

# TRIATHLONTRAINING.NET

# SPRINT

**SWIM: .75K (0.47MI)**

**BIKE: 20K (12.4MI)**

**RUN: 5K (3.1MI)**

*(SOME SPRINT RACES MAY VARY IN DISTANCE)*

BEFORE beginning this training plan, be sure to evaluate your current fitness level and abilities. This plan will propel you to conquer the distance, but if you are unsure of your current health, please consult a physician.

## OVERVIEW:

Welcome to your sprint triathlon training plan. Whether this is your first race, or you are seeking a new Personal Record, this is the plan to help you achieve your goal. We have attempted to make this plan as user-friendly as possible. If you have any questions about the training plan, feel free to visit our contact page at [triathlontraining.net](http://triathlontraining.net), and we will be glad to help. This plan was handmade with proven workouts tested by real triathletes.

This is a 12 week training plan. It can be customized based on your schedule or race, but we do not recommend making too many changes, because your fitness level is never constant. The plan is designed to allow your fitness to peak at the time of the race. If you begin the plan early, you run the risk of peaking too early and racing under declined fitness. Likewise, a late start may mean that you have not reached your peak performance by race day.

If you are a beginner to triathlons, be sure to check out the last few pages of the plan to learn useful tips for calming race-day anxiety and nailing your race. Enjoy and work hard as you indulge yourself into the world of triathlons, and be sure to check back with [triathlontraining.net](http://triathlontraining.net) for news, training tips, coaching and more!



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# SELECTING A RACE AND PLANNING YOUR SEASON

## Selecting a Race

Follow these steps and you should have no trouble:

1. First you will need a calendar printout with all the months between now and your projected race date.
2. Then go to **usatriathlon.org** and **trifind.com** for a list of events.
3. Filter your search based on the date, location, and race distance. Also, keep an eye on the race fees for registering. I recommend choosing a race in a location you have been to before.

Once you are confident about your decision, sign up because some races sell out fast, and most races increase the fee as race day approaches. Also, signing up early will finalize your commitment and motivate you to train hard.

## Season

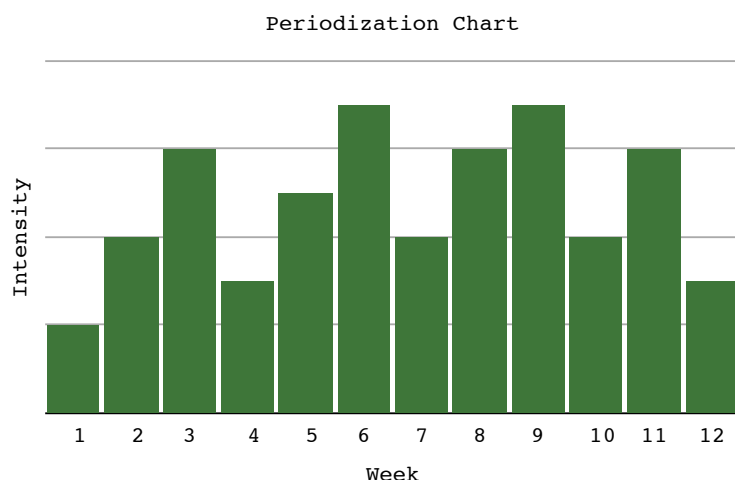
It is possible to participate in multiple races within one season. You can even reuse this plan multiple times in one season. However, it is very important to allow yourself 1-2 weeks of recovery after each race. Below is a “periodization” chart it shows you the volume of training each week.

**Weeks 1-3** are the BASE phase (improve basic abilities).

**Weeks 4-6** are the BUILD-1 phase (increase duration).

**Weeks 7-9** are the BUILD-2 phase (increase intensity).

**Weeks 10-12** are the RACE/PEAK phase (preparation for race day).



# FIRST TIME TRIATHLON

Training for your first triathlon can be an interesting experience. Here are some simple tips to stay safe and to get the most out of training.

## **Find consistent and safe places for training.**

**Swimming:** You will do most workouts in a 25-meter lap pool and if possible find an ocean or lake for occasional open water swim workouts.

*Recommended swim gear: goggles, swim cap, paddles, and a pull buoy*

**Biking:** Try to find clean shoulders on a non-busy road. 5-10 mile loops will work well for training rides and hills are useful for certain workouts. It also helps to find a local bike club to meet other cyclists and learn about new routes.

*Recommended bike gear: Helmet, reflectors, clip-in shoes and pedals, emergency flat repair kit.*

**Running:** You will want to find a school track, nature trails, and/or a nice sidewalk that is around 2 miles long with minimal intersections/stops.

*Recommended running gear: well-fitting running shoes, lap watch, bungee no-tie shoe laces (allow for quick transitions from biking cleats to running shoes).*

Be sure to record your workouts for feedback. For example, each day enter the distance, duration, date, and type of workout with comments into a journal. The plan might seem intense at first. Recovery days are essential, because all gains from a workout happen during the recovery phase.

Recovery includes: ice baths, protein/electrolytes after workout, dynamic stretching before and dynamic/static stretching after is VERY important, constant water intake, and at least 7-8 hours of sleep.

Keep in mind that each day the workout is going to last around 1-3 hours. Therefore, it is important to schedule your training ahead of time. Do not miss a workout to excuses or over exaggerating.

Make a checklist of all the gear you will use on race day to help with packing and setting up the transition area.

# TECHNIQUE AND AVOIDING INJURY

Good form is critical. If you attempt swimming, biking, or running with bad form, your race will suffer from wasted energy and it might even cause you to not finish. Even the pros work on technique, so in this plan you will find technique drills and workouts. If you truly want great advice on form for swimming, I recommend hiring a coach and joining a master swim team. For biking, I recommend a bike fit and spending time in a bike store as well as joining a bike club. For running, join a running club. Also, go to a shoe store whose employees are experienced runners and ask them to help with your form/ shoe fit. There are a plethora of videos online for good form.

