

Triathlon Training: Weekly training schedule varies

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Borg RPE (rating of perceived exertion) scale and training zones


Power			Functional Threshold Power		
Zone		RPE	%FTP	HR zone	Description
1	Recovery	6		AR	
1	Recovery	7		AR	very, very light
1	Recovery	8	<55%	AR	
2	Extensive endurance	9	56%	OD	very light
2	Extensive endurance	10	to	OD	
2	Extensive endurance	11	75%	OD	fairly light
3	Intensive endurance	12	76%	EXT AT	
3	Intensive endurance	13	to	EXT AT	somewhat hard
3	Intensive endurance	14	90%	EXT AT	
4	Threshold	15	91%	INT AT	hard
5a	Threshold	16	105%	INT AT	
5b	Anaerobic endurance	17	106%	VO ₂ max	very hard
5b	Anaerobic endurance	18	120%	VO ₂ max +	
5c	Power	19	>120%	MAX	very, very hard
5c	Power	20		MAX	hard

Basic one workout/day schedule with one day off per week.

Example of **one** or **two** times per week Globus strength training regimen

Note: Voluntary refers to training sessions that are specific to the sport (e.g. bicycling)

EMS refers to electromuscular stimulation training with Globus

 denotes EMS active recovery

Week 1

Training method	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
voluntary	swim Tempo	bike Tempo	run Tempo	swim Extensive endurance	off	bike Extensive endurance	run Extensive endurance
EMS	Globus			Globus			
EMS	Activ rec.	Activ rec.	Activ rec.	Activ rec.	REST	Activ rec.	Activ rec.

Week 2

Training method	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
voluntary	swim Lactate Threshold	bike Tempo	run Tempo	swim Extensive endurance	off	bike Extensive endurance	run Extensive endurance
EMS	Globus			Globus			
EMS	Activ rec.	Activ rec.	Activ rec.	Activ rec.	REST	Activ rec.	Activ rec.

Week 3

Training method	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
voluntary	swim Tempo	bike Tempo	run Lactate Threshold	swim Lactate Threshold	off	bike Extensive endurance	run Extensive endurance
EMS	Globus			Globus			
EMS	Activ rec.	Activ rec.	Activ rec.	Activ rec.	REST	Activ rec.	Activ rec.

Week 4

Training method	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
voluntary	swim Extensive endurance	bike Lactate Threshold	run Lactate Threshold	swim Lactate Threshold	off	bike Extensive endurance	run Extensive endurance
EMS	Globus			Globus			
EMS	Activ rec.	Activ rec.	Activ rec.	Activ rec.	REST	Activ rec.	Activ rec.

Week 5

Training method	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
voluntary	swim Active Recovery	bike Lactate Threshold	run Tempo	swim Extensive endurance	off	bike Extensive endurance	run Extensive endurance
EMS							
EMS							

EMS				Globus			Globus
EMS	Activ rec.	Activ rec.	Activ rec.	Activ rec.	REST	Activ rec.	Activ rec.

Week 6

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	swim	bike	run	swim	off	bike	run
voluntary	Tempo	Tempo	Lactate Threshold	Lactate Threshold		Extensive endurance	Extensive endurance

EMS		Globus		Globus			
EMS	Activ rec.	Activ rec.	Activ rec.	Activ rec.	REST	Activ rec.	Activ rec.

Week 7

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	swim	bike	run	swim	off	bike	run
voluntary	Extensive endurance	Lactate Threshold	Lactate Threshold	Lactate Threshold		Extensive endurance	Extensive endurance

EMS				Globus			Globus
EMS	Activ rec.	Activ rec.	Activ rec.	Activ rec.	REST	Activ rec.	Activ rec.

Week 8

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	swim	bike	run	swim	off	bike	run
voluntary	Extensive endurance	Lactate Threshold	Power-VO2	Lactate Threshold		Extensive endurance	Extensive endurance

EMS				Globus			Globus
EMS	Activ rec.	Activ rec.	Activ rec.	Activ rec.	REST	Activ rec.	Activ rec.

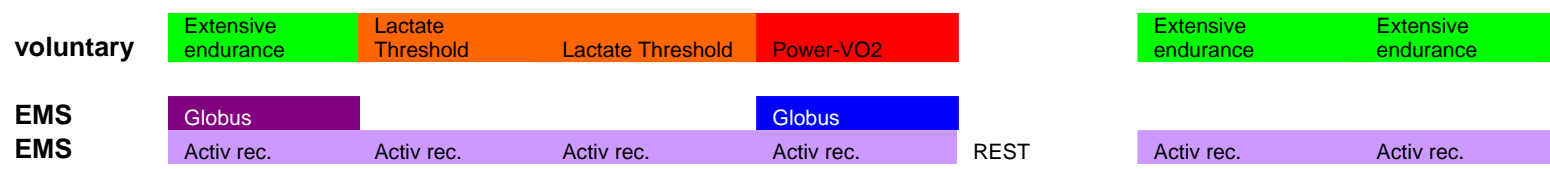
Week 9

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	swim	bike	run	swim	off	bike	run
voluntary	Active Recovery	Extensive endurance	Active Recovery	Extensive endurance		brick	Extensive endurance

