

TRIATHLONTRAINING.NET

HALF-IRONMAN

DISTANCE

SWIM: 1.2 MI

BIKE: 56 MI

RUN: 13.1 MI

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 Half Iron Man 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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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

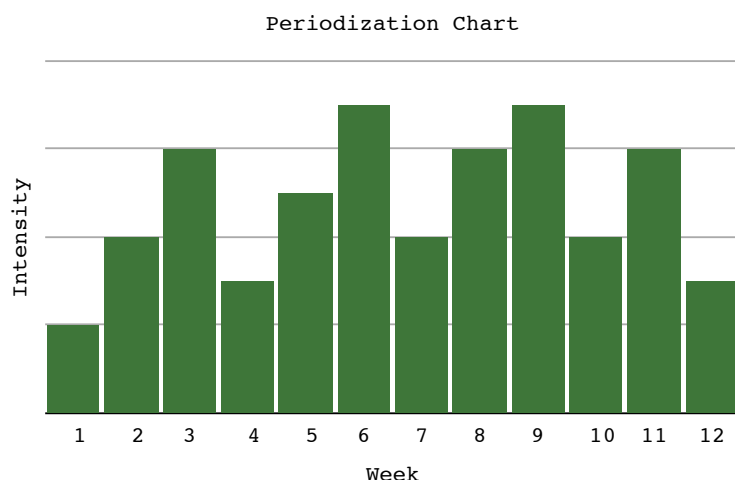
It is possible to participate in multiple races within one season. You can even reuse this plan multiple times in one season. However, it is very important to allow yourself 1-2 weeks of recovery after each race. Below is a “periodization” chart it shows you the volume of training each week.

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

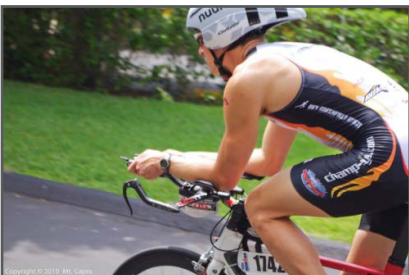
Bike: [http://www.bicycling.com/](http://www.bicycling.com/beginners/bike-skills/bicycling-beginners-guide)

[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 $(\text{bodyweight})/2 = (\text{the \# of oz. per day})$. 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]	[30MIN]	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]	[30MIN]	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 ENTIRE DURATION]	[30MIN]	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; 8X50METERS AT T-PACE]	[30MIN]	1 MIN RESTS IN BETWEEN SETS. COUNT YOUR STROKES EACH 50M AND RECORD YOUR TIME
	BIKE [EASY PACE ENTIRE DURATION]	[30MIN]	STAY ON A FLAT COURSE ZONE 1-2.
SUN	RUN [ENTIRE DURATION, QUICK FEET]	[20MIN]	PRACTICE PACING AND HEART RATE CONTROL.

