

# 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](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

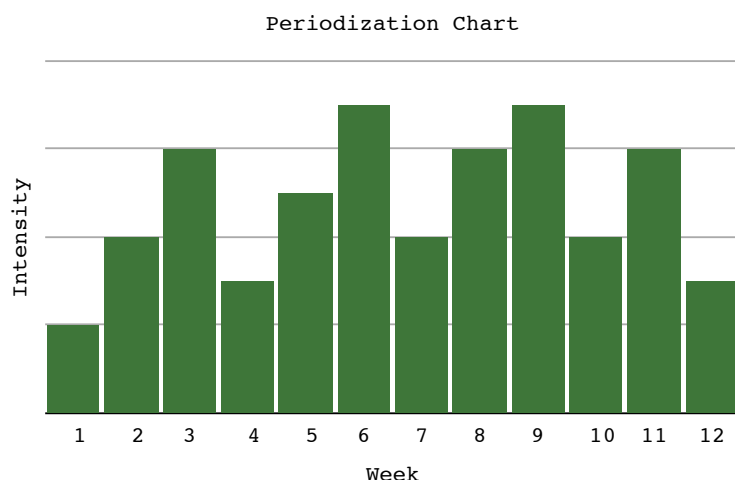
It is possible to participate in multiple races within one season. You can even reuse this plan multiple times in one season. However, it is very important to allow yourself 1-2 weeks of recovery after each race. Below is a “periodization” chart it shows you the volume of training each week.

**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)

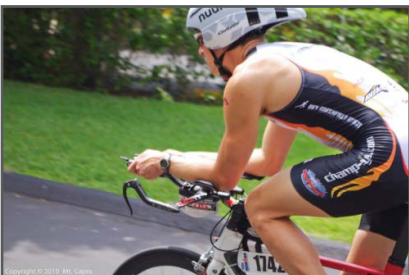
Bike: [http://www.bicycling.com/](http://www.bicycling.com/beginners/bike-skills/bicycling-beginners-guide)

[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 [HIGH EFFORT 30MIN. FIND A COURSE THAT GOES IN A LOOP]	[30 MIN]	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 EASY FREESTYLE; 50 METERS KICKING; 5X100METERS FREESTYLE AT MODERATE PACE/W 60SEC. REST 60SEC BETWEEN SETS]	[30 MIN]	ON THE MAIN SET (5X100METERS) RECORD YOUR TIMES FOR EACH SET AND FIND THE AVERAGE. THIS EQUALS YOUR T-PACE.
WEDS	BIKE [EASY BIKE RIDE]	[45 MIN]	BEST IF YOU USE A ROAD BIKE. HEART RATE (HR) ZONE 1-2
THURS	RUN [HIGH EFFORT 30MIN PREFERABLY 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 [UPPER BODY EXERCISES FOR SWIMMING]	[20MIN]	MIX UP THE WORKOUT ONCE YOU GET TIRED, TRY TO STAY ACTIVE THE ENTIRE DURATION.
SAT	SWIM [WARM-UP; 8X50METERS FREESTYLE AT T-PACE (1 MIN REST BETWEEN EACH)]	[20MIN]	RECORD YOUR TIME FOR EACH 50 AND COUNT YOUR STROKES.
	BIKE [FLAT TO GENTLY ROLLING COURSE ENTIRE DURATION]	[30MIN]	GET AT LEAST 50% OF RIDE TIME IN ZONE 2, AVOID 3-5 ZONES.
SUN	RUN [HOLD GOOD FORM AND QUICK CADENCE ENTIRE DURATION]	[20MIN]	HEART RATE ZONE 2-3 ONLY PRACTICE PACING.