Swim: [www.swimsmooth.com](http://www.swimsmooth.com)

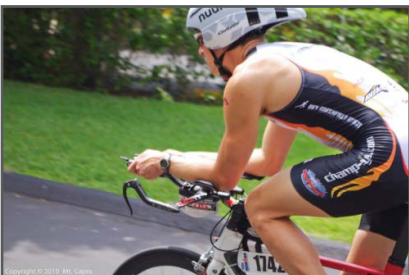
Bike: [http://www.bicycling.com/](http://www.bicycling.com/beginners/bike-skills/bicycling-beginners-guide)

[beginners/bike-skills/bicycling-beginners-guide](http://www.bicycling.com/beginners/bike-skills/bicycling-beginners-guide)

Run: <http://youtu.be/Tx6x2cD6Y8Q>

In order to avoid injury during training, you must pay attention to certain key steps that are often avoided. First is water and electrolytes. In general, you should drink plenty of water each day because it lubricates the muscles which helps to avoid cramps. The basic recommendation is **(bodyweight)/2 = (the #of oz. per day)**. Electrolytes should be consumed during workout to help prevent fatigue. The more extreme your training conditions, the more water/electrolytes that will be needed. Stretching is another key to avoiding injury. The typical process you should take with every workout should look something like this:

- **Warm up** (jogging/jumping jacks/ etc.)
- **Stretch** (emphasis on muscles getting used during that day's workout)
- **Workout**
- **Cool down** (NEVER just stop working out, always end with a light jog or a relaxed exercise)



# WORKOUT TERMS

**Aerobic-** Exercise that improves the efficiency of the body's cardiovascular system in absorbing and transporting oxygen.

**Aerobic endurance-** The ability to continue aerobic activity over a period of time.

**Anaerobic endurance-** During a maximum effort workout, the body is working so hard, it exceeds the respiratory and circulatory capacity.

**Brick workout-** Two or more events combined; commonly a bike workout followed by a short run to help the adaptation between the muscle groups.

**Base phase-** Period of training in which building aerobic capacity is the primary focus.

**Build phase-** The Build Phase drops in volume, increases in intensity. The key to this phase is to become more efficient (faster) at a certain distance.

**Cadence-** this measures your turnover rate. In cycling it is how many full rotations each foot makes per minute of pedaling. In running it is how many how many steps one leg makes per minute.

**Economy-** Term used to describe the efficiency of a runner's running motion. The greater one's running economy, the less energy it takes to run a given pace.

**Fartlek-** Swedish word meaning "speed play." It describes any number of variations on a workout where Athletes run continuously while combining varying periods of faster pace with slower pace.

**Force-** The ability to apply muscular strength in order to go faster. Involves repetitions at high intensity against resistance.

**Intervals-** a method of training in which an athlete repetitively alternates a fast paced lap with a slow paced cool down lap.

**Lactate threshold-** a point during exhaustive, all-out exercise at which lactate builds up in the blood stream faster than the body can remove it. Once this point is reached the body generally slows down.

**Muscular endurance-** Muscular endurance is the ability of a muscle or group of muscles to sustain repeated contractions against a resistance for an extended period of time.

**T1-** short for transition 1. It is when you finish the swim and get ready for the bike ride.

**T2-** short for transition 2. It is when you finish the bike ride and get ready for the run.

**Technique-** Involves your form and how clean your movements are in each sport. This is big in swimming where poor technique results in wasted energy and not much forward progress.

**VO2 max-** Measure of the maximum volume of oxygen your heart and lungs are able to supply to the rest of the body.

# WEEK 1

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	BIKE [LACTATE TEST HIGH EFFORT 30MIN. FIND A LOOP OR INDOOR TRAINER, CYCLE HIGH EFFORT ENTIRE DURATION]	[30 MIN]	THE GOAL OF THIS WORKOUT IS TO FIND YOUR "HEART RATE ZONES". RECORD YOUR AVERAGE HEART RATE FOR THE LAST 20MIN. OF THE WORKOUT.
TUES	SWIM [50METERS FREESTYLE; 50 METERS KICKING; 5X100METERS FREESTYLE AT MODERATE PACE/W 60SEC. REST BETWEEN SETS]	[30 MIN]	TO FIND T-PACE ON THE MAIN SET (5X100METERS) RECORD YOUR TIMES FOR EACH SET AND FIND THE AVERAGE THIS EQUALS YOUR T-PACE.
WEDS	BIKE [EASY PACE 20MIN.]	[20 MIN]	STAY ON A FLAT COURSE ZONE 1-2.
THURS	RUN [HIGH EFFORT 30MIN ON A TREADMILL TO RECORD HEART RATE]	[30MIN]	THE GOAL OF THIS WORKOUT IS TO FIND YOUR HEART RATE ZONES. WRITE DOWN YOUR AVERAGE HEART RATE FOR THE LAST 20MIN. OF THE WORKOUT.
FRI	STRENGTH WORKOUT [CORE EXERCISES - SEE BACK OF TRAINING PLAN]	[20MIN]	MIX UP THE WORKOUT ONCE YOU GET TIRED, TRY TO STAY ACTIVE THE ENTIRE DURATION.
SAT	SWIM [LONG EASY WARM-UP; 4X50METERS AT T-PACE, COUNT YOUR STROKES EACH 50M]	[30MIN]	1 MIN RESTS IN BETWEEN SETS.
	RUN [ENTIRE DURATION, QUICK FEET]	[20MIN]	PRACTICE PACING AND HEART RATE CONTROL.
SUN	BIKE [EASY PACE 20MIN.]	[20MIN]	STAY ON A FLAT COURSE ZONE 1-2.