WEEK 2

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	BIKE [5MIN EASY; REPEAT 3X(10SEC HIGH RPM, 10SEC HIGHER, 10SEC MAX RPM, RECOVER FOR 60SEC); THEN ALTERNATE ISOLATING LEFT AND RIGHT LEG PEDALING 30SEC EACH]	[30MIN]	DO THE ENTIRE WORKOUT 8 TIMES STAY IN THE SMALL CHAIN RING. FOCUS ON PEDALING TECHNIQUE.
TUES	SWIM [300M EASY; (2X100METERS ALTERNATE USING ONE ARM; 2X50METERS FREE-STYLE ABOVE T-PACE) REPEAT 6X]	[40MIN]	WORK ON ARM SPEED, AND FOCUS ON PULLING THROUGH THE WATER. REST 20SEC IN BETWEEN SETS.
	RUN [EASY AEROBIC ENTIRE DURATION FOCUS ON FORM]	[25MIN]	RELAX AND CONTROL YOUR BREATHING.
WEDS	BIKE [8X90SEC HILL REPEATS; 1MIN. RECOVERY IN BETWEEN]	[10MIN]	FIND A MODERATE SLOPED HILL OR RIDE A BIKE TRAINER AND INCREASE TO 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 [6X50METERS WITH 25KICK, 25FREE-STYLE; 6X50 RANDOM STROKES; 4X200 AT T-PACE + 5SEC]	[30MIN]	FOCUS ON FORM DURING WARM UP, TOTAL 1600METERS.
	BIKE [EASY PACE ENTIRE DURATION]	[35MIN]	STAY ON A FLAT COURSE HR ZONE 1-2 AND STEADY.
SUN	RUN [ENTIRE DURATION, QUICK FEET]	[25MIN]	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 WITH ONE ARM; 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. TOTAL 1800M
	RUN [ENTIRE DURATION EASY AEROBIC]	[30MIN]	FOCUS ON CADENCE AND BREATHING.
WEDS	BIKE [HILL REPEATS 12X (30SEC AT 70-80RPM UP HILL, 90SEC RECOVERY)]	[30MIN]	TRY TO STAY SEATED AND RELAXED ENTIRE TIME HEART RATE ZONES 4-5. OR USE A TRAINER EVERY 30SEC SHIFT TO HARDER GEAR FOR 90SEC 12X.
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 [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; 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, QUICK FEET]	[30MIN]	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]	HEAR 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; REPEAT 6X(100M WITH ONE ARM; 100M FREESTYLE AT 5SEC. FASTER THAN T-PACE; REST 10-20SEC.)] RUN [ENTIRE DURATION EASY AEROBIC]	[45MIN] [30MIN]	FOCUS ON PULLING THROUGH THE WATER WITH ARMS SLIGHTLY BENT AT THE ELBOW. 300M EASY TO COOL DOWN. TOTAL 1800M FOCUS ON CADENCE AND BREATHING.
WEDS	BIKE [HILL REPEATS 12X (30SEC AT 70-80RPM UP HILL, 90SEC RECOVERY)]	[30MIN]	TRY TO STAY SEATED AND RELAXED ENTIRE TIME HEART RATE ZONES 4-5. OR USE A TRAIN-ER EVERY 30SEC SHIFT TO HARDER GEAR FOR 90SEC 12X.
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 [RUN EXERCISES - 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 [FLAT GENTLY ROLLING COURSE ENTIRE DURATION]	[30MIN] [45MIN]	CASUALLY CHECK YOUR PACE AND TRY TO KEEP IT CONSISTENT. TOTAL: 1900M AT LEAST 50% OF TIME IN ZONE 2, AVOID ZONES 3-5.
SUN	RUN [ENTIRE DURATION, QUICK FEET]	[35MIN]	PRACTICE PACING AND HEART RATE CONTROL.

WEEK 5

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	BIKE [LACTATE TEST HIGH EFFORT 30MIN. FIND A LOOP OR INDOOR TRAINER, CYCLE HIGH EFFORT ENTIRE DURATION]	[30MIN]	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]	[30MIN]	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 ENTIRE DURATION]	[30MIN]	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 [10MIN ALTERNATE SLOW/FAST PACE; 30MIN STEADY]	[45MIN]	COUNT YOUR STROKES EVERY 25METERS, ARE THEY STAYING CONSTANT?
SUN	BIKE [60MIN MODERATE PACE, PRACTICE HYDRATION] -BRICK- (IMMEDIATELY ONTO THE RUN) RUN [45MIN MODERATE PACE, PRACTICE FUELING]	[1 HR 45MIN]	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); 2MIN. REGULAR PEDALING /W BOTH LEGS]	[45MIN]	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 5MIN. SPIN WITH BOTH LEGS HEART RATE ZONE 2.
TUES	SWIM [100METERS KICK; 100METERS EASY FREESTYLE; 3x300METERS AT MAXIMUM EFFORT; 100METERS EASY]	[30MIN]	SLOW ENDURANCE
WEDS	BIKE [FLAT COURSE, RIDE 20MIN, ALTERNATE HEART RATE ZONE 4-5 EVERY 2MIN; REPEAT 2x]	[20MIN]	CRISS-CROSS FROM LOW ZONE 4 TO HIGH ZONE 5.
THURS	RUN [6x5MIN 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 [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 [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 50MIN.]	[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; 3X400M AT MAXIMUM EFFORTS; 100M EASY FREESTYLE]	[45MIN]	IN THE MAIN SET (2X400) GO FOR T-PACE OR FASTER.
	RUN [EASY AEROBIC ENTIRE DURATION]	[35MIN]	FOCUS ON CADENCE AND FORM
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 [60MIN RUN WITH 6X7MIN EFFORTS IN ZONE 4; JOG BETWEEN EACH EFFORT FOR 3MIN]	[45MIN]	THE MAIN EFFORTS SHOULD BE DONE IN ZONE 4. THE JOG BETWEEN EACH IS FOR RECOVERY.
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 [6X50M ALTERNATE EASY FREESTYLE AND KICKING; 3X500 BELOW T-PACE; 8X50 KICK MODERATE EFFORT]	[1HR]	ON THE SWIM WARM UP TRY INCREASING PACE GRADUALLY. FOCUS ON FORM. TOTAL: 2500
	BIKE [ENTIRE DURATION FINAL 10MIN MAXIMUM EFFORT]	[1HR]	SPEND %50 OF YOUR TIME ON THE BIKE IN ZONE 2.
SUN	RUN [ENTIRE DURATION GOOD FORM, FAST CADENCE, MAXIMUM EFFORT LAST 5MIN]	[50MIN]	PRACTICE PACING AND HEART RATE CONTROL, LAST 5MIN IS MAXIMUM SUSTAINABLE PACE!