# WEEK 2

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	BIKE [5min warm-up; repeat 3x (high rpm 10sec; 10sec higher rpm; 10 sec max rpm); recover for 60 sec; repeat 3x ( alternate 30sec on each leg) Do everything 8 times.]	[30min]	focus on form, and stay in the small chain ring.
TUES	SWIM [300METERS EASY; 100M WITH 1 ARM ONLY; 100M REGULAR FREESTYLE 5SEC FASTER THAN T-PACE; REST 20SEC]REPEAT EVERYTHING 6X	[45min]	USE A PULL BUOY IF AVAILABLE. FOCUS ON PULLING THROUGH THE WATER.
WEDS	BIKE [hill repeats 12x (30sec at 70-80rpm, 30sec shift to harder gear, 90sec recovery)	[45min]	Use hills or high resistance trainer. Heart rate zones 4-5.
THURS	RUN [HILL REPEATS 10X (REALLY FAST PACE UP, EASY JOG DOWN)	[30min]	EACH SET SHOULD TAKE 2-3MIN. FIND A 200M LONG HILL OR ONE THAT TAKES 45-60SEC TO COMPLETE.
FRI	STRENGTH WORKOUT [upper body exercises for swimming]	[20min]	mix up the workout once you get tired, try to stay active the entire duration.
SAT	SWIM [EASY WARM UP; 6X50M ALTERNATE(25M SWIM, 25M KICK); 6X50M ALTERNATE (25M WEAKEST STROKE, 25M SWIM); 4X200 FREESTYLE AT T-PACE+ 5SEC; EASY 200M]	[1 HR]	WORK ON CONTROLLING YOUR PACE, TOTAL OF 1600M.
	BIKE [FLAT GENTLY ROLLING COURSE ENTIRE DURATION]	[35min]	AT LEAST 50% OF TIME IN ZONE 2, AVOID ZONES 3-5.
SUN	RUN [entire duration, fast cadence, good form]	[25min]	Heart rate in zone 2-3 only. Practice pacing and heart rate control.



# WEEK 3

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	BIKE [5min. warm-up; 9x 2min. efforts spinning pedals as fast as possible]	[45min]	Keep Heart Rate under Zone 4. take a 2min recovery between each interval.
TUES	SWIM [300M. EASY; REPEAT 6x(100M ALTERNATE USING ONE ARM EVERY 50M; 100M FREESTYLE AT 5SEC. FASTER THAN T-PACE; REST 10-20SEC.)]	[45min]	FOCUS ON PULLING THROUGH THE WATER WITH ARMS SLIGHTLY BENT AT THE ELBOW. 300M EASY TO COOL DOWN.
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)]	[30min]	FIND AROUND A 200M. LONG HILL. GIVE IT YOUR ALL GOING UP MAXIMUM EFFORT.
FRI	STRENGTH WORKOUT [yoga; improve flexibility through stretching]	[20min]	mix up the workout once you get tired, try to stay active the entire duration.
SAT	SWIM [100M EASY; 50M KICK; 100M MODERATE FREESTYLE; 50M KICK MODERATE; 100M FREESTYLE BUILD SPEED; 4x100M MODERATE; REST 2MIN; KICK 300M EASY; 6x25 RELAXED SPEED; 200M EASY]	[1hr]	CONTROL YOUR PACE LOWER YOUR HEART RATE DURING THE RESTS.
	BIKE [FLAT GENTLY ROLLING COURSE ENTIRE DURATION]	[40min]	AT LEAST 50% OF TIME IN ZONE 2, AVOID ZONES 3-5.
SUN	RUN [entire duration, fast cadence, good form]	[30min]	Heart rate in zone 2-3 only. Practice pacing and heart rate control.

# 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]	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
	BIKE [FLAT GENTLY ROLLING COURSE ENTIRE DURATION]	[45MIN]	AT LEAST 50% OF TIME IN ZONE 2, AVOID ZONES 3-5.
SUN	RUN [entire duration, good form and quick cadence]	[35min]	Practice pacing and Heart Rate control, heart rate in zone 2-3 only.

# WEEK 5

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	BIKE [high effort 30min. find a loop]	[30min]	The goal of this workout is to re-establish 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 1 MIN. BETWEEN SETS]	[30min]	ON THE MAIN SET (5X100METERS) RECORD YOUR TIMES FOR EACH SET AND FIND THE AVERAGE THIS EQUALS YOUR T-PACE.
WEDS	BIKE [very easy spin on flat course entire duration]	[45min]	small chain ring only, Heart Rate Zones 1-2.
THURS	RUN [HIGH EFFORT 30MIN PREFERABLY 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 [upper body workouts for swim strength]	[20min]	mix up the workout once you get tired, try to stay active the entire duration.
SAT	SWIM [10MIN ALTERNATE SLOW-FAST PACING; 30MIN STEADY SWIM NO STOPPING; 5MIN EASY]	[45min]	DURING THE 30MIN SWIM COUNT YOUR STROKES ON THE FIRST 25M OF EACH 100M. ARE THEY STAYING CONSTANT?
SUN	BIKE [60min. heart rate zones 1-3]  -BRICK-(transition straight on to the run)  RUN [45min. heart rate zones 2-3]	[1hr. 45min]	Practice taking in nutrition every 30min and 1 bottle of water every hour. practice a Smooth transition.