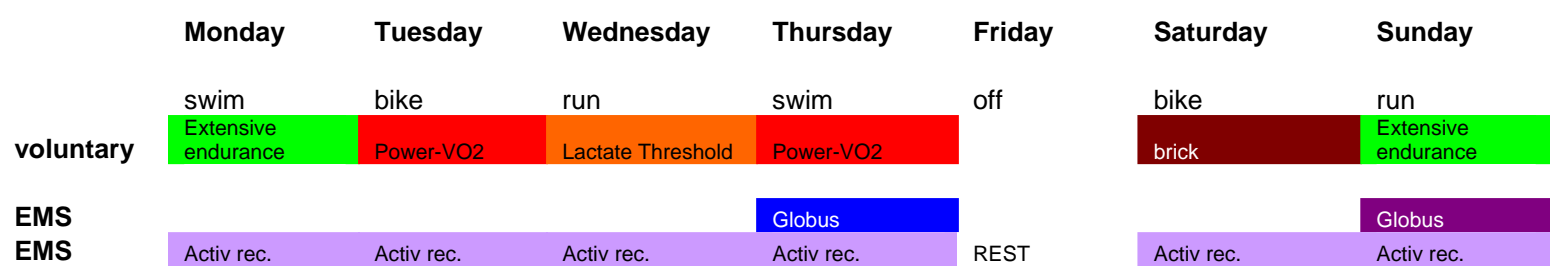
EMS		Globus		Globus			
EMS	Activ rec.	Activ rec.	Activ rec.	Activ rec.	REST	Activ rec.	Activ rec.

Week 10

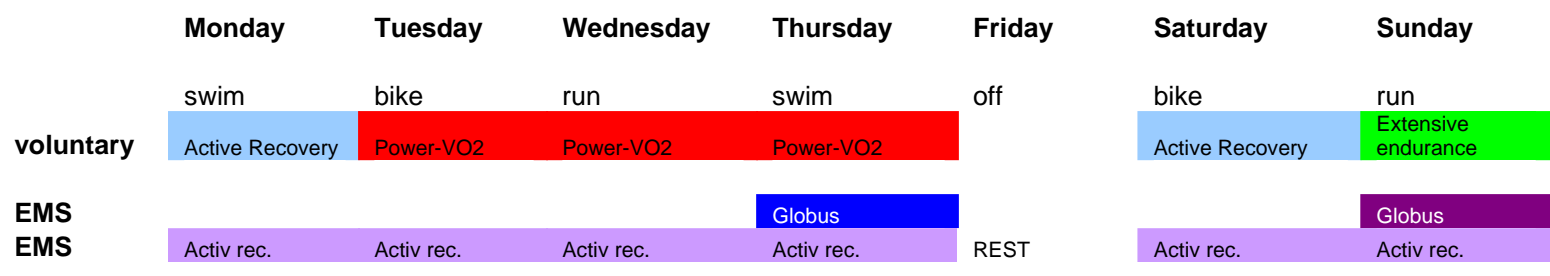
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	swim	bike	run	swim	off	bike	run



Week 11




Week 12



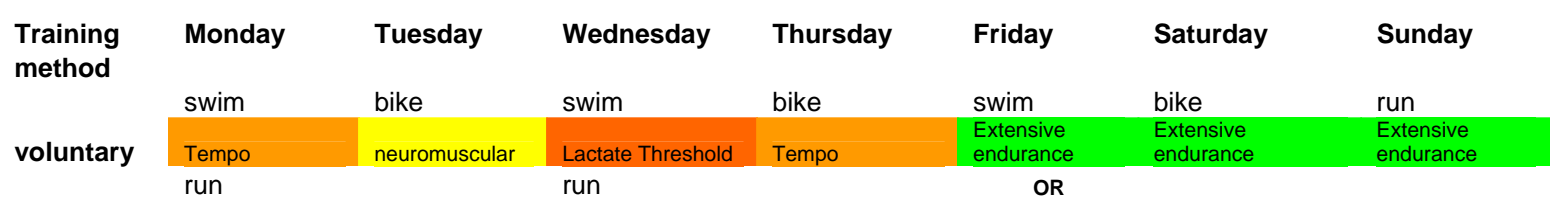
You may be adhering to a set weekly schedule or a varied weekly training schedule. Many different weekly schedules can offer a successful approach to training. The various weekly schedules shown here are meant to suggest approaches that are likely similar to the schedule you choose. Use these examples to illustrate patterns that will successfully combine Globus strength training and active recovery with sport specific training plans. The combination of Globus strength with the multi-paced sport specific workout types aims to fit training sessions into a week while maximizing the amount of recovery between more intense or longer sport specific workouts.

