			R PLAN WE	EK 1-4				
Provided b	y Tri-Traine	r.com						
You should	l cosult your	· doctor befo	are attempting	g this plan as th	ne athlete			
				TRI-TRAINE		nes no		
				end of the pla				
			l Razortri@a					
	ation of wor							
WEEK 1			PREP PH	IASE				
3/12/18	MON	TUE	WED	THUR	FRI	SAT	SUN	TOTAI
STR	1				REST			1
SWIM		0.3		0.3		0.45		1.45
BIKE			0.45				0.45	1.3
RUN		0.3		0.3		0.3		1.3
WEEK 2								4.45
3/19/18								
STR	1				REST			1
SWIM		0.3		0.3		0.45		1.45
BIKE			0.45				0.45	1.3
RUN		0.3		0.3		0.3		1.3
								4.45
WEEK 3								
3/26/18								
STR	1				REST			1
SWIM		0.3		0.3		1		2
BIKE			0.45				1	1.45
RUN		0.3		0.3		0.45		1.45
								6.3
WEEK 4								
4/2/18								
STR	1				REST			1
SWIM		0.3		0.30 *		0.3		1.3
BIKE			0.45				1	1.45
RUN		0.3				0.30 *		1.15
								5.3
APPENDI				u are trying to				

During the 'Prep' Phase, that is exactly what you are trying to do. You are preparing your body to withstand the future training pressure you will be putting it through. Too many athletes make the mistake of training too hard straight away and injuring themselves. You are training for an

Endurance ev	ent and this	phase and th	e next phase	are focused on	preparing a	good BASE	for	
your body be	fore you inci	ease to race	intensity. So.	take it easy				
HEART RAT	E ZONES							
In the comme	ntary below	you will see	reference to	Heart Rate Zo	nes. Usually	Zones 1-5 a	re used or R	PE
(Rate of Perce	eived Exertic	on) 1-10. If y	you have had	a Lactate Thre	shold Test ye	ou will know	your	
Heart Rate Tr	aining Zone	s.						
STRENGTH								
This period is	Anatomical	Adaptation.	Easy weight	. 50% of Max	- Core exerc	ises 3 reps o	of 15 - 20	
just getting yo	our muscles	and ligamen	ts ready for th	e harder work	to come.			
Aerobic warn	n up for 10 n	ninutes before	re and cool do	wn after exer	cises. Stretch	after (and e	very day).	
SWIM								
In the Prep Pl	nase you sho	uld be focus	ing on Swim	Technique. Ev	erybody can	improve the	eir	
Technique an	d particularl	y if you have	e been out of t	he water durii	ng the winter	. I would spe	end	
about 30-50%	of you wor	kout focusin	g on form (S	LOWLY). Ma	ybe hire a sv	vim coach.		
BIKE								
Workouts dur	ing the week	can be Spir	n Class or wor	k on a trainer.	Everybody	can		
benefit from t	his early sea	son. Spin is	good for leg s	speed.				
* There are se	everal long h	ills on the b	ike course so	you should try	to practice l	nills		
or standing cl	imbs in a Sp	oin Class or o	on a Trainer.					
Tough in a sp	in class but	you Heart ra	te Zone does	not need to go	above Zone	2-3 or RPE	4-6	
on a scale of	1-10							
RUN								
All run worke	outs are at a	very easy co	nversational p	pace Heart Ra	te Zone 1-2	or RPE 2-4		
There is no pr	roblem with	you starting	this program	walking or wa	alk/jog. Forgo	et speed.		
The Asterisk	s * in week 4	4 are useful i	in the sense th	at after 4 wee	ks you can m	neasure your		
performance:	for future tes	sts and moni	tor your impro	ovement.				
Swim * - Afte	er 4 weeks o	f swimming,	, see how far y	ou can swim	continuously	Record that	t.	
Run * - Not	a speed test	, but you ma	ny be able to r	un for the who	ole 30 minute	es?		
Bike - No t	est yet.							
Ray Kelly								
www.tri-train	er.com							

CDDINTT	DIATIII ON	N DECINNI	ED DI ANIW	EEVC 1 0				
			ER PLAN W	<u>EENS 4-8</u>				
Provided b	<u>v Tri-Train</u>	er.com						
			ore attempting					
the athlete	assumes al	<u>l risks of atte</u>	empting such	<u>a plan and</u>	TRI-TRAIN	ER.COM a	issumes no	<u>)</u>
liability for	r providing	this plan. Ap	ppendix at th	e end of the	plan.			