# WEEK 6

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	BIKE [10x60sec. fast spins above 110rpm. 1min. recovery between each; alternate legs in 10x60sec single leg drill, 1min regular pedal between each]	[60min]	Try to stay seated and relaxed entire time Heart rate Zones 4-5. Push forward at top and pull back at bottom.
TUES	SWIM [100M KICK; 100M PULL WITH ARMS ONLY; 3X(TIMED 300M AT MAXIMUM EFFORT); 100M EASY]	[30min]	DURING THE 3X 300M GO FOR T-PACE OR FASTER!
WEDS	BIKE [warm up; 20min. criss-cross heart rate from low zone 4 to high zone 5 every 2min; recover 10min.; repeat criss cross but for only 10min this time]	[45min]	keep rpm around 85-100. Control your heart rate.
THURS	RUN [5x5MIN REPEATS; 4MIN RECOVERY JOG AFTER EACH]	[40min]	DURING REPEATS HEART RATE IN ZONE 4. RELAX DURING EACH JOG AND LOWER HEART RATE EACH TIME.
FRI	STRENGTH WORKOUT [lower body exercise for running]	[20min]	mix up the workout once you get tired, try to stay active the entire duration.
SAT	SWIM [100M SWIM; 100M KICK; 100M SWIM; 100M KICK; STEP-UP{50M(15") 100M(20") 200M(30") 300M(30")} STEP-DOWN:{200M(30") 100(30") 50M}]	[1HR]	MAINSER: 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 EXCEPT FOR FINAL 10MIN WHICH IS MAXIMUM PACE...FAST FINISH!
	BIKE [FLAT GENTLY ROLLING COURSE ENTIRE DURATION]	[50min]	
SUN	RUN [entire duration, good form and quick cadence]	[45min]	Practice pacing and Heart Rate control, heart rate in zone 2-3 only except for final 5min. is at maximum pace!

# WEEK 7

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	BIKE [20min. easy; 60min on course with twists and turns; 20min. easy]	[1hr 20min]	keep cadence at 95-105 as much as possible and try to avoid interruptions through the turns. Heart Rate will vary from zone2 - zone4.
TUES	SWIM [100M KICK; 100M PULL WITH ARMS ONLY; 3X(TIMED 300M AT MAXIMUM EFFORT); 100M EASY]	[30MIN]	DURING THE 3X 300M GO FOR T-PACE OR FASTER!
WEDS	BIKE [warm up; 20min. criss-cross heart rate from low zone 4 to high zone 5 every 2min; recover 10min.; repeat criss cross but for only 10min this time]	[40min]	keep rpm around 85-100. Control your heart rate.
THURS	RUN [6x7MIN REPEATS; 4MIN RECOVERY JOG AFTER EACH]	[60MIN]	DURING REPEATS HEART RATE IN ZONE 4. RELAX DURING EACH JOG AND LOWER HEART RATE EACH TIME.
FRI	STRENGTHWORKOUT [core body workouts]	[20min]	mix up the workout once you get tired, try to stay active the entire duration.
SAT	SWIM [6x25M DONE AS 25M RANDOM STROKE STYLE, 25M FREESTYLE; 3x300M(30SEC REST BETWEEN EACH) AEROBIC BELOW T-PACE; 4x50M KICK (15SEC REST BETWEEN EACH) MODERATE EFFORT; 200M EASY]	[30MIN]	ON EACH INTERVAL OF THE 3x300M COUNT STROKES EVERY OTHER 25M WHILE FOCUSING ON FORM, INCREASE SPEED EVERY OTHER 25M. TOTAL: 1600M
	BIKE [FLAT GENTLY ROLLING COURSE ENTIRE DURATION]	[55MIN]	AT LEAST 50% OF TIME IN ZONE 2, AVOID ZONES 3-5 EXCEPT FOR FINAL 10MIN WHICH IS MAXIMUM PACE...FAST FINISH!
SUN	RUN [entire duration, good form and quick cadence]	[50min]	Practice pacing and Heart Rate control, heart rate in zone 2-3 only except for final 5min. is at maximum pace!