# WEEK 2

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	BIKE [5MIN EASY; REPEAT 3X(10SEC HIGH RPM, 10SEC HIGHER, 10SEC MAX, RECOVER FOR 60SEC); THEN ALTERNATE ISOLATING LEFT AND RIGHT LEG PEDALING]	[30MIN]	STAY IN THE SMALL CHAIN RING. FOCUS ON PEDALING TECHNIQUE.
TUES	SWIM [200M EASY; (2X50METERS ALTERNATE USING ONE ARM; 2X50METERS FREE-STYLE ABOVE T-PACE) REPEAT 6X]	[40MIN]	USE A PULL BUOY IF AVAILABLE. FOCUS ON PULLING THROUGH THE WATER.
WEDS	BIKE [8X90SEC HILL REPEATS; 1MIN. RECOVERY IN BETWEEN]	[10MIN]	FIND A MODERATE SLOPED HILL OR RIDE A BIKE TRAINER IN A HARD GEAR.
THURS	RUN [10X(HILL REPEATS, FAST PACE UPHILL, RECOVERY JOG DOWNHILL)]	[20MIN]	HILL SHOULD BE APPROX. 200METERS OR TAKE 60SEC TO COMPLETE AT FAST PACE.
FRI	STRENGTH WORKOUT [SWIM EXERCISES - SEE BACK OF TRAINING PLAN]	[20MIN]	MIX UP THE WORKOUT ONCE YOU GET TIRED, TRY TO STAY ACTIVE THE ENTIRE DURATION.
SAT	SWIM [4X50METERS WITH 25KICK, 25FREE-STYLE; 4X50 RANDOM STROKE; 3X200 AT T-PACE + 5SEC]	[30MIN]	FOCUS ON FORM DURING WARM UP, TOTAL 1100METERS.
	BIKE [EASY PACE ENTIRE DURATION]	[35MIN]	STAY ON A FLAT COURSE HR ZONE 1-2 AND STEADY.
SUN	RUN [ENTIRE DURATION, QUICK FEET]	[20MIN]	PRACTICE PACING AND HEART RATE CONTROL.



# WEEK 3

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	BIKE [5MIN EASY; 4x2MIN EFFORTS SPIN AS FAST AS POSSIBLE, 2MIN. RECOVERY BETWEEN EACH]	[30MIN]	HEART RATE UNDER ZONE 4, WARM UP FIRST.
TUES	SWIM [200M EASY; (2x50METERS ALTERNATE USING ONE ARM; 2x50METERS FREESTYLE ABOVE T-PACE) REPEAT 6X]	[40MIN]	WORK ON ARM SPEED, AND FOCUS ON PULLING THROUGH THE WATER. GOOD FORM COMES FIRST THEN SPEED. TOTAL: 1000
WEDS	BIKE [8x90SEC HILL REPEATS; 1MIN. RECOVERY IN BETWEEN]	[10MIN]	FIND A MODERATE SLOPED HILL OR RIDE A BIKE TRAINER IN A HARD GEAR.
THURS	RUN [10X(HILL REPEATS, FAST PACE UPHILL, RECOVERY JOG DOWNHILL)]	[20MIN]	HILL SHOULD BE APPROX. 200METERS OR TAKE 60SEC TO COMPLETE AT FAST PACE.
FRI	STRENGTH WORKOUT [RUN WORKOUTS - SEE BACK OF TRAINING PLAN]	[20MIN]	MIX UP THE WORKOUT ONCE YOU GET TIRED, TRY TO STAY ACTIVE THE ENTIRE DURATION.
SAT	SWIM [100METERS EASY; 50M KICK; 100M FREESTYLE MODERATE PACE; 50M KICK MODERATE; 100M BUILD SPEED; 50M KICK BUILD SPEED; 4x100M MODERATE; 100M EASY]	[40MIN]	ALL AEROBIC EASY BREATHING. TOTAL: 950M
	BIKE [EASY PACE ENTIRE DURATION]	[40MIN]	STAY ON A FLAT COURSE HR ZONE 2 AND STEADY.
SUN	RUN [20MIN ON SOFT BUT FIRM SURFACE FAST CADENCE GOOD FORM]	[30MIN]	HEART RATE ZONE 2-3 PRACTICE PACING.

# WEEK 4

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	BIKE [10x60SEC FAST SPINS EASY GEAR; 1 MIN. RECOVERY BETWEEN EACH; 10x60SEC. ONE LEG PEDALING (ALTERNATE LEGS EACH SET); 2MIN. REGULAR PEDALING /W BOTH LEGS]	[45MIN]	SPIN FAST BUT AVOID BOUNCING IN THE SADDLE. FOCUS ON IMPROVING CYCLING TECHNIQUE WITH THESE DRILLS.
TUES	SWIM [200METERS EASY; 2x50METERS ALTERNATE USING ONE ARM; 2x50METERS FREESTYLE ABOVE T-PACE REPEAT EVERYTHING 6x]	[45MIN]	WEAR PADDLES OR USE A PULL BUOY IF AVAILABLE FOCUS ON PULLING THROUGH THE WATER TOTAL: 1000METERS
WEDS	BIKE [ 12x90SEC. HILL REPEATS ]	[20MIN]	STAY SEATED, HEART RATE ZONE 4-5 USE A CYCLE TRAINER ALTERNATING MEDIUM TO HARD GEARS IF NEEDED.
THURS	RUN [7x HILL REPEATS 45-60SEC UP HILL; 2-3MIN DOWN HILL]	[30MIN]	FAST PACE UP HILL HAMMER IT!, EASY JOG DOWN HILL.
FRI	STRENGTH WORKOUT [CORE WORKOUTS - SEE BACK OF TRAINING PLAN]	[20MIN]	MIX UP THE WORKOUT ONCE YOU GET TIRED, TRY TO STAY ACTIVE THE ENTIRE DURATION.
SAT	SWIM [4x100METERS (ALTERNATE EASY FREESTYLE AND KICK ONLY); FREESTYLE PYRAMID SETS= 100METERS, 10SEC REST, 200METERS AT FASTER PACE, 20SEC REST, 300METERS AT FASTER PACE, 30SEC REST; 100METERS REGULAR FREESTYLE]  BIKE [WARM UP; STAY JUST BELOW RACE PACE FOR 20MIN]	[1HR]	FOR THE SWIM STAY BELOW T-PACE THE ENTIRE TIME. WHEN SWIMMING A SET AT A SPECIFIC PACE KEEP THAT PACE THE ENTIRE TIME. TOTAL: 1700M.  AT LEAST 50% OF RIDE IN HEART RATE ZONE 2. IMPROVE ENDURANCE . KEEP PACE STEADY.
SUN	RUN [20MIN ON SOFT BUT FIRM SURFACE FAST CADENCE GOOD FORM]	[30MIN]	HEART RATE ZONE 2-3 PRACTICE PACING.