WEEK 8

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	BIKE [ENTIRE DURATION ON COURSE WITH SHORT HILLS]	[1HR]	ATTACK THE HILLS, SPEND AT LEAST 10% OF THE TIME IN ZONE 4.
TUES	SWIM [100M KICK; 100M EASY FREESTYLE; 3X500M AT MAXIMUM EFFORTS; 100M EASY FREESTYLE]	[45MIN]	IN THE MAIN SET (3X500) GO FOR T-PACE OR FASTER.
	RUN [EASY AEROBIC ENTIRE DURATION]	[35MIN]	FOCUS ON CADENCE AND FORM. TRY TO RELAX YOUR BREATHING.
WEDS	BIKE [10MIN EASY; 20MIN, CRISS CROSS HEART RATE ZONE 4-5 EVERY 2MIN; REPEAT 2x]	[45MIN]	GO FROM LOW ZONE 4 TO HIGH ZONE 5.
THURS	RUN [45MIN RUN WITH 5X7MIN 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 [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 [4X100M ALTERNATE EASY FREESTYLE AND KICKING; 12X100M FREESTYLE, 1MIN REST IN BETWEEN SETS; 6X75M KICK MODERATE EFFORT]	[1HR]	ON THE SWIM WARM UP TRY INCREASING PACE GRADUALLY. FOCUS ON FORM. TOTAL 2350M
	BIKE [ENTIRE DURATION FINAL 10MIN MAXIMUM EFFORT]	[1HR 10MIN]	SPEND %50 OF YOUR TIME ON THE BIKE IN ZONE 2.
SUN	RUN [ENTIRE DURATION GOOD FORM, FAST CADENCE, MAXIMUM EFFORT LAST 5MIN]	[55MIN]	PRACTICE PACING AND HEART RATE CONTROL, LAST 5MIN IS MAXIMUM SUSTAINABLE PACE!

