

Triathlon Training Workout Plan

Week 1:

- Day 1- Swim: 8 X 1 (8- 25 yd laps)
- Day 2- Bike: Ride 30 min working up a good sweat
- Day 3- Run: 1 mile
- Day 4- Swim: 16 x 1 (16- 25 yd laps)
- Day 5- REST
- Day 6- Bike/ Run Brick
 - Bike 60 min * (note: spin classes are offered in the Bennet Center Saturday mornings at 10:15)
 - Run .5 miles *(make transition from bike to run as fast as possible)
- Day 7: Cross train for 1 hour
 - 1 hour of non-triathlon sport or exercise

Note:
25 yds = 1 length of the pool
50 yds = 2 lengths or there and back

Week 2:

- Day 8- REST
- Day 9- Bike: 45-60 min ride *(cycle harder than last ride)
- Day 10- Run: 1.5 miles
- Day 11- Swim: 8 x 50yds (8- 50yd laps or 16- 25 yd laps)
- Day 12- Cross train
- Day 13- Bike/ Run Brick
 - 60 min ride into a 1 mi run
- Day 14- Run/Swim Brick
 - 3 mi run and 600 yd swim
 - 100 yd straight swim- 30 sec rest
 - 6 x 50 hard swim- 30 sec rest
 - 100 yd kick- 30 sec rest
 - 100 yd swim cool down

Note:
A brick workout is 2 disciplines with little to no interruption between them

Week 3:

- Day 15- REST
- Day 16- Bike: 75 min ride
- Day 17- Run: 2 mile interval run
 - Mile 1- warm up
 - Mile 2- run hard for 1 min 3 times over the mile
- Day 18- Swim: 600 yd swim
 - 50 yds kick- 30 sec rest
 - 100 yd swim- 30 sec rest
 - 200 yd swim- 30 sec rest
 - 3 x 50 hard- 30 sec rest
 - 100 yds easy swim
- Day 19- Cross training
- Day 20- Bike/Run Brick: 60 min ride into a 2 mi run (increasing speed)
- Day 21- Run/ Swim Brick: 3 mi run followed by 550 yd swim

Week 4:

- Day 22- REST
- Day 23- Bike: 60 min ride
- Day 24- Run: 2 mi interval run
 - 90 seconds at faster pace 4 times throughout run
- Day 25- Swim: 700 yd swim
 - 300 yd straight swim- 30 sec rest
 - 4 x 50 yds hard swim- 30 sec rest
 - 100 yds straight swim- 30 sec rest
 - 50 yds easy kick
- Day 26- Cross training
- Day 27- Bike/ Run Brick: 75 min ride into a 1.5 mi run
- Day 28- Run: 4 mi at an easy pace

Week 5:

- Day 29- REST
- Day 30- Bike/Run Brick: 60 min ride *(4 min at race pace 3 times during ride)
 - Followed by 1 mi easy run
- Day 31- Run: 3 mi interval run
 - 60 seconds at fast pace 5 times throughout run
- Day 32- Swim: 800 yds
 - 100 yds easy swim- 30 sec rest
 - 4 x 75 yds race pace- 30 sec rest
 - 4 x 50 yds above race pace- 30 sec rest
 - 4 x 25 yds all out- 30 sec rest
 - 100 yds easy swim- 30 sec rest
- Day 33- Cross training
- Day 34- Bike/ Run Brick: 75 mi ride *(5 min at race pace 3 times)
 - Into 1 mi easy run, and 1 mi run at race pace
- Day 35- Run: 5 mi run *(note: this run is not about speed)

Week 6:

- Day 36- REST
- Day 37- Ride/ Run Brick: 70 min ride *(5 min at race pace 3 times)
 - Into 2 mi run *(First .25 mi hard-jog- Last .25 mi hard)
- Day 38- Run: 3 mi run *(.5 mi easy- 90 sec rest- 1 mi above race pace- 90 sec Rest- 1.5 mi decreasing pace)
- Day 39- Swim: 1,000 yd
 - 150 yds easy swim- rest 30 sec
 - 100 easy kick- rest 30 sec
 - 4 x 100 yds at race pace- rest 30 sec
 - 50 yds all out- rest 30 sec
 - 100 yds easy cool down
- Day 40- Cross training
- Day 41- Bike/Run Brick: 80 min ride (last 20 min hard) into 3 mi run (2 mi Easy run, last mi at race pace)
- Day 42- Run: 3 mi easy run

Week 7:

Day 43: REST

Day 44: Bike/ Run Brick: 45 min bike (last 5 min at race pace)
Into 2 mi run (last .25 mi at race pace)

Day 45- Run: 2 mi taper *(30 sec increased pace 5 times, then jog)

Day 46- Swim: 600 yd taper

100 yds easy swim- rest 30 sec

100 yds easy kick- rest 30 sec

3 x 100 yds at race pace- rest 30 sec

50 yds fast- rest 30 sec

50 yds easy cool down

Day 47- REST

Day 48- Race prep brick: 20 min bike (increase pace for 30 sec twice)

Into a 10 min jog

*(Note: should be done in the morning at an easy pace)

Day 49: RACE DAY!!