# WEEK 5

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	BIKE [HIGH EFFORT 30MIN. FIND A LOOP]	[30MIN]	RE-ESTABLISH YOUR HEART RATE ZONES. BIKE AT YOUR HIGHEST EFFORT AND WRITE DOWN YOUR AVERAGE HEART RATE FOR THE LAST 20MIN. OF THE WORKOUT.
TUES	SWIM [2x50METERS ALTERNATE EASY FREESTYLE AND KICK ONLY; 5x100METERS FREESTYLE AT MODERATE PACE/W 60SEC. REST BETWEEN SETS]	[30MIN]	ON THE MAIN SET (5x100METERS) RECORD YOUR TIMES FOR EACH SET AND FIND THE AVERAGE THIS EQUALS YOUR NEW T-PACE.
WEDS	BIKE [EASY RIDE 20-30MIN]	[30MIN]	HEART RATE ZONES 1-2. VERY EASY SPIN. RECOVERY RIDE.
THURS	RUN [HIGH EFFORT 30MIN ON A TREADMILL]	[30MIN]	THE GOAL OF THIS WORKOUT IS TO FIND YOUR NEW HEART RATE ZONES. WRITE DOWN YOUR AVERAGE HEART RATE FOR THE LAST 20MIN. OF THE WORKOUT.
FRI	STRENGTH WORKOUT [SWIM WORKOUTS - SEE BACK OF TRAINING PLAN]	[20MIN]	MIX UP THE WORKOUT ONCE YOU GET TIRED, TRY TO STAY ACTIVE THE ENTIRE DURATION.
SAT	SWIM [5MIN ALTERNATE SLOW-FAST PACING; 20MIN STEADY FREESTYLE WITHOUT STOPPING; 5MIN ANYTHING BUT FREESTYLE, EXPERIMENT NEW STROKES]	[30MIN]	EVER FEW LAPS COUNT YOUR STROKES ON A 25M STRETCH, IS IT CONSISTENT? GAIN MORE CONTROL OVER YOUR SWIM.
SUN	BIKE [45MIN MODERATE PACE, PRACTICE HYDRATION]  -BRICK- (IMMEDIATELY ONTO THE RUN)  RUN [30MIN MODERATE PACE, PRACTICE FUELING]	[1HR 15MIN]	ENDURANCE BRICK WORKOUT. BIKE HEART RATE ZONE 1-3. RUN HEART RATE ZONE 2-3. ITS IMPORTANT TO GET GOOD AT IMMEDIATELY SWITCHING FROM BIKE TO RUN. TAKE 1 GEL(-200CAL) EVERY 30MIN.

# WEEK 6

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	BIKE [10x60SEC FAST SPINS EASY GEAR; 1 MIN. RECOVERY BETWEEN EACH; 10x60SEC. ONE LEG PEDALING (ALTERNATE LEGS EACH SET); 2 MIN. REGULAR PEDALING /W BOTH LEGS]	[30MIN]	SPIN FAST BUT AVOID BOUNCING IN THE SADDLE. TRY TO GET MORE EFFICIENT AT PEDALING. WORK UP TO HEART RATE ZONE 4. COOL DOWN FOR 5 MIN. SPIN WITH BOTH LEGS HEART RATE ZONE 2.
TUES	SWIM [100METERS KICK; 100METERS EASY FREESTYLE; 2x300METERS AT MAXIMUM EFFORT; 50METERS EASY]	[25MIN]	IMPROVE YOUR LACTATE THRESH-HOLD.
WEDS	BIKE [FLAT COURSE, RIDE 20MIN, ALTERNATE HEART RATE ZONE 4-5 EVERY 2MIN]	[20MIN]	CRISS-CROSS FROM LOW ZONE 4 TO HIGH ZONE 5.
THURS	RUN [4x6MIN EFFORTS IN ZONE 4, 4MIN JOG RECOVERY BETWEEN EACH EFFORT]	[45MIN]	THE GOAL OF THIS WORKOUT IS TO IMPROVE THE SPEED OF YOUR AVERAGE PACE.
FRI	STRENGTH WORKOUT [BIKE WORKOUTS - SEE BACK OF TRAINING PLAN]	[20MIN]	MIX UP THE WORKOUT ONCE YOU GET TIRED, TRY TO STAY ACTIVE THE ENTIRE DURATION.
SAT	SWIM [GOOD WARM UP; (50M, 100M, 200M, 300M, 200M, 100M, 50M) ALL AT T-PACE WITH 2SEC REST AFTER EACH]  BIKE [50MIN RIDE, MAXIMUM EFFORT LAST 10MIN]	[1 HR. 35MIN]	STAY BELOW T-PACE THE ENTIRE TIME. TOTAL: 1900M.  AT LEAST 50% OF TIME IN ZONE 2, AVOID ZONES 3-5 EXCEPT FOR THE FINAL 10MIN WHICH IS MAXIMUM SUSTAINABLE PACE!
SUN	RUN [45MIN GOOD FORM, FAST CADENCE, MAXIMUM EFFORT LAST 5MIN]	[45MIN]	PRACTICE PACING AND HEART RATE CONTROL, LAST 5MIN IS MAXIMUM SUSTAINABLE PACE!