WEEK 9

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	BIKE [20MIN WARM UP; 60MIN ON COURSE WITH TWISTS AND TURNS; 10MIN EASY]	[1 HR 20MIN]	FAST PEDALING 20% OF RIDE IN ZONE 4. PRACTICE NUTRITION WITHOUT STOPPING.
TUES	SWIM [100M KICK; 100M EASY FREESTYLE; 3X400M AT MAXIMUM EFFORTS; 100M EASY FREESTYLE]	[45MIN]	IN THE MAIN SET (3X400) GO FOR T-PACE OR FASTER.
	RUN [EASY AEROBIC ENTIRE DURATION]	[35MIN]	FOCUS ON CADENCE AND FORM. TRY TO RELAX YOUR BREATHING.
WEDS	BIKE [10MIN EASY; 20MIN, CRISS CROSS HEART RATE ZONE 4-5 EVERY 2MIN; REPEAT 2x]	[1 HR]	GO FROM LOW ZONE 4 TO HIGH ZONE 5.
THURS	RUN [5X7MIN EFFORTS IN ZONE 4, WITH 3MIN JOG IN BETWEEN]	[40MIN]	JOG FOR RECOVERY IN BETWEEN
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 [GOOD WARM UP; (100M, 200M, 300M, 400M, 300M, 200M, 100M) ALL AT T-PACE WITH 2SEC REST AFTER EACH]	[1 HR]	STAY BELOW T-PACE THE ENTIRE TIME. TOTAL: 2400M.
	BIKE [ENTIRE DURATION, MAXIMUM EFFORT LAST 10MIN]	[1 HR 20MIN]	AT LEAST 50% OF TIME IN ZONE 2, AVOID ZONES 3-5 EXCEPT FOR THE FINAL 10MIN WHICH IS MAXIMUM SUSTAINABLE PACE!
SUN	RUN [ENTIRE DURATION GOOD FORM, FAST CADENCE, MAXIMUM EFFORT LAST 5MIN]	[1 HR]	PRACTICE PACING AND HEART RATE CONTROL, LAST 5MIN IS MAXIMUM SUSTAINABLE PACE!

WEEK 10

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	BIKE [LACTATE TEST HIGH EFFORT 30MIN. FIND A LOOP OR INDOOR TRAINER, CYCLE HIGH EFFORT ENTIRE DURATION]	[30min]	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]	[30min]	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 ENTIRE DURATION]	[30min]	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 [15MIN. ALTERNATE SLOW FAST PACE; 35MIN STEADY PACE NO STOPING]	[55min]	ON THE MAIN SET COUNT YOUR STROKES, ARE THEY CONSISTENT?
SUN	BIKE [75MIN. HEART RATE ZONE 3-4, THEN 10MIN BUILDING TO ZONE 5] -BRICK- RUN [45MIN. HEART RATE ZONE 3-4, WITH FINAL 5MIN IN ZONE 5]	[2HR 10min]	PRACTICE TAKING IN 200-300 CALORIES PER HOUR, AND 1 BOTTLE OF WATER PER HOUR.

WEEK 11

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	BIKE [FUN RIDE, JOIN A GROUP OR SPIN CLASS MODERATE PACE ENTIRE DURATION]	[45MIN]	OCCASIONALLY PRACTICE LEADING IN THE FRONT.
TUES	SWIM[REPEAT ALL 3x(50METERS KICK; 50M REGULAR; 4x75 DESCENDING; 50 KICK EASY;) COOL DOWN 100M]	[1HR]	TOTAL DISTANCE OF 1925METERS. IN DESCENDING TIMES EACH SET IS FASTER THAN THE PREVIOUS.
WEDS	BIKE [10MIN. ALTERNATING ZONE 1-3; 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 [RUN 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; 100M MODERATE; 50M KICK MODERATE; 100M BUILD SPEED; MAIN SET(4x300M MODERATE; REST 2MIN; KICK 300M; 6x50M RELAXED SPEED)]	[2HR]	SWIM AEROBIC INTERVALS. REST 15SEC BETWEEN EACH SET.
	BIKE [5MIN WARM UP; 6x10MIN HEART RATE ZONES 3-4]		CRUISE INTERVALS. AERO POSITION AS MUCH AS POSSIBLE.
SUN	RUN [10MIN WARM UP; 5x6MIN BUILDING TO ZONE 3 EACH INTERVAL]	[45MIN]	WORK ON CALM BREATHING AND RELAXED FORM.

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.