If you have	e questions	please E Ma	il Razortri@	aol.com				
This is the	second 4 W	Veek Plan. Ti	he last Plan v	was Prep Ph	ase getting v	ou ready to	train a	
			our muscles a					
			re some sho			still illiport	1110	
particulary	Tor your ic	gs as there a		on the	DIKC.			
A			41 1	Th				
An explana	ation of wo	rkouts is bei	ow the plan.	The number	rs are minute	es .		
WEDDIE 5			D A GE D	TI A CIE				
WEEK 5			BASE P					
4/9/18	MON	TUE	WED	THUR	FRI	SAT	SUN	TOTAL
STR	1				REST			1
SWIM		0.45		0.3		1		2.15
BIKE			0.45				1	1.45
RUN		0.3		0.3		0.45		1.45
WEEK 6								6.45
4/16/18								
STR	1				REST			1
SWIM	1	0.45	+	0.3	KEST	1	+	2.15
		0.43	0.45	0.5		1	1	
BIKE	+	0.2	0.45	0.2		0.45	1	1.45
RUN		0.3		0.3		0.45		1.45
								6.45
WEEK 7								
4/23/18								
STR	1				REST			1
SWIM		0.45		0.3		1		2.15
BIKE			0.45				1.15	2
RUN		0.45		0.3		0.45		2
								7.15
WEEK 8								
4/30/18								
STR	1				REST			1
SWIM	+	0.3		0.3	11131	0.45*	+	1.45
BIKE	+	0.5	0.45	0.5		0.73	1*	1.45
		0.2	0.43			0.20 *	1'	
RUN	+	0.3				0.30 *		1 5.2
								5.3
APPENDI	X							
You are no	w in the BA	ASE phase o	f training aft	er going thr	ough the PR	EP phase ar	nd can	
start to trai	n a bit long	er and harde	er. You are no	ot racing yet	and also yo	u do not wa	nt to	
risk injury	so train at a	a moderate p	ace.Week 8	of this Plan	is a Rest and	l maybe Tes	st week.	
	e the rest so							
	_					_	_	

HEART RATE ZONES											
In the commentary below you will see referance to Heart Rate Zones. Usually Zones 1-5 are used or											
RPE (Rate of Perceived Exertion ) 1-10. If you have had a Lactate Threshold Test you will know your											
Heart Rate Training Zones.											
STRENGTH											
Aerobic warm up for 10 minutes before and cool down after exercises. Stretch after (and every day).											
After Prep phase of weight training with very light weights with 15-20 reps you can now move to											
Strength Maintenance Phase. You can increase your weights by 5% each week. A weight that you can											
rep 10-15 X. Ask an instructor to show how to properly lift if you aren't sure.											
SWIM											
You can continue to focus on Swim Technique. A good Technique is the best way to get through											
the swim. A Wetsuit is going to help you. You can start longer swim repetitions. If you have been											
swimming 100 repeats, step up to 200's. Your weekend swim could be a continuous swim											
BIKE											
Workouts during the week can be Spin Class or work on a trainer. Everybody can											
benefit from this early season. Spin is good for leg speed											
* There are some tougher hills at the start of the bike course so you should try to practice hills											
or standing climbs in a Spin Class or on a Trainer.											
Tough in a spin class but you Heart rate Zone does not need to go above Zone 2-3 or RPE 4-6											
on a scale of 1-10.											
RUN											
All run workouts are at a very easy conversational pace Heart Rate Zone 1-2 or RPE 2-4											
There is no problem with you starting this program walking or walk/jog.											
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SPRINT TI	RIATHLON	N BEGINNE	R PLAN V	VEEK 9-12	2			
Provided by	y Tri-Traine	er.com						
You should	l consult yo	ur doctor bet	fore attemp	oting this pl	an as			
the athlete	assumes all	risks of atte	mpting suc	ch a plan ar	d TRI-TRA	AINER.CO	OM assume	s no
liability for	providing	this plan. Ap	pendix at t	the end of t	he plan.			
If you have	questions 1	please E Mai	il Razortri	@aol.com				
This is the	third 4 Wee	k Plan. The	last Plan w	as Base 1.	You are tra	ining a bit	harder.	
Strength is	still import	ant particula	rly for you	ır legs as th	ere are som	ne short hi	lls on the b	ike.
An explana	ntion of wor	kouts is belo	w the plan	The numl	pers are min	nutes .		
