



# AQUABIKE Olympic Distance 18-Week Training Plan

Description Document

By David Glover, MSE, MS, CSCS



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# Introduction

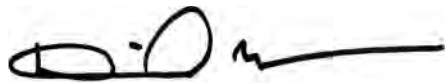
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Congratulations for taking on the challenge of an AQUABIKE — a fun and challenging endurance event that combines swimming and cycling. You need to have the fitness to cover the distance, but just being fit will not be enough to get you to the finish line. As much as it is a physical test, the race is also a mental challenge as you experience potential discomfort, obstacles and even disappointment. Racing a triathlon is your personal challenge. No matter if your goal is the win or just to finish, training for an AQUABIKE takes motivation, discipline, and the proper training plan to give you the ability and confidence to succeed.

I still vividly remember the excitement of completing my first triathlon near Jacksonville, FL, in 1995 and now I want to help you 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 fifteen years of triathlon racing. 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 now in my training plan and training guide, I'll share what I know with you. 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

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The objective of this training plan is to provide the AGE GROUP athlete with a structured and periodized plan to successfully prepare for an International (Olympic) distance AQUABIKE (typically 1,500m swim / 40km bike).

# Plan Overview

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The training plan progresses up to 10 hours (peak) of training per week prior to tapering and breaks down the 18-week training schedule into the following periods:

WEEKS	PERIOD	MAX WEEK HOURS
1–4	Base 1	5
5–8	Base 2	6.5
9–12	Build 1	7
13–16	Build 2	8
17	Peak	6
18	Race	3

A “typical” week during a Base Period looks like:

DAY	WORKOUT
Monday	Off day
Tuesday	Bike / Strength
Wednesday	Swim
Thursday	Bike / Strength
Friday	Swim
Saturday	Long Bike / Swim
Sunday	Bike / 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 given field tests in your plan to determine your individual intensity training zones for swimming and biking.

Your plan also includes a downloadable comprehensive 40+ page training guide with detailed instructions

## Plan Overview (continued)

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on how to use your plan as well as guidelines for making schedule adjustments, race week planning, nutrition and hydration.

## Athlete Requirements

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

- Swim: 300 meters or yards continuously
- Bike: 60 minutes

## About the Author

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### 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, USA Triathlon and USA Cycling and has the prestigious CSCS certification from the National Strength and Conditioning Association. David enjoys teaching 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.

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