Combination of one and two training sessions/day

Example of one or two times per week Globus strength training regimen
Note: Voluntary refers to training sessions that are specific to the sport (e.g. bicycling)
EMS refers to electromuscular stimulation training with Globus

 denotes EMS active recovery

Week 1





Example of a two Globus training day split. The **Globus** denotes muscle groups with a primary training emphasis while the **Globus/split** denotes muscle groups that are trained with a secondary emphasis
 Most commonly athletes will train for strength using electro muscular stimulation three times per week foregoing the split routine

Note: Voluntary refers to training sessions that are specific to the sport (e.g. bicycling)
EMS refers to electromuscular stimulation training with Globus
 [light purple bar] denotes EMS active recovery

Week 5


Training method	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	swim	run	swim	run	swim	bike	run
voluntary	Tempo	Tempo	Lactate Threshold	Lactate Threshold	Extensive endurance	Extensive endurance	Extensive endurance
voluntary	bike neuromuscular		bike Tempo		OR off		
EMS	Globus			Globus			
EMS		Globus/split			Globus/split		
EMS	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.

Week 6

Training method	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	swim	run	swim	run	swim	bike	run
voluntary	Lactate Threshold	Lactate Threshold	Extensive endurance	Tempo	Extensive endurance	Extensive endurance	Extensive endurance
voluntary	bike neuromuscular		bike Lactate Threshold		OR off	transition run Active Recovery	
EMS	Globus			Globus			
EMS		Globus/split			Globus/split		
EMS	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.

Example of a three Globus training day split. The **Globus** denotes muscle groups with a primary training emphasis while the **Globus/split** denotes muscle groups that are trained with a secondary emphasis
 Most commonly athletes will train for strength using electro muscular stimulation three times per week foregoing the split routine

Note: Voluntary refers to training sessions that are specific to the sport (e.g. bicycling)
EMS refers to electromuscular stimulation training with Globus

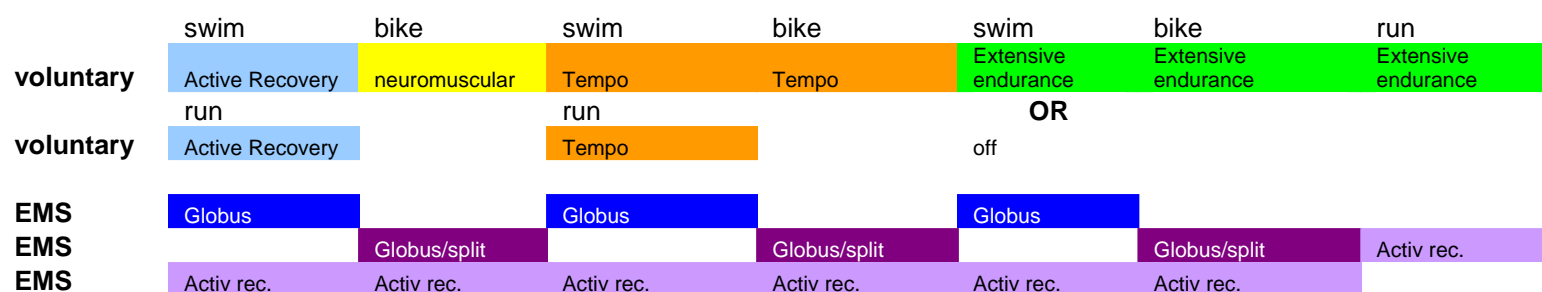
 denotes EMS active recovery

Week 7

Training method	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	swim	run	swim	run	swim	bike/run	run
voluntary	Lactate Threshold	Power-VO2	Extensive endurance	Tempo	Power-VO2	brick	Active Recovery
voluntary	bike Tempo		bike Lactate Threshold		OR off		
EMS	Globus		Globus		Globus		
EMS		Globus/split		Globus/split		Globus/split	Activ rec.
EMS	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.	

Week 8

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Suggested periodized strength training plan for the Globus Premium Sport model

Program	Frequency	duration
max strength 1	2 to 3 times weekly	2 to 3 weeks
max strength 2	2 to 3 times weekly	2 to 3 weeks
max strength 3	2 to 3 times weekly	2 weeks
	max strength	6 to-9weeks total
	t r a n s i t i o n w e e k	
resistance strength 1	1 time weekly	
max strength 3	1 to 2 times weekly	1 week
Resistance 1	2 to 3 times weekly	2 to 3 weeks
Resistance 2	2 to 3 times weekly	2 to 3 weeks
Resistance 3	2 to 3 times weekly	2 to 3 weeks
	resistance strength	6 to-9weeks total
	t r a n s i t i o n w e e k	
Endurance 1	1 time weekly	
Resistance strength 3	1 to 2 times weekly	1 week
Endurance 1	2 to 3 times weekly	4 to 6 weeks
	t r a n s i t i o n w e e k s	
Endurance 1	1 time weekly	
Endurance 2	1 to 2 times weekly	2 to 3 weeks
Endurance 2	1 to 2 times weekly	4 to 6 weeks
	Endurance	10 to 15 weeks total