26		Monday January 20th to Sunday January 26th 2020
Session No.	Training	Notes
1	Swim 2.4km + Run 5km	Once again if you can't get to open water 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 January 26th 2020	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.	