# WEEK 8

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	BIKE [60min. course with long and short hills]	[60min]	stay seated on long climbs. Attack short hills. more than 10% of time in zones 4-5.
TUES	SWIM [ 100KICK; 100PULL ARMS ONLY; 3X TIMED 500M T-PACE OR FASTER; 100M EASY]	[45min]	KEEP A MAXIMUM SUSTAINABLE PACE DURING THE TIMED INTERVALS.
WEDS	BIKE [warm up; 20min. criss-cross heart rate from low zone 4 to high zone 5 every 2min; recover 10min.; repeat criss cross but for only 10min this time]	[40min]	keep rpm around 85-100. Control your heart rate.
THURS	RUN [6x7MIN REPEATS; 4MIN RECOVERY JOG AFTER EACH]	[60min]	DURING REPEATS HEART RATE IN ZONE 4. RELAX DURING EACH JOG AND LOWER HEART RATE EACH TIME.
FRI	STRENGTH WORKOUT [yoga; improve flexibility through stretching]	[20min]	mix up the workout once you get tired, try to stay active the entire duration.
SAT	SWIM [100M EASY; 100M KICK; 100M PULL; 100M EASY; REPEAT THE FOLLOWING 3x{3x100M; 1MIN REST; REPEAT}; 4x75 KICK DONE AS 25M BUILD SPEED, 25M FAST, 25M EASY]	[45min]	10SEC REST BETWEEN ALL INTERVALS. COOL DOWN WITH 300M EASY.
	BIKE [FLAT GENTLY ROLLING COURSE ENTIRE DURATION]	[1HR]	AT LEAST 50% OF TIME IN ZONE 2, AVOID ZONES 3-5 EXCEPT FOR FINAL 10MIN WHICH IS MAXIMUM PACE...FAST FINISH!
SUN	RUN [entire duration, good form and quick cadence]	[55min]	Practice pacing and Heart Rate control, heart rate in zone 2-3 only except for final 5min. is at maximum pace!

# WEEK 9

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	BIKE [20min. easy; 60min on course with twists and turns; 20min. easy]	[1hr 20min]	keep cadence at 95-105 as much as possible and try to avoid interruptions through the turns. Heart Rate will vary from zone2 - zone4.
TUES	SWIM [100M KICK; 100M PULL; 3X TIMED 400M AT T-PACE OR FASTER; 100M EASY]	[30min]	DURING THE TIMED PORTION GO FOR MAXIMUM SUSTAINABLE PACE.
WEDS	BIKE [warm up; 20min. criss-cross heart rate from low zone 4 to high zone 5 every 2min; recover 10min.; repeat criss cross but for only 10min this time]	[40min]	keep rpm around 85-100. Control your heart rate.
THURS	RUN [6X6MIN REPEATS; 3MIN RECOVERY JOG AFTER EACH]	[50min]	DURING REPEATS HEART RATE IN ZONE 4. RELAX DURING EACH JOG AND LOWER HEART RATE EACH TIME.
FRI	STRENGTH WORKOUT [lower body exercise for cycling]	[20min]	mix up the workout once you get tired, try to stay active the entire duration.
SAT	SWIM [4X100 ALTERNATE 25M KICK, 25M R-ARM ONLY, 25 L-ARM ONLY, 25 EASY; 50M(15"), 100M(30"), 200M(40"), 100M(30"), 50M; 10MIN EASY]	[45min]	THE EVEN INTERVALS ARE DONE AT 5SEC SLOWER THAN 100M T-PACE. THE OTHERS ARE RELAXED. RECOVERY SECONDS BETWEEN EACH INTERVAL IS IN PARENTHESES().
	BIKE [FLAT GENTLY ROLLING COURSE ENTIRE DURATION]	[1hr]	AT LEAST 50% OF TIME IN ZONE 2, AVOID ZONES 3-5 EXCEPT FOR FINAL 10MIN WHICH IS MAXIMUM PACE...FAST FINISH!
SUN	RUN [entire duration, good form and quick cadence]	[1hr]	Practice pacing and Heart Rate control, heart rate in zone 2-3 only except for final 5min. is at maximum pace!

