

# CONTENTS

<i>Selecting a race &amp; planning your season.....</i>	<i>3</i>
<i>First time triathlon.....</i>	<i>4</i>
<i>Technique &amp; avoiding injury.....</i>	<i>5</i>
<i>Workout Terminology.....</i>	<i>6</i>
<i>The Training Plan.....</i>	<i>7</i>
<i>Exercises.....</i>	<i>25</i>
<i>Nutrition Guidelines.....</i>	<i>29</i>
<i>Transition Tips.....</i>	<i>31</i>
<i>RACE DAY.....</i>	<i>32</i>

# WEEK 12

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	BIKE [EASY RIDE ENTIRE DURATION HEART RATE ZONES 1-2 ONLY]	[45MIN]	FOCUS ON PEDALING SKILLS, RELAXED FORM, AND HAVE FUN!
TUES	SWIM [50M SWIM; 50M KICK; 100M SWIM; 50KICK; 50M FAST; MAINSET(5X100M FAST; 50M EASY; 5X100M FAST; 1X100 FASTEST); COOL DOWN 200M EASY]	[45MIN]	REST 30SEC BETWEEN INTERVALS. CONTROL YOUR SPEED.
WEDS	BIKE [10MIN. ALTERNATING ZONE 1-3; THEN FOR 4MIN DO 20SEC HARD, 10SEC EASY]	[10MIN]	MAKE THE 20SEC. EFFORTS AS HARD AS POSSIBLE. INCLUDE AN EASY RECOVERY JOG AFTER.
THURS	RUN [5MIN WARM UP; 20MIN ALTERNATE ZONES 4-5 EVERY 2MIN]	[25MIN]	CRISS CROSS BETWEEN LOW ZONE 4 AND HIGH ZONE 5 CONTROL YOUR PACE.
FRI	STRENGTH WORKOUT [BIKE EXERCISES - SEE BACK OF TRAINING PLAN]	[20MIN]	MIX UP THE WORKOUT ONCE YOU GET TIRED, TRY TO STAY ACTIVE THE ENTIRE DURATION.
SAT	SWIM [100M EASY; 50M KICK EASY; 100M MODERATE; 100M BUILDING SPEED MS: 400M MODERATE EFFORT. 4 X 100 (REST 20") START EASY, MAKE EACH 100 FASTER. 300M MODERATE PACE. 3 X 100 (REST 20") START EASY. MAKE EACH 100 FASTER. 200M MODERATE PACE. 2 X 100 (REST 20") START EASY. MAKE EACH 100 FASTER. CD: 200-300 EASY SWIM.]  BIKE [5MIN WARM UP; 6X10MIN HEART RATE ZONES 3-4; RIDE REMAINDER DURATION]	[1 HR 45MIN]  [1.5HR]	REST 1MIN BETWEEN EACH SET. TOTAL DISTANCE OF 2450M  SMOOTH PEDALING. 80-90RPM. AERO POSITION FOR MOST OF RIDE.
SUN	RUN [10MIN WARM UP; 5X6MIN BUILDING TO ZONE 3 EACH INTERVAL]	[45MIN]	WORK ON CALM BREATHING AND RELAXED FORM.