# WEEK 7

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	BIKE [20MIN ZONE 2; RIDE COURSE WITH TWISTS AND TURNS 40MIN.]	[1HR]	HOLD AN AERODYNAMIC POSITION AS MUCH AS POSSIBLE. HEART RATE WILL VARY FROM ZONE 2 TO ZONE 4.
TUES	SWIM [100M KICK; 100M EASY FREESTYLE; 2x400M AT MAXIMUM EFFORTS; 100M EASY FREESTYLE]	[45MIN]	IN THE MAIN SET (2x400) GO FOR T-PACE OR FASTER.
WEDS	BIKE [10MIN EASY; 20MIN, CRISS CROSS HEART RATE ZONE 4-5 EVERY 2MIN]	[30MIN]	GO FROM LOW ZONE 4 TO HIGH ZONE 5.
THURS	RUN [45MIN RUN WITH 4x7MIN EFFORTS IN ZONE 4; JOG BETWEEN EACH EFFORT]	[45MIN]	THE MAIN EFFORTS SHOULD BE DONE IN ZONE 4. THE JOG BETWEEN EACH IS FOR RECOVERY.
FRI	STRENGTH WORKOUT [RUN WORKOUTS - SEE BACK OF TRAINING PLAN]	[20MIN]	MIX UP THE WORKOUT ONCE YOU GET TIRED, TRY TO STAY ACTIVE THE ENTIRE DURATION.
SAT	SWIM [6x50M ALTERNATE EASY FREESTYLE AND KICKING; 3x200 BELOW T-PACE; 3x50 KICK MODERATE EFFORT]  BIKE [55MIN FINAL 10MIN MAXIMUM EFFORT]	[1HR 30MIN]	ON THE SWIM WARM UP TRY INCREASING PACE GRADUALLY. FOCUS ON FORM.  SPEND %50 OF YOUR TIME ON THE BIKE IN ZONE 2.
SUN	RUN [45MIN HEART RATE ZONE 2-3, GOOD FORM FAST CADENCE; FINAL 5 MINUTES MAXIMUM EFFORT]	[45MIN]	PRACTICE PACING AND CONTROLLING YOUR HEART RATE.

# WEEK 8

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	BIKE [45MIN LONG AND SHORT HILL CLIMBING COURSE]	[45MIN]	ATTACK THE SHORT HILLS. KEEP A STEADY PACE AND STAY SEATED ON THE LONG HILLS. HEART RATE ZONES 4-5.
TUES	SWIM [2X100 ALTERNATE KICK AND EASY FREESTYLE; 2X500M AT MAXIMUM PACE; 100M EASY]	[30MIN]	ON THE MAIN SET (2X500M) SWIM AT T-PACE OR FASTER.
WEDS	BIKE [20MIN CRISS-CROSS LOW 4 ZONE TO HIGH 5 ZONE EVERY 2MIN]	[20MIN]	HEART RATE ZONES LOW 4 TO HIGH 5.
THURS	RUN [45MIN. INCLUDE 4X7MIN ZONE 4 EFFORTS; 4MIN RECOVERY JOG BETWEEN EACH]	[45MIN]	TRY TO HOLD THE ZONE 4 EFFORTS THE ENTIRE 7MIN. EACH TIME.
FRI	STRENGTH WORKOUT [CORE WORKOUTS - SEE BACK OF TRAINING PLAN]	[20MIN]	MIX UP THE WORKOUT ONCE YOU GET TIRED, TRY TO STAY ACTIVE THE ENTIRE DURATION.
SAT	SWIM [4X100 EASY ALTERNATE KICK AND FREESTYLE; 3X100 AT T-PACE 10SEC REST BETWEEN EACH; 1MIN REST; 3X100 AT T-PACE 10SEC REST BETWEEN EACH; 2X100 EASY]  BIKE [RIDE 1HR MAXIMUM EFFORT LAST 10MIN]	[1HR 45MIN]	SWIM A TOTAL OF 1300M. FOCUS ON CONTROLLING YOUR T-PACE.  SPEND AT LEAST %50 OF YOUR TIME ON THE BIKE IN ZONE 2.
SUN	RUN [45MIN. GOOD FORM QUICK CADENCE; MAXIMUM EFFORT LAST 5MIN]	[45MIN]	HEART RATE ZONE 2-3 FOR MOST OF THE RUN. FINISH STRONG!

