



# 8-Week OFF SEASON Run & Strength Focus Training Plan

Description Document

By David Glover, MSE, MS, CSCS



brought to you by:

# Waiver of Liability

---

What you are about to undertake is a fitness program. Injuries may occur in any exercise program, as with this specific program written by David Glover and ENDURANCEWORKS, LLC. By using this program, you are waiving any liability to David Glover or ENDURANCEWORKS, LLC. Although this is a recommended program that has worked for many others, it may not be right for you. It is recommended that you consult a physician before undertaking any new fitness regiment.

© ENDURANCEWORKS, LLC.

All rights reserved. No part of this work may be reproduced or used in any form or by any means without written permission from the author. Any unauthorized transmission electronic or printed is prohibited.

Please note: IRONMAN® and IRONMAN Triathlon® are registered trademarks of the World Triathlon Corporation. Any non-race specific references to the word "Ironman" or "iron distance" in this document simply refer to a triathlon that is the standard length established by the original IRONMAN race in Hawaii (2.4-mile swim, 112-mile bike and 26.2-mile run).

**ENDURANCEWORKS, LLC**

Website: [enduranceworks.com](http://enduranceworks.com)

e-mail: [info@enduranceworks.com](mailto:info@enduranceworks.com)

# Introduction

---

Congratulations for taking on the challenge of a triathlon — an event like no other single day physical challenge in sport — *a swim, bike and run odyssey!*

Racing a triathlon is your personal challenge. No matter if your goal is the win or simply to finish, training successfully requires motivation, discipline and the proper training plan during the off-season months to give you the ability and the confidence to succeed.

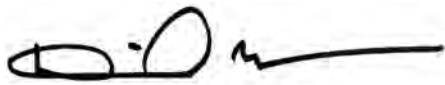
I want to help make your training and racing experiences the best possible as I share the lessons learned, best practices and expert knowledge that I've accumulated from more than 15 years of triathlon racing (including 28 Ironman distance finishes) and from coaching hundreds of athletes to consistently achieve top end results year after year.

Over the years, I've learned how to plan my training efficiently, how to balance my time and life effectively, how to execute better on race day, both physically and mentally, and how to consistently achieve top end results year after year.

I share this knowledge and experience with the athletes I coach, and in this *Off Season Triathlon Training Plan (Run Focus)* and with the accompanying *Triathlon Training Plan Guide* I'll share what I know with you and give you the tools you need to succeed in your race.

All you need now is the motivation and the desire.

Good luck and happy training,



**David B. Glover**, MSE, MS, CSCS  
Elite Athlete, Author and Coach

“ The ability to conquer oneself  
is no doubt the most precious of  
all things sports bestows on us.

— Olga Korbut, Olympic Gold Medal Gymnast

”



## Plan Objective

The objective of this training plan is to provide the AGE GROUP triathlete with a structured and periodized off season training plan with a focus on running and strength training while maintaining sufficient swim and bike fitness to successfully navigate the off-season (typically winter) months.

## Plan Overview

The training plan progresses from 8 to 10 hours (peak) of training per week and breaks down the training schedule into the following two training blocks:

WEEKS	TRAINING BLOCK	HOURS PER WEEK
1 - 4	Off Season 1	8 - 9
5 - 8	Off Season 2	9 - 10

A “typical” week during each period looks like:

DAY	WORKOUT
Monday	Off Day
Tuesday	Swim / Run
Wednesday	Bike / Strength
Thursday	Run
Friday	Swim / Strength
Saturday	Long Bike
Sunday	Long Run / Strength

Within your plan, I adjust the frequency, intensity and duration of the workouts each week in order to meet the desired objectives for that training period. Level of intensity is given in order to stimulate desired training adaptations and maximize training time while minimizing risk of overtraining, burnout and injury. Training intensity can be measured by a variety of methods including rate of perceived effort (RPE) — i.e. how you “feel” — and a heart rate monitor. I recommend using a heart rate monitor in combination with RPE. You will be given field tests in your plan to determine your individual intensity training zones for swimming, biking and running.

Your plan also includes a downloadable comprehensive 40+ page training guide with detailed instructions on how to use your plan as well as guidelines for making schedule adjustments, race week planning, nutrition and hydration.

# Athlete Requirements

---

You should be able to complete the following workouts prior to beginning the plan:

- Swim: 400 meters or yards continuously
- Bike: 60 minutes
- Run: 60 minutes continuously (substitute in walking as needed during workouts)

## About the Author

---

### David B. Glover, MSE, MS, CSCS

Author of *Full Time & Sub-Nine: Fitting Iron Distance Training into Everyday Life*, David Glover is certified as a coach by IRONMAN Triathlon, TrainingPeaks, USA Triathlon and USA Cycling and has the prestigious CSCS certification from the National Strength and Conditioning Association. David enjoys working with a full range of triathletes from first timers to experienced veterans qualifying for the IRONMAN World Championship in Kona, Hawaii.

A triathlete since 1995, David has completed more than 100 triathlons including twenty-eight IRONMAN® distance races. His Ironman distance accomplishments include qualifying for the IRONMAN World Championship in Hawaii multiple times, achieving a personal best time of 8:51 and winning five races overall including winning the Vineman Full twice. David raced professionally from 2007–2009 and is a 7x USA Triathlon All-American. He was inducted into the Vineman Hall of Fame in 2007.



David has his BS (Computer Science) from the U.S. Naval Academy, MSE (Engineering Management) from Catholic University and an MS (Exercise Physiology) from Eastern Michigan University. In addition to writing regularly in his blog ([davidbglover.com](http://davidbglover.com)), David also writes for both online and print magazines and organizations.

For more information about **ENDURANCEWORKS, LLC**, please visit: [enduranceworks.com](http://enduranceworks.com).