

| | | | | | | | | |
|---|-----|------|------------|--------|------|--------|------|-------|
| SPRINT TRIATHLON BEGINNER PLAN WEEK 1-4 | | | | | | | | |
| Provided by Tri-Trainer.com | | | | | | | | |
| The duration of workouts is in Hours and Minutes i.e. 0.30 is 30 minutes | | | | | | | | |
| You should consult your doctor before attempting this plan as the athlete | | | | | | | | |
| assumes all risks of attempting such a plan and TRI-TRAINER.COM assumes no | | | | | | | | |
| liability for providing this plan. Appendix at the end of the plan. | | | | | | | | |
| If you have questions please E Mail Razortri@aol.com | | | | | | | | |
| An explanation of workouts is below the plan. | | | | | | | | |
| | | | | | | | | |
| | | | | | | | | |
| WEEK 1 | | | PREP PHASE | | | | | |
| 3/25/24 | MON | TUE | WED | THUR | FRI | SAT | SUN | TOTAL |
| STR | 1 | | | | REST | | | 1 |
| SWIM | | 0.30 | | 0.30 | | 0.45 | | 1.45 |
| BIKE | | | 0.45 | | | | 0.45 | 1.30 |
| RUN | | 0.30 | | 0.30 | | 0.30 | | 1.30 |
| | | | | | | | | 5 |
| WEEK 2 | | | | | | | | |
| 4/01/24 | | | | | | | | |
| STR | 1 | | | | REST | | | 1 |
| SWIM | | 0.30 | | 0.30 | | 0.45 | | 1.45 |
| BIKE | | | 0.45 | | | | 0.45 | 1.30 |
| RUN | | 0.30 | | 0.30 | | 0.30 | | 1.30 |
| | | | | | | | | 5.45 |
| WEEK 3 | | | | | | | | |
| 4/8/24 | | | | | | | | |
| STR | 1 | | | | REST | | | 1 |
| SWIM | | 0.30 | | 0.30 | | 1 | | 2 |
| BIKE | | | 0.45 | | | | 1 | 1.45 |
| RUN | | 0.30 | | 0.30 | | 0.45 | | 1.45 |
| | | | | | | | | 6.30 |
| WEEK 4 | | | | | | | | |
| 4/15/24 | | | | | | | | |
| STR | 1 | | | | REST | | | 1 |
| SWIM | | 0.30 | | 0.30 * | | 0.30 | | 1.30 |
| BIKE | | | 0.45 | | | | 1 | 1.45 |
| RUN | | 0.30 | | | | 0.30 * | | 1.15 |
| | | | | | | | | 5.30 |
| APPENDIX | | | | | | | | |
| 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 event and this phase and the next phase are focused on preparing a good BASE for | | | | | | | | | |
| your body before you increase to race intensity. So...take it easy . | | | | | | | | | |
| | | | | | | | | | |
| HEART RATE ZONES | | | | | | | | | |
| In the commentary below you will see reference 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 | | | | | | | | | |
| This period is Anatomical Adaptation. Easy weight. 50% of Max - Core exercises 3 reps of 15 - 20 | | | | | | | | | |
| just getting your muscles and ligaments ready for the harder work to come. | | | | | | | | | |
| Aerobic warm up for 10 minutes before and cool down after exercises. Stretch after (and every day). | | | | | | | | | |
| | | | | | | | | | |
| SWIM | | | | | | | | | |
| In the Prep Phase you should be focusing on Swim Technique. Everybody can improve their | | | | | | | | | |
| Technique and particularly if you have been out of the water during the winter. I would spend | | | | | | | | | |
| about 30-50% of you workout focusing on form (SLOWLY). Maybe hire a swim coach. | | | | | | | | | |
| | | | | | | | | | |
| 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 several long hills on 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. Forget speed. | | | | | | | | | |
| | | | | | | | | | |
| The Asterisks * in week 4 are useful in the sense that after 4 weeks you can measure your | | | | | | | | | |
| performance for future tests and monitor your improvement. | | | | | | | | | |
| Swim * - After 4 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 - No test yet. | | | | | | | | | |
| | | | | | | | | | |
| Ray Kelly | | | | | | | | | |
| www.tri-trainer.com | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |

SPRINT TRIATHLON BEGINNER PLAN WEEKS 4-8

Provided by Tri-Trainer.com

You should consult your doctor before attempting this plan as the athlete assumes all risks of attempting such a plan and TRI-TRAINER.COM assumes no liability for providing this plan. Appendix at the end of the plan.