# WEEK 9

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	BIKE [HIGH EFFORT 30MIN. FIND A LOOP]	[30MIN]	THE GOAL OF THIS WORKOUT IS TO FIND YOUR HEART RATE ZONES. WRITE DOWN YOUR AVERAGE HEART RATE FOR THE LAST 20MIN. OF THE WORKOUT.
TUES	SWIM [50METERS FREESTYLE; 50 METERS KICKING; 5X100METERS FREESTYLE AT MODERATE PACE/W 60SEC. REST BETWEEN SETS]	[45MIN]	ON THE MAIN SET (5X100METERS) RECORD YOUR TIMES FOR EACH SET AND FIND THE AVERAGE THIS EQUALS YOUR T-PACE.
WEDS	BIKE [RECOVERY RIDE, VERY EASY FLAT COURSE]	[30MIN]	KEEP HEART RATE ZONE 1-2
THURS	RUN [HIGH EFFORT 30MIN ON A TREADMILL]	[30MIN]	THE GOAL OF THIS WORKOUT IS TO FIND YOUR HEART RATE ZONES. WRITE DOWN YOUR AVERAGE HEART RATE FOR THE LAST 20MIN. OF THE WORKOUT.
FRI	STRENGTH WORKOUT [SWIM WORKOUTS - SEE BACK OF TRAINING PLAN]	[20MIN]	MIX UP THE WORKOUT ONCE YOU GET TIRED, TRY TO STAY ACTIVE THE ENTIRE DURATION.
SAT	SWIM [5MIN. EASY, ALTERNATE STROKES; 20MIN. STEADY FREESTYLE WITHOUT STOPPING; 5MIN. EASY FREESTYLE]	[30MIN]	SWIM THE ENTIRE DURATION, EVER SO OFTEN COUNT YOUR STROKES.
SUN	BIKE [30MIN. HEART RATE ZONE3-4; 10MIN. BUILDING UP TO ZONE5]  -BRICK-(IMMEDIATELY ONTO THE RUN)  RUN [20MIN. HEART RATE ZONE3-4; LAST 5MIN. ZONE 5]	[1HR]	ENDURANCE BRICK WORKOUT. SPIN THE WHEELS EASILY FOR 5MIN ON THE BIKE BEFORE GOING TO THE RUN. STAY HYDRATED AT LEAST EVERY 30MIN.



# WEEK 10

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	BIKE [FUN RIDE, PREFERABLY WITH GROUP, PRACTICE DIFFERENT POSITIONS]	[45MIN]	PRACTICE MAINTAINING PACE AND CHANGING POSITIONS IN A GROUP.
TUES	SWIM [400M EASY FREESTYLE; 4x50 VERY FAST, 30SEC REST BETWEEN EACH; 50M KICK EASY; 4x50 VERY FAST, 30SEC REST BETWEEN EACH; 100M FREESTYLE EASY]	[45MIN]	BURSTS OF ALL SPEED WITH MOMENTS OF RECOVERY TOTAL: 1000M
WEDS	BIKE [2x20SEC ALL OUT, 1MIN RECOVERY; 5MIN BUILDING TO HR ZONE 5; TAKE 5MIN RECOVERY; REPEAT EVERYTHING 2 MORE TIMES]	[30MIN]	SPRINT INTERVALS, TRY TO STAY IN THE AERO POSITION. EXACT RECOVERY TIME IS KEY IN BETWEEN EACH SPRINT.
THURS	RUN [5MIN. JOG; TRACK REPEATS 8x2MIN EFFORTS AT %100 INTENSITY, RECOVERY 5MIN WALK AFTER EACH]	[30MIN]	PUSH YOURSELF, IT WILL MAKE YOUR REGULAR PACE FASTER. RECOVERY IS IMPERATIVE THOUGH.
FRI	STRENGTH WORKOUT [BIKE WORKOUTS - SEE BACK OF TRAINING PLAN]	[20MIN]	MIX UP THE WORKOUT ONCE YOU GET TIRED, TRY TO STAY ACTIVE THE ENTIRE DURATION.
SAT	SWIM [5MIN EASY; 10x(RUNNING BEACH STARTS WITH 5MIN OUT AND 5MIN BACK)]	[1 HR 30MIN]	PRACTICE SIGHTING AND BREATHING IN OPEN WATER.
	BIKE [5MIN EASY; 30MIN HEART RATE ZONE 4]	[35MIN]	SMOOTH PEDALING STAY IN AERO POSITION.
SUN	RUN [NEGATIVE SPLITS, RUN OUT FOR 15MIN, TURN AROUND AND BEAT YOUR TIME COMING BACK]	[30MIN]	ZONE 3 GOING OUT AND THEN ZONE 4 COMING BACK, FAST FINISH!

# WEEK 11

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	SWIM [500-1000M. OPEN WATER, CONSTANT STEADY PACE] -BRICK- (IMMEDIATELY ONTO BIKE) BIKE [ZONE 4-5 RIDE 10MIN OUT AND 10MIN BACK PRACTICE RACE PACE] -BRICK- (IMMEDIATELY ONTO RUN) RUN [5MIN OUT AND 5MIN BACK RACE PACE]	[1 HR 15MIN]	BE SURE TO WARM UP BEFORE STARTING THIS WORKOUT. THE FOCUS IS TO SIMULATE RACE DAY, AND KEEP GOOD FORM. 1 WEEK AWAY FROM RACE FIND WAYS TO START BOOSTING YOUR CONFIDENCE TAKE NOTE OF YOUR STRENGTHS.
TUES	STRENGTH WORKOUT [YOGA, IMPROVE FLEXIBILITY]	[45MIN]	A FLEXIBLE TRIATHLETE HAS MORE CONTROL OVER PERFORMANCE.
WEDS	SWIM [100M. EASY; 10x100M. MAXIMUM PACE, SLIGHTLY ABOVE T-PACE, 20SEC. REST BETWEEN EACH]	[25MIN]	HOLD A FAST PACE LONGER IS THE GOAL FOR THIS WORKOUT
THURS	BIKE [10MIN EASY; 10MIN ZONE 4-5]  -BRICK- (IMMEDIATELY ONTO THE RUN)  RUN [5MIN OUT AND 5MIN BACK MAXIMUM PACE] [REPEAT EVERYTHING 2 TIMES]	[1 HR]	SHORT AND FAST BRICK WORKOUT. AFTER 10MIN WARM UP, DO 10MIN AT MAX PACE.  ON THE RUN HOLD A MAXIMUM SUSTAINABLE PACE.  REPEAT.
FRI	SWIM [OPEN WATER, 8x(RUNNING BEACH START, 20SEC HARD, 2MIN CRUISE RACE PACE)]	[25MIN]	ITS IMPORTANT TO GET IN "RACE-LIKE" WORKOUTS. EACH SET SHOULD TAKE ABOUT 5-10MIN ALL TOGETHER.
SAT	REST/RECOVERY [RELAX, FOCUS ON NUTRITION, EASY STRETCHING]	---	REST DAYS ARE IMPERATIVE TO KEEP YOUR BODY FROM FATIGUE.
SUN	RUN [NEGATIVE SPLIT RUN, OUT FOR 15MIN TURN AROUND AND BEAT THE CLOCK BACK]	[30MIN]	ZONES 2-3 GOING OUT AND GRADUALLY BUILD TO ZONE 4 COMING BACK.

