

The **90-Day Blueprint** is a structured, 12-week periodisation framework designed specifically for busy middle-distance (70.3), long-distance (Ironman), and off-road (Xterra) triathletes.

Instead of throwing endless 15+ hour weeks of unstructured "junk volume" at an athlete, the blueprint condenses training into **7 to 11 targeted weekly hours**. It balances total training stress across all three disciplines so that swim fatigue doesn't ruin bike power, and bike effort doesn't destroy run durability off the bike.

The 4-Phase 90-Day Blueprint Architecture

Below is the complete 12-week breakdown structured across four distinct 3-week blocks:

Phase	Weeks	Focus	Key Sessions & Adaptation
1. Aerobic Base & Low-Drag Mechanics	Weeks 1–3	Zone 2 foundation, open-water mechanics, joint durability	• Low-drag swim drills & sighting • High-cadence (90–95 rpm) Zone 2 bike rides • Low-impact aerobic runs + ankle/core durability

2. Power & Sustained Torque	Weeks 4–6	FTP over-unders, steep climb torque, tempo running	• Bike over-under intervals & low-cadence strength • Targeted brick runs off the bike • Sustained swim threshold pace sets
3. Race-Specific Execution	Weeks 7–9	Course-profile simulation, pacing, race nutrition	• Long 70.3 / Ironman / Xterra pace simulation rides • Race-pace brick runs with nutrition/hydration testing • Open-water race simulation & T1 exits

4. Sharpened Peak & Taper	Weeks 10–12	Volume reduction, neuromuscular sharpness, fresh legs	• 40–50% reduction in weekly volume • Short, high-intensity race-pace bursts • Complete physical recovery for race morning
--------------------------------------	-------------	---	--

Weekly Training Template (7–10 Hour Structure)

Here is how a typical week within the blueprint balances fatigue across swim, bike, run, and strength sessions:

- **Monday:** Rest & Mobility OR Low-Drag Technique Swim (45 mins)
- **Tuesday:** Quality Bike (60–75 mins) — *FTP Over-Unders or High-Torque Climbing*
- **Wednesday:** Quality Run (45–60 mins) — *Tempo / Interval Builder* + Core Durability
- **Thursday:** Technique & Speed Swim (60 mins) — *Threshold Sets & Open-Water Sighting*
- **Friday:** Rest Day OR Active Recovery Walk
- **Saturday:** Long Endurance Ride (2–3.5 hrs) + Short Brick Run (15–20 mins off the bike)
- **Sunday:** Long Aerobic Trail / Road Run (60–90 mins) + Post-Run Mobility

Key Technical Elements Built Into the Blueprint

- **Data-Driven Intensity (WKO5 Integration):** Workouts are calibrated against your actual FTP, power-duration curve, and swim pace zones—ensuring you never waste a session or over-train.
- **Biomechanical Durability:** Incorporates specific leg strength, hip stability, and ankle mobility protocols to prevent quad burnout and calf cramping in T2.
- **Drag-Free Swim Integration:** Swim workouts emphasise reducing frontal drag and mastering open-water sighting so you exit the swim with low heart rate and maximum energy for the bike.