If you have questions please E Mail Razortri@aol.com

This is the second 4 Week Plan. The last Plan was Prep Phase getting you ready to train a bit harder and by strengthening your muscles and tendons. Strength is still important particularly for your legs as there are some short hill on the bike.

An explanation of workouts is below the plan. The numbers are minutes .

| WEEK 5 | | BASE PHASE | | | | | | |
|---------|-----|------------|------|------|------|--------|------|-------|
| 4/22/24 | MON | TUE | WED | THUR | FRI | SAT | SUN | TOTAL |
| STR | 1 | | | | REST | | | 1 |
| SWIM | | 0.45 | | 0.30 | | 1 | | 2.15 |
| BIKE | | | 0.45 | | | | 1 | 1.45 |
| RUN | | 0.30 | | 0.30 | | 0.45 | | 1.45 |
| | | | | | | | | |
| WEEK 6 | | | | | | | | 6.45 |
| 4/29/24 | | | | | | | | |
| STR | 1 | | | | REST | | | 1 |
| SWIM | | 0.45 | | 0.30 | | 1 | | 2.15 |
| BIKE | | | 0.45 | | | | 1 | 1.45 |
| RUN | | 0.30 | | 0.30 | | 0.45 | | 1.45 |
| | | | | | | | | 6.45 |
| WEEK 7 | | | | | | | | |
| 5/6/24 | | | | | | | | |
| STR | 1 | | | | REST | | | 1 |
| SWIM | | 0.45 | | 0.30 | | 1 | | 2.15 |
| BIKE | | | 0.45 | | | | 1.15 | 2 |
| RUN | | 0.45 | | 0.30 | | 0.45 | | 2 |
| | | | | | | | | 7.15 |
| WEEK 8 | | | | | | | | |
| 5/13/24 | | | | | | | | |
| STR | 1 | | | | REST | | | 1 |
| SWIM | | 0.30 | | 0.30 | | 0.45* | | 1.45 |
| BIKE | | | 0.45 | | | | 1* | 1.45 |
| RUN | | 0.30 | | | | 0.30 * | | 1 |
| | | | | | | | | 5.30 |

APPENDIX

You are now in the BASE 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 8 of this Plan is a Rest and maybe Test week . You deserve the rest so take it!

| | | | | | | | | | |
|--|--|--|--|--|--|--|--|--|--|
| HEART RATE ZONES | | | | | | | | | |
| In the commentary below you will see reference 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. Just keep working on endurance and building up your longer run at the weekend. | | | | | | | | | |
| The Asterisks * in week 8 are useful in the sense that after 4 weeks you can measure your performance for future tests and monitor your improvement. Swim * - After 8 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@aol.com | | | | | | | | | |
| www.Tri-Trainer.com | | | | | | | | | |