# WEEK 12

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	REST/RECOVERY [RELAX, FOCUS ON NUTRITION, EASY STRETCHING]	-----	GET A MASSAGE, FREE SWIM, OR GO FOR A WALK.
TUES	SWIM [400M EASY; 4x50 VERY FAST, 30SEC REST IN BETWEEN; 50M KICK EASY; 4x50 VERY FAST, 30SEC REST IN BETWEEN; 50M KICK EASY; 100M EASY FREESTYLE]  RUN [TAPER REPEATS, 4x90SEC ALMOST RACE PACE, 3MIN RECOVER BETWEEN EACH]	[50MIN]	GAIN BETTER CONTROL OVER YOUR SPEED WHILE SWIMMING.  RELAXED SPEED, AND BE SURE TO WARM UP.
WEDS	BIKE [30MIN, INCLUDE 3-4 SHORT RACE EFFORTS]  -BRICK- (IMMEDIATELY ONTO THE RUN)  RUN [15MIN, INCLUDE 3-4 RACE EFFORTS]	[45MIN]	CLEAN YOUR BIKE AND CHECK FOR ANY MECHANICAL ISSUES.  GET A FEEL FOR YOUR RACE PACE DURING A BRICK WORKOUT
THURS	SWIM [200M EASY FREESTYLE; 100M. EASY KICK; 3x100 DONE AS 25 KICK, 25M R ARM ONLY, 25M L ARM ONLY, 25M FREESTYLE; 5x100M AT T-PACE 10SEC REST BETWEEN EACH; 100M EASY FREESTYLE]	[35MIN]	FOCUS ON MAKING ALL PARTS OF THE BODY SWIM AT AN EQUAL LEVEL OF PERFORMANCE.
FRI	SWIM [10MIN SWIM ON THE RACE COURSE, VERY SHORT ACCELERATIONS TO RACE PACE]  BIKE [4x90SEC. AT RACE EFFORT, 4MIN RECOVERIES]	[30MIN]	GET A FEEL FOR THE SWIM SPOT THAT WILL BE USED IN THE RACE, AND SCOPE OUT THE COURSE.  PAY ATTENTION TO TURNS AND HILLS ON THE BIKE COURSE.
SAT	RACE!	-----	GOOD LUCK! STAY FOCUSED NOT NERVOUS AND REFLECT BACK ON ALL YOUR TRAINING.
SUN	REST AND RELAX.	-----	IT'S NOT OVER YET! RECOVERY THE DAY AFTER A RACE IS IMPORTANT.