# WEEK 10

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	BIKE [high effort 30min. find a loop]	[30min]	The goal of this workout is to re-establish your Heart Rate Zones. Write down your average heart rate for the last 20min. of the workout.
TUES	SWIM [50M EASY; 50M KICK; 5X100M 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 T-PACE.
WEDS	BIKE [45min. easy spin on flat course]	[45min]	Small chain ring only Heart Rate Zones 1-2.
THURS	RUN [HIGH EFFORT 30MIN PREFERABLY 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 [core muscles workout]	[20min]	mix up the workout once you get tired, try to stay active the entire duration.
SAT	SWIM [10MIN. ALTERNATE SLOW-FAST PACING; 30MIN STEADY SWIM NO STOPPING; 5MIN EASY]	[45min]	DURING THE FIRST 10MIN AND LAST 5MIN PLAY WITH DIFFERENT STROKES. DURING THE 30MIN COUNT YOUR STROKE FOR THE FIRST 25M OF EVERY 100M.
SUN	BIKE [60min zones 3-4; 10min zone5; spin easy for 5min]  -brick- (quickly off the bike and onto the run)  RUN [35min zones 3-4; final 5min fast finish zone 5]	[1hr 40min]	Practice taking in nutrition every 30min and 1 bottle of water every hour. practice a Smooth transition.



# WEEK 11

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	BIKE [5min easy; 60sec max pace; 4min easy, repeat all 6x; remaining time in zone 2 easy]	[45min]	Each max effort needs to be challenging Heart Rate close to max each time.
TUES	SWIM [100M EASY; 10x100 ABOVE T-PACE(10SEC. REST BETWEEN EACH)]	[30min]	MAXIMUM SUSTAINABLE PACE. TOTAL: 1200M
WEDS	BIKE [5min easy; 30sec max pace; 4min easy, repeat everything 6x; remaining time in zone 2 easy]	[45min]	Each max effort needs to be challenging Heart Rate close to max each time.
THURS	RUN [5MIN EASY JOG; FIND TRACK FOR SPEED SETS 5x45SEC. AT 100% WITH 2-3MIN RECOVERY BETWEEN EACH]	[25min]	STRETCH AND WARM UP TO AVOID INJURY, INTENSITY UP TO ZONE 6.
FRI	STRENGTH WORKOUT [yoga, improve flexibility]	[20min]	mix up the workout once you get tired, try to stay active the entire duration.
SAT	RECOVERY DAY	----	----
SUN	<p>SWIM [Open Water 3min easy freestyle; slightly intense pace for 1000m-1500m approximate distance in open water]</p> <p>-brick- (immediately transition onto bike)</p> <p>BIKE [zones 4-5 ride 10min out and 10min back]</p> <p>-brick- (immediately transition onto run)</p> <p>RUN [run out 5min and back 5min, intense pace!]</p>	[1hr]	cool down and stretch well afterwards. Practice: Race Pace, Calm smooth transitions, and proper hydration.

# WEEK 12

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	RECOVERY DAY [relax, focus on nutrition, easy stretching]	---	Get a massage, free swim, or go for a walk.
TUES	SWIM [400M EASY; REPEAT FOLLOWING 4X{4X50M VERY FAST(30"); 50M KICK EASY}; 200M EASY]	[30MIN]	EASY SWIMMING SESSION TO RE-ENFORCE YOUR SPEED. TOTAL: 1600M
	RUN [EASY WARM UP; 4X90SEC AT NEXT TO RACE PACE]	[15MIN]	RELAXED SPEED, NOT ALL OUT.
WEDS	BIKE [30min, 3-4 short race efforts]  -brick- (immediately transition onto the run)  RUN [15min, 3-4 short 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; 100M KICK; 3X100 ALTERNATE 25M KICK, 25M R-ARM ONLY, 25M L-ARM ONLY, 25 FREESTYLE; 5X100M AT T-PACE(10SEC REST BETWEEN EACH)]	[30MIN]	TRY TO MAKE EACH SET AS CONSISTENT AS POSSIBLE. RECOVERY SECONDS ARE IN PARENTHESES ("")
FRI	RECOVERY DAY [relax, focus on nutrition, easy stretching]	---	Get a massage, free swim, or go for a walk.
SAT	RACE DAY!	FAST!	GOOD LUCK! STAY FOCUSED. DON'T BE NERVOUS, FOCUS ON ALL YOUR TRAINING
SUN	RECOVERY DAY [rest and relax maybe do some stretching if possible]	---	It's not over yet! Recovery the day after a race is important.

# CORE EXERCISES

## 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

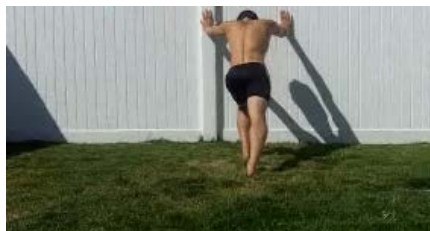


**ALTERNATE BICEP CURL**  
REPS: 8-10  
TEMPO: CONTROL



**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!

-TriathlonTraining.net