WEEK 13

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 [SWIM EXERCISES - SEE BACK OF TRAINING PLAN]	[20MIN]	MIX UP THE WORKOUT ONCE YOU GET TIRED, TRY TO STAY ACTIVE THE ENTIRE DURATION.
SAT	<p>SWIM [WU:100 SWIM, 50 KICK, 100 SWIM, 50 KICK, 100 SWIM. MS: EACH NUMBERED SET IS DONE NON-STOP AS A 200. #1—100 EASY, 50 MODERATE, 50 FAST #2—50 EASY, 100 MOD, 50 FAST #3—50 EASY, 50 MOD, 100 FAST #4—100 FAST, 50 EASY, 50 MOD #5—50 FAST, 100 EASY, 50 MOD #6—50 FAST, 50 EASY, 100 MOD. REPEAT #1, 2, 3. COOL DOWN: 15M EASY]</p> <p>BIKE [5MIN WARM UP; 6X10MIN HEART RATE ZONES 3-4; RIDE REMAINDER DURATION]</p>	<p>[1HR]</p> <p>[1.5HR]</p>	<p>VARIABLE PACE WORKOUT TOTAL OF 2350 METERS.</p> <p>SMOOTH PEDALING. SHOOT FOR 80-90RPM AERO POSITION</p>
SUN	RUN [10MIN WARM UP; 5X6MIN BUILDING TO ZONE 3 EACH INTERVAL]	[45MIN]	WORK ON CALM BREATHING AND RELAXED FORM.

WEEK 14

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	BIKE [Lactate Test high effort 30min. find a loop or indoor trainer, cycle high effort entire duration]	[30MIN]	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 MOD-ERATE PACE/W 60SEC. REST BETWEEN SETS]	[30MIN]	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 ENTIRE DURATION]	[30MIN]	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 [WU: 15 MINUTES ALTERNATING SLOW-FAST PACING. MS: 35MIN STEADY SWIM WITHOUT STOPPING. CD: 5MIN EASY]	[55MIN]	COUNT YOUR STROKES ON THE FIRST 25 OF EACH 100. ARE THEY STAYING CONSTANT?
SUN	BIKE [90MIN. HEART RATE ZONE 3, THEN SPIN EASY 5MIN] -BRICK- (TRANSITION UNTO RUN) RUN [60MIN. HEART RATE ZONE 2, WITH FINAL 5MIN IN ZONE 5]	[2HR 10MIN]	PRACTICE TAKING IN 200-300 CALORIES PER HOUR, AND 1 BOTTLE OF WATER PER HOUR.

WEEK 15

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	BIKE [FUN RIDE, JOIN A GROUP OR SPIN CLASS MODERATE PACE ENTIRE DURATION]	[45MIN]	OCCASIONALLY PRACTICE LEADING IN THE FRONT.
TUES	SWIM [WU: 400 EASY SWIM. MS: 4 X 50 VERY FAST(REST 30"). 50METERS KICK EASY. 4 X 50 VERY FAST (30"). 50M KICK EASY. 4 X 50 VERY FAST (30"). 50M KICK EASY. 4 X 50 VERY FAST. 50M KICK EASY. CD: 200 EASY SWIM.]	[45MIN]	FAST 50's WORKOUT TOTAL DISTANCE: 1600METERS
WEDS	BIKE [5MIN EASY; 3X15SEC. ALL OUT; REST 1MIN; 5MIN BUILD TO ZONE 5; REST 8MIN AND REPEAT ALL 2 MORE TIMES]	[30MIN]	AERO POSITION. SHOOT FOR 95 TO 110 RPM.
THURS	RUN [TRACK RUN: 5MIN WARM UP; 6X2MIN EFFORTS AT 100% INTENSITY]	[10MIN]	WALK OR JOG AFTER EACH INTERVAL TO GET FULL RECOVERY
FRI	STRENGTH WORKOUT [RUN EXERCISES - SEE BACK OF TRAINING PLAN]	[20MIN]	MIX UP THE WORKOUT ONCE YOU GET TIRED, TRY TO STAY ACTIVE THE ENTIRE DURATION.
SAT	SWIM [OPEN WATER: SWIM 5MIN EASY; 10X RUNNING BEACH STARTS WITH 25MIN OUT AND 25MIN BACK]	[1HR]	PRACTICE BREATHING AND SITING IN OPEN WATER.
SUN	BIKE [25MILES NON STOP HEART RATE ZONE 3-4; RECOVER FOR 10MIN; REPEAT ALL 1 MORE TIME]	[1.5HR]	SMOOTH PEDALING AND HOLD THE AERO POSITION.