WEEK 9			BASE 2	PHASE				
5/7/18	MON	TUE	WED	THUR	FRI	SAT	SUN	TOTAL
STR	1				REST			1
SWIM		0.45		0.3		1		2.15
BIKE			0.45				1.15	2
RUN		0.3		0.3		0.45		1.45
WEEK 10								7
5/14/18								
STR	1				REST			1
SWIM		0.45		0.3		1		2.15
BIKE			0.45				1.3	2.15
RUN		0.3		0.3		1		1.45
								7.15
WEEK 11								
5/21/18								
STR	1				REST			1

BIKE 0.45 0.3 1 2.15  RUN 0.45 0.3 1 2.15  WEEK 12 5/28/18  STR 1 REST 1 1  SWIM 0.3 0.3 0.3 0.45* 1.45  BIKE 0.45 1* 1.45  RUN 0.3 0.3 0.3 0.3 0.45* 1  BIKE 0.45 1* 1.45  RUN 0.3 0.3 0.3 0.3 0.3 0.45* 1  You are now in the BASE 2 phase of training after going through the PREP phase and can start to train a bit longer and harder. You are not racing yet and also you do not want to risk injury so train at a moderate pace. Week 12 of this Plan is a Rest and Test week .  You desrve the rest so take it!  HEART RATE ZONES  In the commentary below you will see referance to Heart Rate Zones. Usually Zones 1-5 are used of RPE (Rate of Perceived Exertion ) 1-10. If you have had a Lactate Threshold Test you will know yo Heart Rate Training Zones.  STRENGTH  Aerobic warm up for 10 minutes before and cool down after exercises. Stretch after (and every day). After Prep phase of weight training with very light weights with 15-20 reps you can now move to Strength Maintenance Phase. You can increase your weights by 5% each week. A weight that you can strength Maintenance Phase. You can increase your weights by 5% each week. A weight that you can increase your weights by 5% each week. A weight that you can increase your weights by 5% each week. A weight that you can increase your weights by 5% each week. A weight that you can increase your weights by 5% each week. A weight that you can increase your weights by 5% each week. A weight that you can increase your weights by 5% each week. A weight that you can increase your weights by 5% each week. A weight that you can increase your weights by 5% each week. A weight that you can increase your weights by 5% each week. A weight that you can increase your weights by 5% each week. A weight that you can increase your weights by 5% each week. A weight that you can increase your weights by 5% each week. A weight that you can increase your weights by 5% each week. A weight that you can increase your weights by 5% each week.	SWIM		0.45		0.3		1		2.15
WEEK 12 5/28/18 STR 1 REST 1 SWIM 0.3 0.3 0.3 0.45* 1.45 BIKE 0.45 1* 1.45 RUN 0.3 0.30* 1 STRUN 0.3 0.30* 1 APPENDIX  You are now in the BASE 2 phase of training after going through the PREP phase and can start to train a bit longer and harder. You are not racing yet and also you do not want to risk injury so train at a moderate pace. Week 12 of this Plan is a Rest and Test week .  You desrve the rest so take it!  HEART RATE ZONES In the commentary below you will see referance to Heart Rate Zones. Usually Zones 1-5 are used on RPE (Rate of Perceived Exertion ) 1-10. If you have had a Lactate Threshold Test you will know you heart Rate Training Zones.  STRENGTH  Aerobic warm up for 10 minutes before and cool down after exercises. Stretch after (and every day). After Prep phase of weight training with very light weights with 15-20 reps you can now move to	BIKE			0.45				1.3	2.15
WEEK 12 5/28/18 STR 1 SWIM 0.3 0.3 0.3 0.45* 1.45 BIKE 1.45 BIKE 0.45 1* 1.45 RUN 0.3 0.30* 1 APPENDIX  You are now in the BASE 2 phase of training after going through the PREP phase and can start to train a bit longer and harder. You are not racing yet and also you do not want to risk injury so train at a moderate pace. Week 12 of this Plan is a Rest and Test week .  You desrve the rest so take it!  HEART RATE ZONES In the commentary below you will see referance to Heart Rate Zones. Usually Zones 1-5 are used on RPE (Rate of Perceived Exertion) 1-10. If you have had a Lactate Threshold Test you will know yo Heart Rate Training Zones.  STRENGTH  Aerobic warm up for 10 minutes before and cool down after exercises. Stretch after (and every day). After Prep phase of weight training with very light weights with 15-20 reps you can now move to	RUN		0.45		0.3		1		2.15
