

General Off-Season Indoor Triathlon Training Plan



Day	Indoor Cycling Workouts	Indoor Running Workouts	Strength & Mobility	Recovery & Flexibility
Monday	45-60 min endurance ride (steady effort)	-	Core & mobility session	-
Tuesday	-	30-45 min treadmill run (easy pace)	Strength training (bodyweight or weights)	-
Wednesday	60 min interval ride (e.g., 5x5 min hard effort, 3 min easy)	-	-	Yoga or stretching
Thursday	-	40-50 min treadmill run (moderate effort)	Strength & core work	-
Friday	60 min endurance ride (low intensity)	-	-	Mobility & stretching
Saturday	45 min tempo bike ride + 20 min transition run	Short interval run (e.g., 8x30 sec fast, 1 min easy)	-	-
Sunday	Optional swim (Endless Pool) or active recovery	-	Suspension trainer or core work	Rest & recovery

Triathlon Off Season Strength Training From One Step Beyond

Mike Jess



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