

TRIATHLONTRAINING.NET OLYMPIC

SWIM: 1.5K (0.9MI)

BIKE: 40K (24.8MI)

RUN: 10K (6.2MI)

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 olympic distance 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, 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 for news, training tips, coaching and more!



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WEEK 4

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	BIKE [10x60sec. fast spins above 110rpm. 1min. recovery between each; alternate legs in 10x60sec single leg drill]	[45min]	Heart rate zone 4 in first drill. after each 60sec single leg use both legs for 1min. heart rate zone 2 in second drill
TUES	SWIM [300M EASY; 100M ALTERNATE USING 1 ARM EVERY 50M; 100M FREESTYLE AT 5SEC. FASTER THAN T-PACE; 20SEC REST; REPEAT ALL 6X; 300M EASY]	[45min]	WEAR PADDLES OR USE PULL BUOY IF AVAILABLE. FOCUS ON PULLING THROUGH THE WATER WITH POWER. TOTAL 1800M
WEDS	BIKE [hill repeats 12x (30sec at 70-80rpm up hill, 90sec recovery) (if you use indoor trainer every 30sec shift to harder gear for 90sec)]	[30min]	Try to stay seated and relaxed entire time Heart rate Zones 4-5.
THURS	RUN [HILL REPEATS 10X (FAST PACE UP, EASY 2-3MIN JOG DOWN)]	[45min]	FIND AROUND A 200M. LONG HILL. GIVE IT YOUR ALL GOING UP MAXIMUM EFFORT.
FRI	STRENGTH WORKOUT [Core body workouts]	[20min]	Mix up the workout once you get tired, try to stay active the entire duration.
SAT	SWIM [100M FREESTYLE; 100M KICK; 100M FREESTYLE; 100M KICK; STEP-UP{50M(15") 100M(20") 200M(30") 300M(30")} STEP-DOWN:{200M(30") 100(30") 50M}]	[1HR] [45min]	MAINSET: CHOOSE A PACE FOR THE 300 INTERVAL BELOW YOUR T-PACE. MAINTAIN THAT PACE FOR "STEP-UP" PORTION OF THE SET. FOR THE "STEP-DOWN" MAKE EACH INTERVAL FASTER THAN THE PREVIOUS SO THAT THE LAST INTERVAL IS THE FASTEST. BUT NEVER FASTER THAN T-PACE. RECOVERY SECONDS ARE THE("). TOTAL: 1900M AT LEAST 50% OF TIME IN ZONE 2, AVOID ZONES 3-5.
SUN	BIKE [FLAT GENTLY ROLLING COURSE ENTIRE DURATION]		
SUN	RUN [entire duration, good form and quick cadence]	[35min]	Practice pacing and Heart Rate control, heart rate in zone 2-3 only.

BIKE STRENGTH

WARM UP



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



FOAM ROLLER QUADS
REPS: 10-12
TEMPO: FLUID

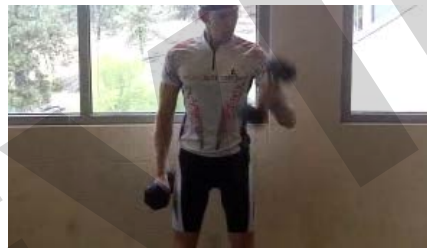


FOAM ROLLER LATERAL CALF
REPS: 10-12
TEMPO: FLUID

MAIN SET



LATERAL LUNGES
REPS: 8-10
TEMPO: CONTROL

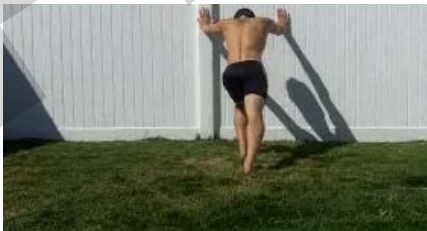


ALTERNATE BICEP CURL
REPS: 8-10
TEMPO: CONTROL



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