# CORE EXCERCISES

## WARM UP



**FOAM ROLLER LOW BACK**  
REPS 8-10  
TEMPO: FLUENT



**FOAM ROLLER MID BACK**  
REPS:8-10  
TEMPO: FLUENT



**FOAM ROLLER MID BACK**  
REPS:8-10  
TEMPO: FLUENT

## MAIN SET



**CRUNCHES**  
REPS 15-20  
TEMPO: FLUENT



**SIDE CRUNCHES**  
REPS:10-15  
TEMPO: CONTROL



**SUPERMAN PLANKS**  
REPS:10-15  
TEMPO: CONTROL



**MOUNTAIN CLIMBERS**  
REPS:10-15  
TEMPO: CONTROL, ALTERNATE  
LEGS



**STABILITY BALL BRIDGES**  
REPS:10-15  
TEMPO: CONTROL, RAISE HIPS

## COOL DOWN



**SCORPION**  
REPS:1  
TEMPO: ALTERNATE LEGS AND  
HOLD POSE



**THE WARRIOR**  
REPS:1  
TEMPO: HOLD POSE



**DOWN DOG**  
REPS:1  
TEMPO: HOLD POSE

# SWIM STRENGTH

## WARM UP



**DYNAMIC ARM SWING**  
REPS: 8-10  
TEMPO: EXPLOSIVE



**FOAM ROLLER MID BACK**  
REPS: 8-10  
TEMPO: FLUID



**FOAM ROLLER CHEST**  
REPS: 8-10  
TEMPO: EXPLOSIVE

## MAIN SET



**PULL UPS**  
REPS: 8-10  
TEMPO: CONTROL



**SIDE PLANK ROTATIONS**  
REPS: 10-15  
TEMPO: CONTROL



**SINGLE ARM CHEST PRESS \W  
CABLE**  
REPS: 10-15  
TEMPO: CONTROL

## COOL DOWN



**POSTERIOR SHOULDER STRETCH**  
REPS: 1  
TEMPO: CONTROL



**SIDE STRETCH**  
REPS: 1 PER SIDE  
TEMPO: CONTROL



**ANTERIOR SHOULDER STRETCH**  
REPS: 1  
TEMPO: CONTROL

# BIKE STRENGTH

## WARM UP



**HIP FLEXOR KICK OUTS**  
REPS: 8-10  
TEMPO: EXPLOSIVE



**FOAM ROLLER QUADS**  
REPS: 10-12  
TEMPO: FLUID



**FOAM ROLLER LATERAL CALF**  
REPS: 10-12  
TEMPO: FLUID

## MAIN SET



**LATERAL LUNGES**  
REPS: 8-10  
TEMPO: CONTROL

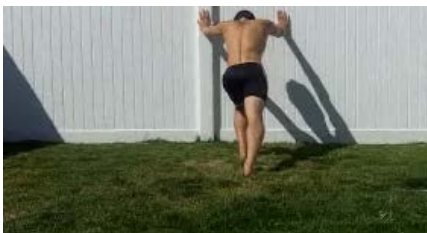


**ALTERNATE BICEP CURL**  
REPS: 8-10  
TEMPO: CONTROL



**SPLIT SQUAT**  
REPS: 8-10  
TEMPO: CONTROL

## COOL DOWN



**CALF STRETCH**  
REPS: 1  
TEMPO: CONTROL



**FIGURE FOUR STRETCH**  
REPS: 1  
TEMPO: CONTROL



**BRIDGE STRETCH**  
REPS: 1  
TEMPO: CONTROL



# RUN STRENGTH

## WARM UP



**SIDE TO SIDE LEG SWINGS**  
REPS: 10-12  
TEMPO: EXPLOSIVE



**FOAM ROLLER CALFS**  
REPS: 10-12  
TEMPO: FLUENT



**FOAM ROLLER IT-BAND**  
REPS: 10-12  
TEMPO: FLUENT

## MAIN SET



**SINGLE LEG PRESS**  
REPS: 8-10  
TEMPO: CONTROL



**WALKING LUNGES**  
REPS: 8-10  
TEMPO: CONTROL



**FIRE HYDRANTS**  
REPS: 8-10  
TEMPO: CONTROL

## COOL DOWN



**HAMSTRING STRETCH**  
REPS: 1  
TEMPO: CONTROL



**LYING LEG BODY**  
REPS: 1  
TEMPO: CONTROL



**CALF STRETCH**  
REPS: 1  
TEMPO: CONTROL



# NUTRITION

If you have any special dietary needs or allergies then please go over this plan with a doctor.

Every human body handles nutrition in unique ways. This plan is a general guideline to help give you a framework to follow during training. Once you understand glycemic Index and the types of calories to consume then you have the freedom of exploring new recipes.

**Myth: “eating healthy is expensive and time consuming”**

**Truth: a weeks worth of fruit, vegetables, and pasta cost less than eating out every day. Also if you at least prepare the meals every Sunday then less time during the week is spent cooking.**

You need a weekly plan for the Base Phase, the Build Phase , carb loading, and race day fueling.

The typical resting metabolic rate (calories burned without much physical activity) is around **1500-2000 calories per day in females** and around **2000-2500ca. in males**. This does not include daily workouts.

Once you factor in the most intense race pace workout you are looking at burning: **400-600ca.** per hour in females  
**600-800ca.** per hour in males

**Tip: your body can only handle a finite amount of preservatives, genetically modified foods, and other artificial sweeteners before it develops a toxin overload.**

It is a good practice to simply build your diet around the Glycemic Index. You will want to emphasize low-glycemic index carbohydrates

**Base Phase Nutrition:** Pre-workout meals should be around 3 hours before any workout with mostly complex carbs, if you need some calories closer to a workout try to consume healthy snacks like a granola bar. During this phase it is important to consume post workout meals within 20 minutes of finishing a workout.

**Build Phase Nutrition:** This phase is similar to the Base Phase, except your workouts will be longer and harder. It is important to include more carbohydrates per meal and more recovery supplements such as protein.

**Taper Phase and Race Week:** As you decrease workout volume/intensity total caloric intake will decrease. This phase calls for more Vegetables and Fruit to avoid unnecessary fat gain do not increase carbohydrates (carb loading) until the actual week of the race.

## **Everything About Glycemic Index**

<http://www.mendosa.com/gilists.htm>

<http://www.glycemicindex.com/index.php>

## **General Nutrition Tips**

<http://www.bengreenfieldfitness.com/category/nutrition/>

<http://www.enduranceplanet.com/fueling-myths-exposed/>

## **Low Carb Diets**

<http://www.lowcarbtriathlete.com/>

# “ T1 / T2 ” TRANSITION TIPS

Transitions are just as much apart of the sport as the swim, bike, or run are. Often referred to as T1 (swim to bike) and as T2 (bike to run) it is important to practice these so that they become a fluid part of the race. The last thing you want is to finish the run with your helmet still on!

First make a checklist of what gear is essential for all 3 sports, then practice a short T1/T2 training session: quickly remove your wetsuit, put on a helmet and bike gear while mounting your bike safely, rolling into a car parking spot while safely dismounting the bike, slipping on your running shoes and other gear.



## Tips:

*Start by practicing all the motions slowly before attempting to be super fast.*

*Spend extra time mounting and dismounting the bike.*

*Use matching or same color gear, this makes it easier to find your spot on race day.*

*Try to condense your transition spot to take up less space.*

*Don't change out your gear very often.*

# RACE DAY

No matter if it's your first race or your tenth, race day can be overwhelming. So here are some tips to keep it fun. First, relax the day before the race. If you honestly followed the training plan, then physically you will be ready for the race. Do not feel like you should get in last minute workouts, but simply have faith in your training. Next, stick to the plan. Do not create too many goals for race day, especially if it is your first. You might consider doing more than one race and having select goals for each race day. Manage start line anxiety by focusing on your strengths and how they are going to help you in this race. Once the race starts, focus on performance by dynamically planning what to do next as things play out. For example, if your swim wasn't as fast as you planned, how can you safely make up for it on the bike? Never stress over mistakes; it will only cause you to make more. Instead, keep your thoughts on accomplishments and what is happening next. Last of all, HAVE FUN! This is what all that training was for.

Be sure to check back with [TriathlonTraining.net](http://TriathlonTraining.net) for more training plans and tips.

Good Luck!

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