| SPRINT TRIATHLON BEGINNER PLAN WEEK 9-12 | | | | | | | | |
|--|------|------|----------------------------|------|------|--------|-------|-------|
| Provided by Tri-Trainer.com | | | | | | | | |
| You should consult your doctor before attempting this plan as the athlete assumes all risks of attempting such a plan and TRI-TRAINER.COM assumes no liability for providing this plan. Appendix at the end of the plan. | | | | | | | | |
| If you have questions please E Mail Razortri@aol.com | | | | | | | | |
| An explanation of workouts is below the plan. The numbers are minutes . | | | | | | | | |
| WEEK 9 | | | BUILD, PEAK and RACE Phase | | | | | |
| 5/20/24 | MON | TUE | WED | THUR | FRI | SAT | SUN | TOTAL |
| STR | 1 | | | | REST | | BRICK | 1 |
| SWIM | | 0.45 | | 0.30 | | 1 | | 2.15 |
| BIKE | | | 0.45 | | | | 1.15 | 2 |
| RUN | | 0.30 | | 0.30 | | 0.45 | 0.10 | 1.55 |
| | | | | | | | | 7.10 |
| WEEK 10 | | | | | | | | |
| 5/27/24 | | | | | | | Brick | |
| STR | 1 | | | | REST | | | 1 |
| SWIM | | 0.45 | | 0.45 | | 1 | | 2.30 |
| BIKE | | | 0.45 | | | | 1.30 | 2.15 |
| RUN | | 0.30 | | 0.40 | | 1 | 0.15 | 2.05 |
| | | | | | | | | 7.50 |
| WEEK 11 | | | | | | | | |
| 6/03/24 | MON | TUE | WED | THUR | FRI | SAT | SUN | TOTAL |
| | REST | | | | | | BRICK | |
| STR | | | | | | | | |
| SWIM | | 0.45 | | 45 | | 0.45 | | 2.15 |
| BIKE | | | 1 | | REST | | 1.30 | 2.30 |
| RUN | | 0.30 | | 0.30 | | 0.45 | 0.20 | 2.05 |
| | | | | | | | | 6.50 |
| WEEK 12 | | | | | | | | |
| 6/10/24 | | | | | REST | BRICK | RACE! | |
| STR | | | | | | | | |
| SWIM | | 0.45 | | 0.30 | | 0.30** | | 1.45 |
| BIKE | 0.45 | | | | | 0.30** | | 1.15 |
| RUN | | | 0.30 | | | 0.15** | | 0.45 |
| | | | | | | | | 3.45 |
| This is it! The final 4 weeks before your race. If it is your first Triathlon, Congratulations! | | | | | | | | |

| |
|--|
| I would be very interested to know how you did in your first race and if you stayed fairly close to your Plan. If you have been keeping to the plan and your fitness levels have improved, you can now put in some accelerations into your workouts but make sure you recover between your efforts. Save 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. |
| **I hope you manage to do the BRICK workout so that now you will know what your legs will feel like when you get off the bike. If you haven't done one yet I'd recommend this last one. Also, ** the day before race day is a chance for you to check the nuts and bolts and tires on your bike, and then go for a short run and short tune up swim. |
| NUTRITION/HYDRATION |
| On your longer workouts of 45 minutes or more, you should be drinking fluids and it is better to drink an electrolyte like Gatorade or something similar. Your Triathlon is going to be a long workout of around 1 1/2 hours or more and you will also need some carbs to fuel your effort. Practice eating an energy bar on the bike or maybe a GU gel. |
| STRENGTH |
| We've stopped the strength workout in this last 2 weeks to give your muscles a chance 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 hire a swim coach. Try open water swimming. Relax. If your swimming is going well, practice some fast 50's which will raise your heart rate to a level close to what you will feel at race start. Come to our Swim Clinic. |
| BIKE |
| Stationary bike and spin classes are OK but you should try to experience hills outdoors. Your Heart rate Zone can go to Zone 3-4 or RPE 6-8 on a scale of 1-10 on the hills. Try to stay seated on hills to build your leg strength. |
| RUN |
| If you are able to run 30 - 45 minutes and you feel comfortable you can start to put in some 20 - 30 second acceleration and then recover.If you still have problems running don't worry. There is no rule against walking in a race and your aim is to finish. You are just building the amount of time that you run or walk for at a very easy pace. |

| | | | | | | | |
|---|--|--|--|--|--|--|--|
| 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. | | | | | | | |
| | | | | | | | |
| Ray Kelly | | | | | | | |
| Razortri@aol.com | | | | | | | |
| www.Tri-Trainer.com | | | | | | | |