5/28/18  STR 1 REST 1  SWIM 0.3 0.3 0.3 0.45* 1.45  BIKE 0.45 1* 1.45  RUN 0.3 0.3 0.30* 1  APPENDIX 5.3  APPENDIX 5.3  APPENDIX 5.3  APPENDIX 5.3  HEART RATE ZONES In the commentary below you will see referance to Heart Rate Zones. Usually Zones 1-5 are used on RPE (Rate of Perceived Exertion ) 1-10. If you have had a Lactate Threshold Test you will know you Heart Rate Training Zones.  STRENGTH Aerobic warm up for 10 minutes before and cool down after exercises. Stretch after (and every day). After Prep phase of weight training with very light weights with 15-20 reps you can now move to									7.15
STR 1	WEEK 12								
SWIM  0.3  0.45*  1.45  BIKE  0.45  RUN  0.3  0.30*  1  5.3  APPENDIX  You are now in the BASE 2 phase of training after going through the PREP phase and can start to train a bit longer and harder. You are not racing yet and also you do not want to risk injury so train at a moderate pace. Week 12 of this Plan is a Rest and Test week.  You desrve the rest so take it!  HEART RATE ZONES  In the commentary below you will see referance to Heart Rate Zones. Usually Zones 1-5 are used of RPE (Rate of Perceived Exertion ) 1-10. If you have had a Lactate Threshold Test you will know you Heart Rate Training Zones.  STRENGTH  Aerobic warm up for 10 minutes before and cool down after exercises. Stretch after (and every day). After Prep phase of weight training with very light weights with 15-20 reps you can now move to	5/28/18								
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RUN 0.3 0.30 * 1  APPENDIX  You are now in the BASE 2 phase of training after going through the PREP phase and can start to train a bit longer and harder. You are not racing yet and also you do not want to risk injury so train at a moderate pace. Week 12 of this Plan is a Rest and Test week .  You desrve the rest so take it!  HEART RATE ZONES  In the commentary below you will see referance to Heart Rate Zones. Usually Zones 1-5 are used on RPE (Rate of Perceived Exertion ) 1-10. If you have had a Lactate Threshold Test you will know you Heart Rate Training Zones.  STRENGTH  Aerobic warm up for 10 minutes before and cool down after exercises. Stretch after (and every day). After Prep phase of weight training with very light weights with 15-20 reps you can now move to	SWIM		0.3		0.3		0.45*		1.45
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STRENGTH  Aerobic warm up for 10 minutes before and cool down after exercises. Stretch after (and every day).  After Prep phase of weight training with very light weights with 15-20 reps you can now move to	RPE (Rate of	f Perceived	l Exertion )	1-10. If yo	u have had a	a Lactate T	hreshold To	est you will	know your
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Aerobic warm up for 10 minutes before and cool down after exercises. Stretch after (and every day). After Prep phase of weight training with very light weights with 15-20 reps you can now move to									
After Prep phase of weight training with very light weights with 15-20 reps you can now move to	STRENGTH								
	Aerobic warn	n up for 10	) minutes be	efore and c	ool down af	ter exercise	s.Stretch a	fter (and ev	ery day).
Strength Maintenance Phase, You can increase your weights by 5% each week. A weight that you can	After Prep pl	nase of wei	ight training	with very	light weight	ts with 15-2	20 reps you	can now n	nove to
Salangar Managara I mass. To a sair merease jour weights of 5 % sair weight that you et	Strength Mai	ntenance I	Phase. You c	can increase	e your weigl	nts by 5% e	ach week.	A weight th	nat you can
rep 10-15 X. Ask an instructor to show how to properly lift if you aren't sure.	rep 10-15 X.	Ask an ins	structor to sl	how how to	properly li	ft if you are	en't sure.		

SWIM										
You can cont	inue to foc	us on Swin	n Techniqu	e. A good Te	chnique is	the best w	ay to get the	rough		
the swim. A Wetsuit is going to help you. You can start longer swim repetitions. If you have been										
swimming 100 repeats, step up to 200's. Your weekend swim could be a continuous swim.										
BIKE										
Workouts du	ring the we	ek can be S	pin Class c	or work on a	trainer. Ev	erybody ca	an			
benefit from	this early s	eason. Spin	is good for	r leg speed						
* There are se	ome tough	er hills at the	e start of the	ne bike cour	se so you sl	hould try to	practice h	ills		
or standing c	limbs in a	Spin Class o	r on a Trai	ner.						
Tough in a sp	oin class bu	it you Heart	rate Zone	does not nee	ed to go abo	ove Zone 2	-3 or RPE	1-6		
on a scale of	1-10.									