WEEK 16

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	BIKE [FUN RIDE, JOIN A GROUP OR SPIN CLASS MODERATE PACE ENTIRE DURATION]	[45MIN]	OCCASIONALLY PRACTICE LEADING IN THE FRONT.
TUES	SWIM [WARM-UP 100M KICK AND 100M REGULAR; MS - 3X TIMED 500M EFFORTS AT MAXIMUM SUSTAINABLE PACE; COOL-DOWN 50-100 METERS]	[30MIN]	SHOOT FOR T-PACE OR FASTER IN THE MAIN TIMED SET.
WEDS	BIKE [EASY WARM UP; 3X 15SEC HARD EFFORTS; 1MIN RECOVERY; 5MIN BUILDING TO ZONE 5; 8MIN RECOVERY THEN REPEAT ALL 2 MORE TIMES]	[30MIN]	GO FOR 95-110 RPM. KEEP THE AERO POSITION AS MUCH AS POSSIBLE.
THURS	RUN [TRACK RUN: 5MIN WARM UP; 6X2MIN EFFORTS AT 100% INTENSITY; 5MIN JOG AFTER EACH]	[20MIN]	THESE ARE VO2 MAX SETS LONG DISTANCE.
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 [10MIN WARM UP; DO THIS 4X(100 STROKES PER ARM EASY; 20 STROKES PER ARM HARD; 50STROKES EASY; 10 HARD; 25 EASY; 5 HARD; CD: 10MIN)]	[35MIN]	IMPROVE YOUR POWER WITH THESE SETS.
	BIKE [EASY WARM UP; 25MIN NON-STOP IN ZONE 3-4; 10MIN RECOVERY; REPEAT ALL 1 MORE TIME]	[30MIN]	RIDE AT 80-90 RPM. SMOOTH PEDALING. AERO POSITION AS MUCH AS POSSIBLE.
SUN	BIKE [20MIN WARM UP; 10MIN ZONE4-5] -BRICK- RUN [5MIN OUT AND 5MIN BACK, MAXIMUM PACE]	[1 HR 40MIN]	COMPLETE THIS WORKOUT A TOTAL OF 4 TIMES. WORK ON SMOOTH TRANSITIONS.

WEEK 17

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	BIKE [FUN RIDE, JOIN A GROUP OR SPIN CLASS MODERATE PACE ENTIRE DURATION]	[45MIN]	OCCASIONALLY PRACTICE LEADING IN THE FRONT.
TUES	SWIM [400 EASY; 4 X 50 VERY FAST (30" REST). 50 KICK EASY. 4 X 50 VERY FAST (30"). 50 KICK EASY. 4 X 50 VERY FAST (30"). 50 KICK EASY. 4 X 50 VERY FAST (30"). 50 KICK EASY. CD: 200 EASY SWIM]	[35MIN]	THIS IS A "FAST 50's" SET YOU WILL DO A TOTAL OF 1600 METERS.
WEDS	BIKE [EASY WARM UP; 3X15SEC HARD EFFORTS; 1MIN RECOVERY; 5MIN BUILDING TO ZONE 5; 8MIN RECOVERY THEN REPEAT ALL 2 MORE TIMES]	[30MIN]	GO FOR 95-110 RPM. KEEP THE AERO POSITION AS MUCH AS POSSIBLE.
THURS	RUN [TRACK RUN: 5MIN WARM UP; 6X2MIN EFFORTS AT 100% INTENSITY; 5MIN JOG AFTER EACH]	[20MIN]	THESE ARE VO2 MAX SETS LONG DISTANCE.
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	RECOVERY DAY STAY OFF LEGS AS MUCH AS POSSIBLE MONITOR HEALTHY NUTRITION DRINK LOTS OF WATER	[ALL DAY]	EASY ACTIVITIES LIKE STRETCHING, FLOATING IN WATER, OR GETTING A MASSAGE.
SUN	SWIM [OPEN WATER: 3MIN EASY WARM UP; THEN FOR APPROX. 1500M SWIM CONSTANT STEADY PACE] -TRANSITION- BIKE [10MIN OUT; 10MIN BACK ZONE 4-5] -TRANSITION- RUN [5MIN OUT AND 5MIN BACK INTENSE PACE]	[2HR.]	REPEAT THIS ENTIRE WORKOUT FOR A TOTAL OF 2 ROUNDS IF POSSIBLE. FOCUS ON SMOOTH FORM AND PRACTICE QUICK TRANSITIONS. TAKE IN SOME HYDRATION WHILE ON THE BIKE.