RUN										
All run work	outs are at	a very easy	conversati	onal pace H	leart Rate Z	Zone 1-2 oi	RPE 2-4			
There is no p	roblem wa	lking during	g your run.							
Just keep wo	orking on e	ndurance an	d building	up your lon	ger run/wa	lk at the W	eekend			
The Asterisk	s * in weel	k 12 are use	ful in the s	ense that aft	er 4 weeks	you can m	easure your	ſ		
performance										
Swim * - After 12 weeks of swimming, see how far you can swim continuously . Record that.										
Run * - Not a speed test, but you may be able to run for the whole 30 minutes?										
Bike * - How far can you Bike in 1 Hour?										
Ray Kelly										
Razortri@ao	l.com									
www.Tri-Trainer.com										

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SPRINT TRIATHLON BEGINNER PLAN FINAL WEEKS Provided by Tri-Trainer.com									
Provided b	y Iri-Iraine	er.com							
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	ng this plan								
	are in hours								
II you nave	e questions p	olease E ivia	ali Kazortri	@aor.com					
Conomotulo	tionalli Voy	m final 2 vv	\						
Congratuia	tions!!! You	ir iinai 2 we	eks.						
WEEK 13									
6/4/18	MON	TUE	WED	THID	EDI	CAT	CLINI	ТОТАІ	
0/4/10	MON	TUE	WED	THUR	FRI	SAT	SUN	TOTAL	
CTD	REST						BRICK		
STR		0.45				0.45		1.2	
SWIM BIKE		0.45	1		DECT	0.45	1.3	2.3	
		0.2	1	0.2	REST	0.45			
RUN		0.3		0.3		0.45	0.15	2	
								6	
WEEK 14					DECE	DDICK	DACEL		
WEEK 14					REST	BRICK	RACE!		
6/11/18									
STR	_	0.45		0.2		0.0 stute		1.45	
SWIM	0.15	0.45		0.3		0.3 **		1.45	
BIKE	0.45		0.2			0.3		1.15	
RUN			0.3			0.15		0.45	
								3.45	
4 DDENIDA	X7								
APPENDI	X								
FD1 1 1 1 1 F	F1 6 10	1 1 6		TC:	C TD:	11 6	. 1		
						hlon, Congra			
						nd if you stay			
						tness levels l			
					our workou	its but make	sure you		
recover be	tween your	efforts. Sav	e it for the	Race!					
If you are still worried about the swim, you still have time to practice relaxing and also to									
practice swimming in a wetsuit in open water. Make sure you are swimming with others.									
July 1			21011						
						ill know wha			
						e yet I'd reco			
						ck the nuts a	and bolts and	<u>d</u>	
tires on yo	ur bike, and	then go for	a short rur	and short	tune up swi	m.			
NUTRITIO	ON/HYDRA	TION							
			inutes or m	ore, you sh	ould be dri	nking fluids a	and it is		
						our Triathlon			
						so need some		ıel	
	. Practice ea				-				

STRENGTH										
We've stopped the strength workout	in this last	2 weeks to	give your muscles a ch	ance for						
full recovery and now you can just focus on your race specific workouts.										
You can continue your core ab workouts which I generally do every day.										
SWIM										
You should still be focusing on Swim Technique. Everybody can improve their										
Technique. Your aim is to finish this swim and feel relaxed for the bike.										
Continue to spend about 30-50% of you workout focusing on form (SLOWLY) unless you are										
a good swimmer already. Maybe hir	e a swim c	oach. Try o	pen water swimming. R	Relax.						
If your swimming is going well, pra-	ctice some	fast 50's w	hich will raise your hea	rt rate						
to a level close to what you will feel	at race sta	rt.								
BIKE										
Stationary bike and spin classes are	OK but yo	u should try	y to experience hills out	doors.						
Your Heart rate Zone can go to Zone	e 3-4 or RF	PE 6-8 on a	scale of 1-10 on the hill	ls.						
Try to stay seated on hills to build ye	our leg stre	ength.								
RUN										
If you are able to run 30 - 45 minute	s and you	feel comfor	table you can start to pu	ıt in some						
20 - 30 second acceleration and then	recover.If	you still ha	ave problems running de	on't worry.						
There is no rule against walking in a										
You are just building the amount of	time that y	ou run or w	alk for at a very easy pa	ace.						
Just keep moving for the designated	time.									
Lastly for race day, look at the What to Remember on Race Day on the Race website										
as that will help you to remember everything you need on race day.										
www.Tri-Trainer.com										
razortri@aol.com										