WEEK 18

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	RECOVERY DAY STAY OFF LEGS AS MUCH AS POSSIBLE MONITOR HEALTHY NUTRITION DRINK LOTS OF WATER	[ALL DAY]	EASY ACTIVITIES LIKE STRETCHING, FLOATING IN WATER, OR GETTING A MASSAGE.
TUES	SWIM [400M EASY; MS: 4 X 50 VERY FAST (REST 30"). 50 KICK EASY. 4 X 50 VERY FAST (30"). 50 KICK EASY. 4 X 50 VERY FAST (30"). 50 KICK EASY. 4 X 50 VERY FAST (30"). 50 KICK EASY. CD: 200 EASY SWIM.]	[45MIN]	THESE ARE "FAST 50's" GET A GOOD SPEED WORKOUT IN TO PREPARE FOR THE RACE START. TOTAL 1600M
WEDS	BIKE [30MIN RACE PACE] -BRICK- RUN [15MIN RACE PACE]	[45MIN]	AFTERWARDS THOROUGHLY CLEAN YOUR BIKE AND CHECK FOR ANY MECHANICAL ISSUES.
THURS	SWIM [200M FREESTYLE; 100M KICK; 3X100M DONE AS 25 KICK, 25 R ARM ONLY, 25 L ARM ONLY, 25 FREESTYLE; 5X100 AT T-PACE WITH 10SEC RESTS; 100M EASY]	[30MIN]	SHORT INTERVALS AND RECOVERY SETS. TOTAL OF 1200METERS.
FRI	SWIM [CHECK OUT RACE COURSE IF POSSIBLE DO SEVERAL MODERATE PACED LAPS IN THE SWIM AREA] BIKE [EASY WARM UP; 4X90SEC. RACE EFFORTS WITH 3MIN RECOVERIES]	[10MIN]	THIS IS BEST DONE IN THE MORNING DURING THE SCHEDULED RACE TIME. COOL DOWN AND STRETCH AFTER THESE WORKOUTS.
SAT	RACE DAY! [EAT 2-3HOURS PRIOR; BE SURE TO PACK WATER BOTTLES AND GEL PACKS; CONTROL YOUR PACE THE ENTIRE TIME DON'T LOSE CONTROL]	[FAST!]	DURING THE BIKE RIDE, PACE YOURSELF AT A CONSISTENT SPEED AROUND HEART RATE ZONE 3 AND CONSUME 250-350 CALORIES PER HOUR. ON THE RUN, ATTEMPT TO CONSUME 1 GEL EVERY 20-30 MINUTES. KEEP HR AT ZONE 3 FOR FIRST 10K, THEN PICK UP PACE AT THE HALFWAY POINT, GRADUALLY BUILDING TO MAXIMUM INTENSITY FOR SECOND 5K.
SUN	RECOVERY DAY STAY OFF LEGS AS MUCH AS POSSIBLE MONITOR HEALTHY NUTRITION DRINK LOTS OF WATER	[ALL DAY]	EASY ACTIVITIES LIKE STRETCHING, FLOATING IN WATER, OR GETTING A MASSAGE.

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

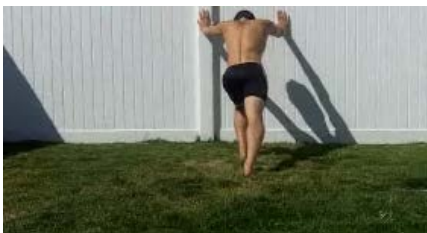


ALTERNATE BICEP CURL
REPS: 8-10
TEMPO: CONTROL



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 for more training plans and tips.

Good Luck!

-TriathlonTraining.net